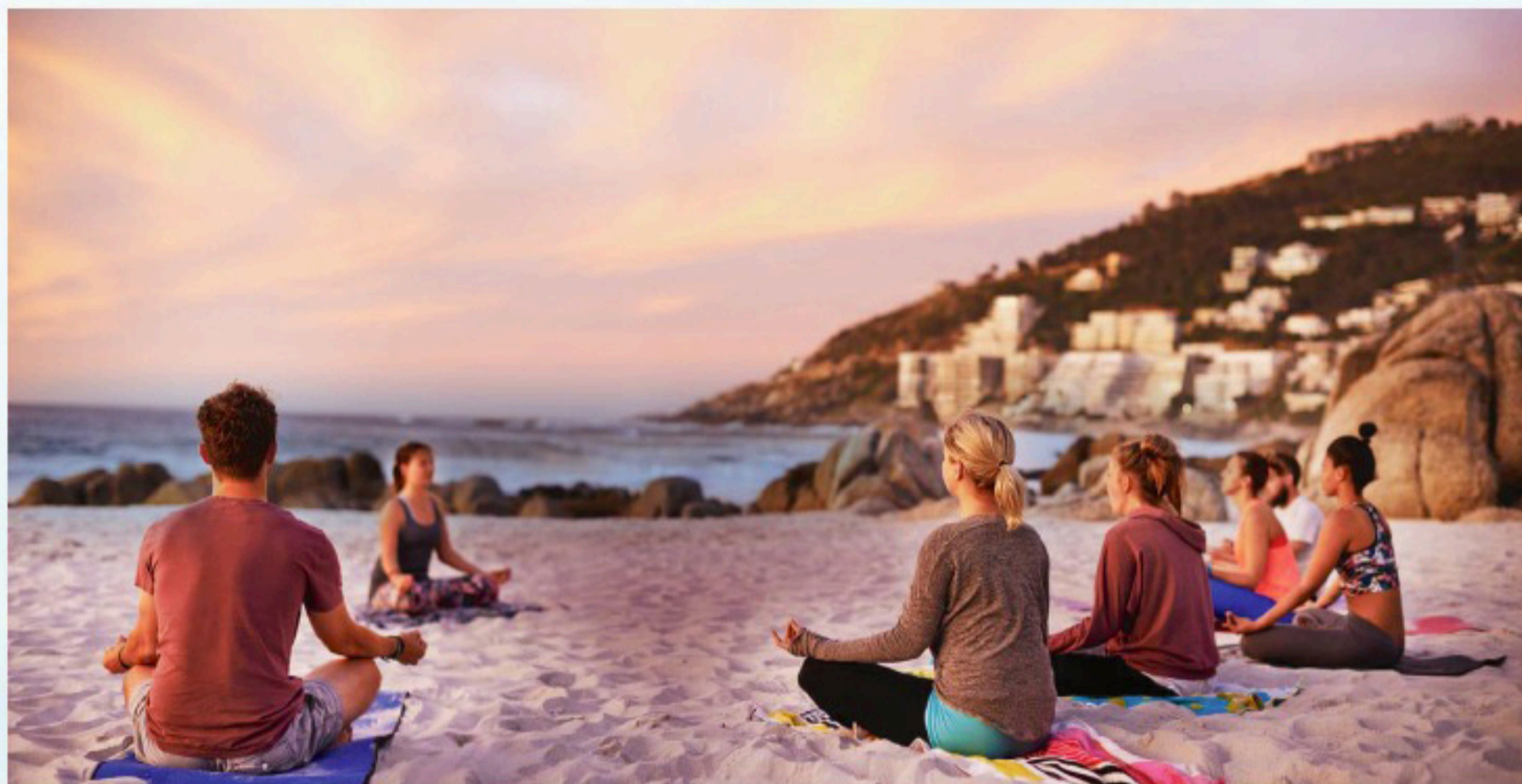


# Professional Certificate in Mindfulness-based Cognitive Therapy Teacher Training<sup>1</sup>

QF Level 6 Programme



## Course Schedule



### Course 1

Learning to Teach Mindfulness-based Cognitive Therapy Practices and Exercise

2 - 9 Apr 2023\*

### Course 2

Origins of Mindfulness and Retreat

21 - 25 Oct 2023\*

### Course 3

Teaching a Mindfulness-based Cognitive Therapy Curriculum in a Group<sup>#</sup>

28 Apr - 4 May 2024\*

(\*Training days proposed here are for face-to-face teaching only. Different schedule may apply if change to online teaching.)  
(<sup>#</sup>Your eligibility of certain workshops subject to your professional background.)  
(There are online workshops between courses, for details please refer to the Programme's official website)

Mode of Study:	Part-time
Medium of Instruction:	Mainly English, partially Cantonese
Tuition Fee:	HKD 65,000 <sup>2</sup>
Application Fee:	HKD 300
Venue:	Face-to-face <sup>3</sup> (CUHK CMRT/TBC)

(<sup>2</sup> The cost for board and lodging in the residential retreat in Course 2 is NOT included in the course fee.)  
(<sup>3</sup> Face to face mode is subject to change due to COVID-19)

Application Deadline :

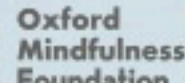
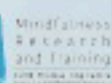
19 DEC 2022

More Details :



<sup>1</sup>The certificate does not include any academic credits from the University of Oxford.

Organisers :



[sphpc.mbct@cuhk.edu.hk](mailto:sphpc.mbct@cuhk.edu.hk)

<http://www.mbctteachertraining.sphpc.cuhk.edu.hk>

2252 8764

5262 5665