

Mindful Parenting Teacher Training 2025

A certificated training for mental health professionals working with parents and children

15 Hours
Online Learning

+

2 Days
In-person Training

Qualifications attained from this hybrid mode teacher training is equivalent to the full in-person teacher training.

Mindful Parenting (MP) integrates principles from Mindfulness-Based Cognitive Therapy and Self-compassion Schema Therapy Parenting, and is tailored specifically for parents facing mental health challenges or those with child(ren) experiencing similar issues.

Join this teacher training to become an MP Teacher and make a difference for your clients of parents and children!

Our trainers:



Prof. Susan Bögels
Principal Trainer



Dr. Candice Powell
Co-Trainer

Early Bird:
HK\$10,688
(until 31 Aug)

Standard:
HK\$12,688
(until 19 Oct)

**Further discount for
group enrolment of 3:
HK\$500 off per person**

**Quotes from our
2024 MP group beneficiaries:**

I used to feel pressured by time, but now I focus on being fully present with my children. This mindful approach has helped me enjoy parenting more.

I have learnt that there is no one "right" way to parent. I began to reflect more on my parenting and appreciate my children's uniqueness.

Sign up here



Successful applications will be informed via email.

ABOUT THIS TRAINING

This teacher training is to train mental health professionals with a background of mindfulness practices who wish to implement mindful parenting with their clients.

Participants are expected to be working as a **mental health professional with formal practice in mindfulness including MBCT/MBSR/MSC.**

Participants will receive a **Mindful Parenting Teacher Attendance Certificate** if they have attended all Zoom and in-person sessions, and fulfilled development of attitude and skills, as assessed by the trainers.

Quotes from our past

MP Teacher Training Participants:

It was such an honor to be part of this training! Both Susan and Candice's teachings and sharing were invaluable. Thank you so much!

Susan and Candice are inspiring and insightful teachers. Their presence and acceptance are good modelling for us as a trainer and as a person.

I think the training was very well structured and well balanced between professional development and personal growth. Loved it and enjoyed a lot!

MEET OUR TRAINERS



Prof. Susan Bögels

Principal Trainer

Professor in Family Mental Health & Mindfulness, UvA

Prof. Susan Bögels is a psychotherapist, and mindfulness trainer, clinically specialised in Cognitive Behaviour Therapy and Mindfulness for children and parents. She is a professor in Family Mental Health, with a particular role for Mindfulness, at the University of Amsterdam. She provides advanced teacher training in mindfulness for parents and children with psychopathology around the world and provides retreats on the topic of 'parenting ourselves'.

Dr. Candice Powell, PsyD, FHKPS

Co-Trainer
CEO, Mind HK

Dr. Candice Powell joined Mind HK as Chief Executive Officer in September 2022. She is trained as a clinical psychologist at The Chinese University of Hong Kong. Before joining Mind HK, she worked at one of Hong Kong's largest community mental health NGOs, for a decade. She is an honorary lecturer at The University of Hong Kong, a fellow of The Hong Kong Psychological Society and a training officer of the Association of Contextual and Behavioural Science (Hong Kong Chapter). She is an awardee of Hong Kong Professional Elite Ladies Selection 2022.



TRAINING OUTLINE

Tuesdays

4, 11, 18, 25
Nov

7-10pm

Zoom

Session 1, Automatic pilot parenting, and orientation of parents to a mindful parenting course, motivation/intention, intake, mindful speaking and listening

Session 2, Beginner's mind parenting, self-compassion

Session 3, Reconnecting with our body as parents, yoga, research about mindful parenting, assessment

Session 4, Responding versus reacting to parenting stress, working with imagination, halfway evaluation

Weekend

29 - 30 Nov

10am-5pm

CUHK Medical
Centre

Session 5, Schemas and parenting patterns, re-parenting ourselves, "difficult" groups/clients and our own reactivity; obstacles to practice, group dynamics

Session 6, Rupture and repair

Session 7, Love and limits, working with roleplays

Session 8, Online versus face to face versus blended mindful parenting course, group versus individual, different populations, fathers.

Follow-up session, A life path of mindful parenting, intervision and supervision, recruitment, implementation

Tuesday

9 Dec

7-10pm

Zoom

*Conducted in English