

Professional Certificate in Mindfulness-based Cognitive Therapy Teacher Training

**TIMETABLE (FACE TO FACE)\***

Duration	Component	Timeframe	Venue	Time
<b>Course 1: Learning to Teach Mindfulness-based Cognitive Therapy Practices and Exercises</b>				
8 days	Module 1 & 2	2 - 9 Apr 2023	Face-to-face (CUHK CMRT*)	9am – 5pm HK time
<b>Course 2: Origins of Mindfulness and Retreat</b>				
5 days	Module 3 Residential Retreat	21 - 25 Oct 2023	Face-to-face (Jao Tsung-I Academy)	8:30am – 5:30pm HK time
<b>Course 3: Teaching a Mindfulness-based Cognitive Therapy Curriculum in a Group</b>				
5 days	Module 4	29 Apr - 4 May 2024 (There is 1 day break on 2nd May.)	Face-to-face (CUHK CMRT/to be confirmed)	9am – 5pm HK time

<b>Workshops</b>				
1 day	Workshop on Inquiry Skills (day 1)	29-Apr-23	Online	2pm - 10pm HK time
1 day	Workshop on Inquiry Skills (day 2)	6-May-23	Online	2pm - 10pm HK time
0.5 day	Theoretical Foundations of MBCT	13-May-23	Online	4pm - 7:30pm HK time
1 day	Origins of Mindfulness	23-Sep-23	Online	9am – 5pm HK time
1 day	Orientation, Ethics and Assessment	25-Nov-23	Online	3pm - 11pm HK time
0.5 days x 2	Workshop on Research and Evaluation	24-Feb-24	Online	2pm - 10pm HK time
0.5 day	Workshop on Implementation	2-Mar-24	Online	9am - 1pm HK time
0.5 day	Workshop on Inclusion and Communications	9-Mar-24	Online	9am - 1pm HK time
0.5 day	Evidence on Mindfulness-based Intervention	9-Mar-24	Online	3pm - 6pm HK time
0.5 day	Workshop on Safeguarding	23-Mar-24	Online	9am - 12:30pm HK time
1 day	Workshop on Group Skills	28-Apr-24	Face-to-face (CUHK CMRT/to be confirmed)	9am – 5pm HK time
1 day	Workshop on MBCT-Depression#	5-May-24	Online	2pm - 10pm HK time
1 day	Workshop on Finding Peace in the Frantic World #	11-May-24	Online	2pm - 10pm HK time
1 day	Practice, Reflections and Closing Day	18-May-24	Online	2pm - 10pm HK time
1 day	Introducing Mindfulness	26-May-24	Online	2pm - 10pm HK time

\*Face to face mode is subject to change due to COVID-19 restrictions. Different schedule will apply if change to online teaching. Please refer to the timetable below for online teaching schedule.

\*CUHKCMRT stands for CUHK Thomas Jing Centre for Mindfulness Research and Training  
(Address: Rm 1701, 17/F, Far East Consortium Building, 121 Des Voeux Road, Central)

#Eligibility to MBCT for depression workshop is subject to the trainees' educational and vocational background.

**TIMETABLE (ONLINE)**

Duration	Component	Timeframe	Venue	
<b>Course 1: Learning to Teach Mindfulness-based Cognitive Therapy Practices and Exercises</b>				
8 days	Module 1 & 2	2 - 7, 15 - 16 Apr 2023	Online	2pm - 10pm HK time
<b>Course 2: Origins of Mindfulness and Retreat</b>				
5 days	Module 3 Residential Retreat	21 - 25 Oct 2023	Online	TBC
<b>Course 3: Teaching a Mindfulness-based Cognitive Therapy Curriculum in a Group</b>				
5 days	Module 4	29 Apr - 4 May 2024 (There is 1 day break on 2nd May.)	Online	2pm - 10pm HK time

<b>Workshops</b>				
1 day	Workshop on Inquiry Skills (day 1)	29-Apr-23	Online	2pm - 10pm HK time
1 day	Workshop on Inquiry Skills (day 2)	6-May-23	Online	2pm - 10pm HK time
0.5 day	Theoretical Foundations of MBCT	13-May-23	Online	4pm - 7:30pm HK time
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1 day	Workshop on Group Skills	28-Apr-24	Online	2pm - 10pm HK time
1 day	Workshop on MBCT-Depression#	5-May-24	Online	2pm - 10pm HK time
1 day	Workshop on Finding Peace in the Frantic World #	11-May-24	Online	2pm - 10pm HK time
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