



Certificate no: UC-8abe1c70-87e7-452d-8806-4C
Certificate url: ude.my/UC-8abe1c70-87e7-452d-8806-4C
Reference N

CERTIFICATE OF COMPLETION

Mindfulness-Based Cognitive Therapy (MBCT) Certificate

Instructors **Chris Worfolk, Holbeck College**

Kellie Kristiansen

Date **Aug. 16, 2023**

Length **3.5 total hours**