

Course Details

Level 2: Exploration of Mindfulness Based Cognitive Therapy (MBCT) Professional training

Evaluation

Satisfactory completion of the required pre-reading and preparatory exercises, and participation during the IDR.

Duration

28 contact hours

Course fees 2017

Standard fees

Early Bird:	\$1,604
Full Fee:	\$1,782

Discounted fees (subject to quotas) for self-funded trainees:

Monash University staff:	\$891 (50% off the full fee)
Monash University full-time student:	\$446 (75% off the full fee)
Other full-time students:	\$1337 (25% off the full fee)
Monash Health staff:	\$446 (75% off the full fee)
Victorian public mental health staff:	\$891 (50% off the full fee)

Details for the Level 2 Instructor Development Retreat

Dates: Thursday 23rd March (12:30pm for lunch) to Sunday 26th March, 2017 (finish after lunch 2:00pm)

Venue: Maitripa Centre 528 Myers Creek Rd Healesville Vic 3777 Australia

Accommodation & Meals

Maitripa Centre has simple live-in accommodation and most participants will have their own room although there may be some twin room arrangements if the retreat is nearing capacity. All rooms have shared toilet and shower facilities.

Three tasty and nutritionally balanced vegetarian meals are provided each day. The Maitripa Centre also has its own cafe, Dogen's Café.

The venue is smoke and alcohol free.

How to apply for Level 2 training

Applications for enrolment in Level 2 training from **2016 Level 1 Southern Synergy trainees** can be submitted following completion of Level 1 training up until the closing date.

- To apply, please send us a brief letter of application. If not already provided, please address the selection criteria for Level 2 and 3 training.

Applications for enrolment in Level 2 training from **past Level 1 Southern Synergy trainees** can be submitted at any time up to the closing date.

- To apply, please send us a brief letter of application. If not already provided, please address the selection criteria for Level 2 and 3 training.

Applications for enrolment in Level 2 training from **externally-trained applicants** will be considered however priority will be given to those who have previously completed Level 1 training with Southern Synergy.

- To apply, please send us a brief letter of application addressing:
 - your reason(s) for undertaking the training;
 - the selection criteria for Level 1-3 training;
 - a 1-2 page professional CV which includes your experience with mindfulness/meditation or yoga practices;

Email your application to: frances.shawyer@monash.edu (subject heading: "MBCT Level 2 training application").

Key dates

Processing applications

Closing date for applications: Sunday 8 January, 2017
Applicants notified of outcome by: Friday 13 January, 2017

Payment closing dates

Early bird and discounted fees: Friday 3 February, 2017
Full fee: Friday 3 March, 2017

Only full-fee payments will be accepted after the early bird / discounted fee closing dates.

Enquiries

Dr Fran Shawyer, 61 3 9902 9461