

# Mindfulness-Based Cognitive Therapy (MBCT) Facilitation Certificate

MBCT is an evidence-based group modality that combines the practice of mindfulness with the tools of cognitive therapy. MBCT prevents depressive relapse and treats other mood disorders and anxiety. Our highly-trained faculty is led by Patricia Rockman MD CCFP FCFP, Zindel Segal PhD, and Evan Collins MD FRCP.

## Step 1: Do you have the prerequisites?

### Mindfulness-Based Cognitive Therapy

Participate in an 8-week MBCT.

**In-Person or Online:** 22 hours over 8 weeks  
**Fee:** \$550

### MBCT Basics

Explore the therapeutic benefits of MBCT.

**In-Person or Online:** 12 hours over 2 days OR 6 sessions  
**Fee:** \$560

### You will also need:

Professional Clinical designation | Daily mindfulness practice | Silent retreat[s] totalling 5-7 days

## Step 2: Attaining your MBCT Facilitation Certificate

**Apply (\$50 Admin Fee) at [MindfulnessStudies.com/apply](https://www.mindfulnessstudies.com/apply) → Acceptance → Register for Modules:**

### Cognitive Behaviour Therapy (CBT) Primer

Learn the foundations of CBT

**In-Person or Online:** 6 hours over 1 day OR 3 sessions

**Fee:** \$350

### MBCT Teacher Training Intensive

Train to facilitate MBCT with Zindel Segal.

**Intensive:** 45 hours over 5 days  
**Fee:** \$2,400+

### MBCT Practicum

Immerse in MBCT as a participant and facilitator

**Intensive or weekly:** 35 hours over 5 days or 10 weeks  
**Fee:** \$2,400+

### Inquiry Essentials

Examine the essentials of mindful inquiry

**Intensive:** 12 hours over 2 days  
**Fee:** \$560

### Facilitation Mentorship

Complete 12+ hours of mentorship.

**Fee:** \$200 administrative fee + mentors fee\*  
*\*Mentors charge between \$130 - \$180/hr*

Request your certificate online upon completion of modules.

## Step 3: Pursuing your Advanced Certification

### Facilitation Mentorship

Complete 12+ hours of mentorship.

**Fee:** \$200 administrative fee + mentors fee

### Advanced Teacher Training

Deepen your skills & enhance your facilitation of inquiry.

**Intensive:** 40 hours over 5 days **Fee:** \$2,400+



We are a charitable organization and the leading professional development and service delivery organization for mindfulness programs in Canada. We create communities of well-being.

[MindfulnessStudies.com/apply](https://www.mindfulnessstudies.com/apply)