



Oxford Mindfulness Centre

Summer School

28 Aug-1 Sept 2017
St Hugh's College, Oxford

**Investigating Mind
without Losing Heart:
Mindfulness, Fragility
and Compassion**

With
Mark Williams
Melanie Fennell
Chris Cullen
& Willem Kuyken



This year's Summer School programme will be held in the delightful surroundings of St Hugh's College, Oxford. Led by Mark, Willem, Chris and Melanie, the week will be an opportunity to learn from leading mindfulness experts and also to grow your own community of mindfulness practitioners, teachers and trainers from around the world.

People attend the Summer School for a whole host of reasons, including:

- professional and personal development;
- for connection and community;
- to hear about the field's latest developments;
- to deepen or refresh their own mindfulness practice amidst like-minded people in a wonderful setting.



"Just wow. The combination of intellectual rigor and practical embodiment was perfect."

"Approachable & authentic, with domain expertise. Perfect."

"My expectations of summer school were extremely high and more than met!"

The Summer School's theme and curriculum takes all participants on the same journey of learning. This allows discussion over the week to focus on several key themes, and the exploration of these themes to deepen day by day.

This year's theme is 'Mindfulness, Fragility and Compassion'. Our fragile sense of self emerges in the realm of thought, feeling, meaning and bodily sensations – a dynamic, unfolding moment-by-moment process which can be met and healed with mindfulness and compassion. In these moments there is vulnerability and resilience; the potential for appreciation, joy, connection and love, but also dis-ease, distress and mental health problems such as depression and even suicidality.



The Summer School brings together leading mindfulness practitioners and researchers to explore how mindfulness can influence the mind's ability to create great joy and also great distress:

Mark Williams, founding Director of the Oxford Mindfulness Centre and retired Wellcome Principal Research Fellow in the University of Oxford's Department of Psychiatry, will discuss the interplay between mindfulness and psychological science as well as how the summaries we create influence the way we remember our past and predict the future, and how well we recover from emotional upsets.



Melanie Fennell, a clinical psychologist specialising in practicing and training cognitive-behaviour therapy and Mindfulness Based Cognitive Therapy, will consider with Mark Williams how the original MBCT course might be adapted to meet the needs of very vulnerable participants with histories of abuse and adversity, or suffering intense distress.



Chris Cullen, who works part-time as an MBCT teacher and trainer for the OMC, teaches Insight Meditation retreats internationally and has a psychotherapy practice in Oxford, will consider Buddhist understandings of self and not-self, and how these might inform contemporary practice and teaching of Mindfulness-Based Approaches.

Willem Kuyken, current OMC Director and leader of the University of Oxford Mindfulness Centre research group, will explore the nature of compassion, how it is understood in evolution and animal behaviour, whether it can be trained and if so, how is it trained in mindfulness-based programmes?



Each session begins with a period of mindfulness practice and enquiry and one of the days is devoted to silent practice.

The week will end with the popular 'World Café'. A panel and the participants will discuss key themes and questions raised over the course of the week in a collaborative dialogue.

