



**Oxford
Mindfulness
Centre**

SUMMER SCHOOL 2018

MON 27TH – FRI 31ST AUGUST
ST HUGHS COLLEGE – OXFORD

COMPASSION IN ACTION:

MINDFULNESS-BASED COGNITIVE THERAPY IN A CHANGING WORLD

With Mark Williams, Ruth Baer, Chris Cullen, Kate Malleson, Liz Lord and Willem Kuyken and further speakers to be announced



ABOUT OXFORD MINDFULNESS CENTRE

The Oxford Mindfulness Centre, within the Department of Psychiatry, University of Oxford, has been at the forefront of mindfulness research, training and advocacy since 2008.

OUR VISION

A world without the devastating effects of depression. A world where mindfulness enables greater awareness, understanding, compassion, wisdom and responsiveness.

OUR MISSION STATEMENT

Our broad mission is to reduce suffering, promote resilience and realise human potential across the lifespan through combining the ancient wisdom of mindfulness with rigorous contemporary science. We work actively to make the benefits of mindfulness attainable for all who might benefit. Science and research expand knowledge by innovating, testing and investigating new ideas. Our research is focused on preventing depression and realising human potential across the lifespan.

OUR VALUES AND ETHOS

We embody mindfulness and compassion in all that we do; practising the change we would like to see in the world.

We are committed to making mindfulness and mindfulness-based cognitive therapy inclusive and accessible to all (with consideration for ethnicity, culture, sexual orientation, gender, socio-economic status, religion, age and ability). We work hard and are committed to our work (because we love what we do). We believe we can be more effective when we work collaboratively, through partnerships and networks; recognizing and honouring people's strengths.

WELCOME TO THE OMC SUMMER SCHOOL

In 2017 we explored the theme, "Investigating Mind without Losing Heart: Mindfulness, Fragility and Compassion." This year our theme is "Compassion in Action: Mindfulness-based Cognitive Therapy in a Changing World."

Oxford University is the oldest university in the English-speaking world. For centuries, scholars from all over the world have been coming to Oxford to learn, to teach, to research and to share the results of their scholarship. What better place to set up an annual summer school so that anyone from across the world can come and hear what scholars in the field of mindfulness are discovering, to meet others who also wish to update their skills, knowledge and practice and to make new friendships.

What is special about a summer school? Unlike conferences, where the programme is forged from who submits papers, and there are often large numbers of parallel sessions so that most participants necessarily miss more sessions than they attend, a summer school has a theme and a curriculum that 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.

What is special about a mindfulness summer school is that we have people from all over the world, practicing together, learning together and discussing the key issues. This gives a real sense of moving forward. Our 2015 inaugural summer school covered the themes of the origins of mindfulness, including the characteristics of mind/heart/body that are seen as essential to this work, the place of ethics, mindfulness and religion, and whether mindfulness meditation can do harm, and if so, how best to respond to this challenge. In 2016 we brought together the group who developed mindfulness-based cognitive therapy (MBCT) (Mark Williams, Zindel Segal and John Teasdale) to hear their latest thinking and their responses to some of the extraordinary opportunities and challenges facing the field.

We have chosen to return to St Hugh's College, a wonderful enclave in Oxford that like all Colleges supports learning and collegiality (the words collegiality and College share the same etymology on togetherness, community, gathering ...). Please also enjoy the extraordinary wealth of experiences that Oxford can offer. Our Visitor Guide points to just a few of these. Like Alice in Wonderland or Narnia, Oxford has through various doorways (or looking glasses and backs of wardrobes!) any number of delights to discover. As well as seeing some of the colleges, we hope you will see the small 18th century Covered Market just off the High Street, sit in one of the Evensong services at Christ Church Cathedral, enjoy a walk along the Thames, take a themed walk on any of many topics (Tolkien, Harry Potter ...) and whatever else you discover.

The Oxford Mindfulness Centre is a not-for-profit charitable organisation and the Summer School is a central part of our work, developing educational themes and building a community of scientists, students and practitioners. We welcome you warmly and hope you will find it a rich and rewarding experience.

Warmest best wishes,
Mark Williams, Chris Cullen, Ruth Baer, Kate Malleon, Liz Lord and Willem Kuyken



COMPASSION IN ACTION:

MINDFULNESS-BASED COGNITIVE THERAPY IN A CHANGING WORLD

OUTLINE

There is a groundswell of interest in mindfulness-based programmes. As with any groundswell, the water moves first down the clearest routes. The ground-breaking work of Jon Kabat-Zinn first established mindfulness-based programmes in health care settings. The next wave of work led by Zindel Segal, Mark Williams and John Teasdale extended it to people living with recurrent depression.

What is the next wave of innovation and development? In his foreword to the 2015 Mindful Nation Report Jon Kabat-Zinn wrote "Interest in mindfulness within the mainstream of society and its institutions is rapidly becoming a global phenomenon, supported by increasingly rigorous scientific research, and driven by a longing for new models and practices that might help us individually and collectively to apprehend and solve the challenges facing our health as societies and as a species, optimizing the preconditions for

happiness and well-being, and minimizing the causes and preconditions for unhappiness and suffering" (Mindfulness All Party Parliamentary Group, 2015). Our 2018 Summer School will explore how Mindfulness-based Cognitive Therapy (MBCT) is being extended to the four areas highlighted in this landmark report: health, education, the criminal justice system and workplaces.

Work across the mindfulness community has highlighted the need to ensure that we attend to vulnerable, marginalised, disregarded and easy-to-overlook groups. Here the water needs to be guided to places that need it. This is largely grassroots: work has been led by dedicated champions and the Oxford Mindfulness Centre has been privileged to support some of these projects. They will be profiled as part of the Summer School as a means to share learning and best practice.

What are the roots of this work in Buddhist psychology and psychological science? Whilst MBCT's work to date has largely been in applications to human health, we're seeing promising branches of work working with young people in schools, staff and prisoners in the criminal justice system and at every level of workplaces. There is programmatic large-scale work and innovative grassroots work.

In lectures and workshops, in practice and dialogue, we will explore these issues. There will be opportunities through poster presentations, networking and a day of small group dialogue for sharing best practice and learning.

Our fourth Summer School in 2018 will follow the format that has proven so popular in previous years: Setting the scene (day 1), an in depth exploration of MBCT adaptations in health, education, criminal justice and the workplace (day 2), a consideration of how psychological theory and Buddhist psychology underpin this work (day 3), a day of supported silent mindfulness practice (day 4) and small

group dialogue and plenary (day 5). Across the days there is a mixture of teaching, mindfulness practice and dialogue.

Our Summer School aims to support participants' learning, deepen mindfulness practice and support new connections between like-minded people from all over the world.

The 5-day Summer School will be held at St Hughs College, in the beautiful city of Oxford.

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; and to deepen or refresh their own mindfulness practice amidst like-minded people in a wonderful setting. 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.

DAY 1

with Mark Williams and Ruth Baer- Mindfulness-based Cognitive Therapy: revolution or evolution?

Mindfulness-based Cognitive Therapy (MBCT) emerges from a number of different roots and influences. Some of these roots are ancient. Many are modern, reflecting current trends both within physical medicine and also within psychological approaches in mental health and well-being. But are mindfulness-based interventions truly revolutionary, or another evolutionary step in understanding how best to reduce distress and increase sustainable well-being? Could they be both?

This day will examine MBCT from the point of view of the last fifty years of psychotherapy. These include advances in psychodynamic, behavioural, cognitive and 'third wave' therapies, as well as those integrative interventions that draw from many approaches. Mindfulness practice and teaching can learn from both the major steps forward that have been made during this period, but also from the failures and disappointments.

We'll be able to discern the extent to which, when we practice mindfulness and when we teach it to others, we are taking our place in a succession of approaches to participatory medicine - a healing of body / mind that starts with the self and reaches beyond it to family

DAY 2

coordinated by Kate Malleon and Willem Kuyken, but with a range of speakers. Mindfulness-based Cognitive Therapy: Innovation and evolution into health, education, the criminal justice system and workplaces.

Since the seminal work on MBCT for recurrent depression, MBCT has been extended to young people in schools and Universities, to workplaces and to the criminal justice system. Some of this work has been programmatic, but much has been grassroots.

This day will start by reviewing the main recommendations of the Mindful Nation Report and take stock on the progress we have made (Mindfulness All Party Parliamentary Group, 2015). We will then examine in turn innovations in each of the major policy areas, profiling exemplars of both programmatic and grassroots projects, including projects that have been years in the making, projects that are starting out, top-down and bottom-up approaches, and projects that have faltered and even failed. We will hear directly from the champions of some of these projects.

The day will share good practice, and highlight the opportunities and challenges which arise when extending MBCT to these new groups and contexts. Champions will profile what they have learned running MBCT courses for participants from groups which are vulnerable, marginalised and/or unfamiliar with mindfulness. The aim is that this will promote more expansive and diverse engagement across the mindfulness community, including through the participation of some of the people who have attended these courses.

We hope to have bursaries that can support people attending the Summer School who have a particular interest in enhancing access to MBCT. This will be a chance to open the Summer School to a wider audience.

DAY 3

with Chris Cullen and Willem Kuyken. Compassion – the confluence of ancient wisdom and modern psychological science.

"Out of the soil of friendliness grows the beautiful bloom of compassion, watered by the tears of joy and sheltered beneath the cool shade of the tree of equanimity"

(Long chen pa, Trilogy of Finding Comfort and Ease – Mind Section).

Befriending, compassion, joy and equanimity are as essential to the deepening of mindfulness as nourishment is to the well being of our bodies. In Buddhist psychology these four attitudes of mindfulness are pivotal to the transformation and liberation of the mind (Thanissaro Bhikkhu, 2013). They are seen as being potentialities and capacities of every human mind that can be cultivated and trained in the same way that attention can be trained and developed.

Psychological science has started to examine the role of befriending and compassion in mental health and well-being. Both theory and a body of empirical work have started to provide operational definitions of befriending and compassion, and the mechanism whereby they support well-being and flourishing.

Together Buddhist teachings and psychological science point to the cooling fires of our reactivity as key to freedom from suffering. This cooling is not a surrender of passion or aliveness, but a wholehearted responsiveness with which we can lead our lives.

This day will explore the confluence of ancient Buddhist teaching and contemporary psychological science. There will be opportunities to reflect on how these teachings relate to the work described in days 1 and 2, as well as set the stage for the day of silent practice (day 4).

DAY 4

with Mark Williams and Chris Cullen – Day of silent practice

A day of silent practice exploring the Summer School's themes through mindfulness practice.

DAY 5

Building a Community of MBCT Teachers, Trainers and Researchers around the World. Small group dialogue and plenary hosted by Liz Lord and a research round-up from Ruth Baer.

MBCT has evolved in no small part to the collaborative community of teachers, trainers and researchers. The fifth day will provide a chance for delegates to work in small groups, exploring themes in greater depth and building collaborations and community. Ruth will highlight research findings important to the work of MBCT teachers and trainers.

The Summer School format is intended to develop an arc of learning over the 5 days, and on this day delegates will be supported in drawing together their learning from the teaching, networking and mindfulness practice.

Conversation, participation and dialogue are the key processes.

There will be opportunities in larger plenary sessions to explore some of these emergent themes. The last session of the day will draw out some of the larger themes. Previous Summer Schools have generated themes that have contributed to published papers, blogs and interest groups.

REFERENCES

Mindfulness All Party Parliamentary Group. (2015). Mindful Nation UK. Retrieved from Westminster, London, UK: Thanissaro Bhikkhu. (2013).

Karaniya Metta Sutta: Good Will (SN 1.8).

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TO REGISTER AND FIND OUT MORE INFORMATION

PLEASE VISIT THE OMC WEBSITE

<http://oxfordmindfulness.org/about-us/courses/summer-schools/>

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+44 (0)1865 613157

THE FEE FOR THE 2018 SUMMER SCHOOL:

Early bird **£585.00**
until 30th April 2018

£650.00 thereafter



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