



**Oxford
Mindfulness
Centre**



ONLINE SUMMER SCHOOL FOR TRAINED TEACHERS

24TH – 30TH AUGUST 2020



ABOUT THE OXFORD MINDFULNESS CENTRE

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 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

To embody mindfulness and compassion in all that we do, internally and externally; practising the change we would like to see.

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 contribute more by building collaborations, partnerships and networks.

Our mission is achieved through research, innovation, training and education. Unique strengths are our world-leading scientific research and innovation, the quality of our research and training teams and our partnerships / collaborations.

WELCOME

The COVID-19 pandemic is perhaps the most significant global challenge of this generation. It has infected millions of people, hundreds of thousands of whom at the time of writing have tragically died. But it affects all of us, profoundly. It holds up a mirror to our vulnerability. It has disoriented us. What we took to be firm ground has turned out to be shifting sand. Our routine, busy or frantic lives have been disrupted. New issues, which perhaps we'd neglected, demand our attention. It has no respect for borders, showing how inter-connected we are. It has been a wake-up call. We have to make sense of what is happening and adapt to a new reality.

At the OMC we have long spoken about the potential of mindfulness to make sense of and navigate through our lives – serving as a compass and route map. Never has the world needed that compass and route map more than now.

For over 900 years, people have been coming to the University of Oxford to learn, to teach, to research and to build community. In that time we have seen extraordinary progress through the middle ages, industrial revolution, several world wars, the enlightenment and the technological advances of modern times. That includes a number of plagues besides COVID-19. The University has played its part in this progress, with examples including educating many of the world's leaders, and the development of many of the contemporary evidence-based psychological treatments, including cognitive-behavioural and mindfulness-based interventions. Important health innovations have included developing penicillin as an antibiotic. As I write more than twenty of my colleagues have devoted their laboratories to COVID-19 related research, including one of the first randomized controlled trials of a vaccine being developed here.

The work of the University of Oxford Mindfulness Centre is part of this broader vision to provide world-class research and education. Our work is around mindfulness as a way to prevent depression, realise human potential and support flourishing. The scientific research is coming of age, and we at the University of Oxford are playing our part. There is now compelling evidence that practising mindfulness supports attentional control, cools the fires of reactivity and builds resilience. It helps people to take a wider perspective from which they can respond with greater wisdom, compassion and discernment. Systematic reviews and meta-analyses consistently suggest that mindfulness-based programmes support mental health and well-being.

We've now hosted five summer schools. This year's theme is mindfulness-based cognitive therapy for the general

population, focussing on three mindfulness curricula we've developed that progressively deepen and broaden understanding and practice. As such, this sixth summer school is for mindfulness teachers and teachers in training who are working to support transformative change in the general population, especially just now as we are all adapting to the seismic shocks of the COVID-19 pandemic.

Mindfulness in its deepest sense is about a way of being in the world that embodies clarity, care and ease - living an ethical and good life. These three curricula are intended to support this work.

What is special about a summer school? A summer school takes participants on a journey of learning. It builds friendships and develops community. Our summer schools draw people from all over the world, practicing together and learning together. There is also a real sense of 'walking the talk' – engaging in mindfulness practices that reflect, enrich, inform and embody our explorations. Although we are connecting online this year we know from experience that this mode of delivery can still provide rich connections and learning experiences and in addition this mode of engagement enables increased accessibility, due to this format, we are expecting the diversity and contributions to be especially rich this year!

As well as training in these curricula there will be an opportunity to explore foundational Buddhist teachings with Chris Cullen. Delegates will also have opportunities to step back to take an overview of the exponentially growing field of mindfulness and its applications. This will include fundamental questions such as:

- What mindfulness is and isn't;
- An overview of the state of the current scientific research and;
- What role can we as mindfulness teachers, trainers and researchers play at this pivotal time in history?

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,

A handwritten signature in black ink that reads "Willam Hughson". The signature is written in a cursive style.

Ritblat Professor of Mindfulness and Psychological Science And Director, University of Oxford Mindfulness Centre

MINDFULNESS: FINDING PEACE IN A FRANTIC WORLD - 2-DAY TEACHER TRAINING WORKSHOP

CHRIS CULLEN & KITTY WHEATER
24TH & 25TH AUGUST

The book *Mindfulness: a Practical Guide to Finding Peace in a Frantic World* by Professor Mark Williams and Dan Penman outlines an eight-week 'self-help' adaptation of Mindfulness-Based Cognitive Therapy that is also highly suitable for teaching in non-clinical settings such as workplaces, with student groups and in public classes.

Many mindfulness teachers are finding this to be a well-tuned and useful course for such contexts as it can be delivered in 60-90 minute classes and asks less of participants in terms of 'formal' home practice than MBCT / MBSR.

This two-day workshop will explore in detail what needs to be taken into consideration when delivering this course in non-clinical settings. Training will be provided in the distinctive pedagogies of this course and full curriculum materials and handouts for teaching the course will be provided to participants; they are not available by other means.

PARTNERSHIP DAY

RUTH BAER & SHARON HADLEY
26TH AUGUST



The OMC launched its Teacher Partnership Programme this year as a way to increase accessibility to MBCT courses and to support OMC-trained teachers. The programme is intended to provide our teaching and training partners with greater access to the latest research findings, insights about teaching competencies, and a network of support. It should also help our recent trainees find apprentice teaching opportunities. We are excited about our growing community of teaching and training partners around the world.

The Partnership Day at our 2020 Summer School is an opportunity for our network of partners to come together. We will get to know each other, practice together, and learn about key research findings, curriculum updates, and developments in the mindfulness field. We will discuss any questions you may have about the partnership programme, and most importantly, we will support each other in these extraordinary times.



MINDFULNESS FOR LIFE – 2-DAY TEACHER TRAINING WORKSHOP

WILLEM KUYKEN & ALISON YIANGOU
27TH & 28TH AUGUST

Over the two days of this teacher training workshop, we will first of all introduce the theoretical background and rationale for MBCT-L. We will then move on to participants teaching the MBCT-L curriculum in teach backs, with particular attention being given to the practices and exercises that are bespoke to MBCT-L's intentions and broader population. This includes a greater focus on 'befriending,' 'appreciation,' a 'vicious flower' model of what maintains distress and the skills to support greater responsiveness in thought and action. While it shares the basic structure of MBCT-D ("the warp"), its particularity ("the weft") is designed to support the broader general population in working with distress as well as with flourishing (Crane et al., 2017). Participants will have a chance, during 'teach-backs', to observe and practice teaching the elements of the programme that are not found in MBCT for Depression.

MINDFULNESS: TAKING IT FURTHER – 2-DAY TEACHER TRAINING WORKSHOP

WILLEM KUYKEN & ALISON YIANGOU
29TH & 30TH AUGUST

The teacher training workshop introduces a new curriculum that is intended for graduates of 8-week programmes to:

- Reinforce and deepen their mindfulness practice
- Deepen and broaden the learning of the key themes from the 8-week curriculum
- Extend the learning to include
 - *The explicit cultivation of the attitudes of mindfulness, in both formal and informal practice*
 - *The development of the positive valence system to support well-being and flourishing*
- Support participants in applying all that is learned in their lives, in ways that are consonant with their values
- Provide a shared community of practice
- Develop participants' capacity and confidence to deepen and extend learning independently

Over two days we will introduce the overall aims and structure of the curriculum. There will be opportunities to practice new curriculum elements and we will discuss how best to support people as they undertake the curriculum.



2-DAY WORKSHOP INTRODUCING BUDDHIST PSYCHOLOGY & PRACTICE FOR MINDFULNESS TEACHERS AND PRACTITIONERS

CHRIS CULLEN
27TH & 28TH AUGUST

Mindfulness is widely acknowledged to have its roots in foundational Buddhist traditions of understanding and practice that stretch back two and a half thousand years. These articulate and reflect remarkably precise and nuanced models of human experience that illuminate the ways in which distress and dissatisfaction can helpfully be understood and alleviated through clearer seeing and practical commitment to cultivating the conditions for flourishing in our personal and collective lives.

As mindfulness has increasingly been examined and researched through the lenses of cognitive psychology, neuroscience and social sciences, remarkable degrees of congruence and consistency have been discovered between our latest understandings of human experience and the ancient teachings found in the early Buddhist tradition.

In this two-day workshop, we will explore these foundational teachings and the core psychological understandings and orientations within which they contextualise the practice of 'wise mindfulness'. We will investigate the deep congruences between these understandings and the insights and principles underlying and informing contemporary mindfulness-based approaches, especially Mindfulness-Based Cognitive Therapy, and we will consider what the practical implications of this might be for how we can practise mindfulness today.

Please note that as an introduction to Buddhist psychology and practice, this workshop will integrate presentation and discussion with short periods of guided mindfulness practice in which we explore the implications and potential of the material that we are studying together.



TO REGISTER AND FIND OUT MORE INFORMATION

**PLEASE VISIT THE
OXFORD MINDFULNESS CENTRE WEBSITE**

oxfordmindfulness.org

OR CONTACT THE OFFICE VIA

admin@oxfordmindfulness.org

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THE FEES FOR THE 2020 SUMMER SCHOOL

Mindfulness: Finding Peace in a Frantic World - 2-Day Teacher Training Workshop	£200.00
Partnership Day	£100.00
Mindfulness For Life – 2-Day Teacher Training Workshop	£200.00
Mindfulness: Taking It Further – 2-Day Teacher Training Workshop	£200.00
2-day Buddhist Psychology and Practice	£200.00

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