

## Course Details

### Level 3: Consolidation of Mindfulness Based Cognitive Therapy (MBCT) Professional training

#### Evaluation

Satisfactory completion of one co-instructed and one independent MBCT group course within the community.

#### Duration

44 contact hours

## Course fees 2016

#### Standard fee

Full Fee: \$2,692

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

|                                       |                                |
|---------------------------------------|--------------------------------|
| Monash University staff:              | \$1,346 (50% off the full fee) |
| Monash University full-time student:  | \$673 (75% off the full fee)   |
| Other full-time students:             | \$2,020 (25% off the full fee) |
| Monash Health staff:                  | \$673 (75% off the full fee)   |
| Victorian public mental health staff: | \$1,346 (50% off the full fee) |

#### Date

To be negotiated between trainees and their instructor.

**Note: Fees may be negotiated if an organisation wishes to sponsor multiple participants to complete one or more levels of the MBCT professional training course.**

## Enquiries

Dr Fran Shawyer, 61 3 9902 9461