

Issue # 1

**CMRP**  
**Newsletter**  
**January 2012**

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www.bangor.ac.uk/mindfulness

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## Centre for Mindfulness Research and Practice (CMRP)



Jody Mardula – CMRP Director 2008 – December 2011

*I am writing this both as an introduction to this new CMRP Newsletter and as a retrospective of CMRP during my time as Director.*

*During my 3 years as Director, the wonderful work done by the staff and teachers at CMRP over the years has continued to develop, demonstrated through the uptake of our 8 week courses, and the continued success of our teacher training and professional development courses, Master's programmes, and the implementation of the Staying Well After Depression (SWAD) research project.*

*At this time of writing there are transitions underway – I am leaving this post and will be succeeded by Rebecca Crane who once again will be at the helm of the CMRP team. I want to take this opportunity on behalf of whole team to welcome her into this new post to take CMRP forward over the future years. Caroline Creasey also left in December 2011, Caroline has been with CMRP since it began and will be much missed, she has been core to all the developments over the years and we wish her much joy in her retirement.*

*The SWAD research has been very successful and we are all waiting to see the results. This project is now in its final phase and we are saying farewell to many of the SWAD team.*

*Our core team has increased over the last 3 years with Eluned Gold coming in 2010 to direct and develop the Continuing Professional Development programmes, and Sharon Grace Hadley joining us as our Finance and Office Manager in 2010 which expanded our administration team of Caroline Creasey, Sue Griffiths, Anne Douglas, Heather Melville, Shirley Thomas and Frances Hooton. Our teaching team has also expanded with the very welcome addition of Taravajra and Karunavira, two graduates from our own Master's Programme, who come with a depth of experience in meditation.*

*During the last year we have also increased our CMRP family with the addition of specialist distance learning teachers Rosalie Does, Bethan Roberts and Susannah Crump; we have also recruited experienced mindfulness teachers as CMRP supervisors – Susannah Crump, Chantek McNeilage, Barbara Hussong, Barbara Reid, Gwennie Fraser, and Gill Williams. A big welcome to them all!*

*In April of 2011 we held a hugely successful Conference "Mindfulness Now – Building on the last decade" thanks to the expertise and hard work of all our teaching and administrative staff.*

*In August 2011 we were fortunate to be joined by Dr Dusana Dorjee as Research Lecturer and Thesis Co-ordinator – this is a joint appointment between CMRP and the School of Psychology. Dusana is teaching on the Master’s Programme specialising in research. Dusana is also focusing on developing the CMRP’s research portfolio.*

*At the end of January 2012 we welcome David Shannon, our new Mindfulness Lecturer and Master’s Programme Co-ordinator who will be working for the CMRP on a full time basis coordinating the Master’s Programme’s as part of our teaching team.*

*I feel incredibly lucky to have had the opportunity to be involved in the development of the CMRP and the work that we do in this way. It has been a time of great learning for me. Looking back I seem to have crammed all of life’s major experiences into those 3 years, laughter, sadness, health and illness, gain and loss, marriages, deaths and births – as we do, this IS life. So many clouds have passed across my sky and across the CMRP’s sky in these 3 years, and will continue to do so, moment by moment. I thank all of the staff at CMRP for the very great support that they have given to me and to our work, and to our students, graduates and supervisees – who form a part of the fabric of CMRP. This is work that we do together.*

*I have now stepped into the teaching team, and will continue to deliver teaching, training and supervision – and am looking forward to my continued connections with you all in the years ahead.*

Jody Mardula



The CMRP  
Teaching team  
December 2011

## Recent developments

### CMRP Supervisors

We are delighted that we have been able to respond to the demand for supervision by recruiting a team of experienced teachers and supervisors, they will work alongside the existing team of teachers to offer supervision to our Master’s students and to teachers of MBSR and MBCT who want to develop skills and have professional support.

We are also developing a training programme for supervisors of mindfulness-based teachers (see below).

## Courses coming up

*The Centre for Mindfulness Research and Practice offers an extensive calendar of events with a wide range of courses suitable for beginners right through to experienced mindfulness-based teachers. Our courses book up fast but below we highlight some of the opportunities still available.*

**NEW EVENT - 2 day Workshop on Mindfulness with Children and Families – March 22<sup>nd</sup> & 23<sup>rd</sup> 2012 in St Katharine's, London**

This workshop will be led by Eluned Gold, and will be of interest to anyone considering introducing mindfulness into their work with children and families. We will explore techniques and practices appropriate for children and families in a variety of contexts. The workshop will also cover some rationales for using mindfulness in these contexts. For those new to mindfulness there will be a brief introduction to the concepts of mindfulness practice and theory.

**NEW EVENT - 3 day Supervision Workshop – March 29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup> 2012 in St Katharine's, London**

This workshop is suitable for experienced teachers of mindfulness-based approaches who are already supervising teachers or are planning to in the near future. Facilitators: Jody Mardula and Cindy Cooper.

**NEW EVENT - 1 day Introduction to Mindfulness in the Workplace – April 12<sup>th</sup> 2012 in the Management Centre, Bangor Business School, Bangor University**

This one-day workshop provides a mixture of presentations, practical experiences and group discussion/dialogue for businesses interested in exploring the benefits of mindfulness-based Interventions in their workplace. The event is followed by a book launch celebrating the publication of "The Mindful Workplace" by Michael Chaskalson. Facilitators: Michael Chaskalson and Rebecca Crane.

**NEW EVENT - Mindfulness – Connection and Ease in your life – May 5<sup>th</sup>–7<sup>th</sup> Trigonos, N. Wales**

This workshop / retreat, is suitable for anyone wanting to practice mindfulness. It will be an opportunity to reconnect with yourself in the beautiful surroundings of Snowdonia. A time for nourishment and self-care. It offers: introductory mindfulness practices, stillness and movement practices, and guided walks. Facilitators: Sarah Silverton and Sholto Radford.

**NEW EVENT - Teacher Training level 1 (equivalent to TTR1) – a non residential training in London: Fridays, 9:00-4:15 11<sup>th</sup> May – 29<sup>th</sup> June 2012 Plus practice day on Sunday 17<sup>th</sup> June Facilitated by Cindy Cooper.**

**5 day MBSR – June 3<sup>rd</sup>–8<sup>th</sup> 2012 in Trigonos, North Wales**

This programme offers an alternative way to experience the mindfulness-based stress reduction 8-week course and may be the first step towards training to deliver mindfulness-based courses. Taught by Annee Griffiths & Eluned Gold, it is suitable for those who are not able to access an 8-week course locally, or prefer a residential experience. It is also appropriate for those new to mindfulness and those who wish to deepen their existing experience of the approach. It fulfils the requirement to have taken an 8 week course for CMRP's Master's programme entry, and for Teacher Training Retreat level 1. Facilitators: Eluned Gold & Annee Griffiths.

**NEW EVENT - MBCT for Cancer: Teacher Training – a residential training in Trigonos, North Wales: June 19<sup>th</sup>–22<sup>nd</sup> 2012**

This four day retreat will train you in the values, practice and approach of Mindfulness-Based Cognitive Therapy for Cancer (MBCT-Ca). It is offered to mindfulness-based teachers, who have already undertaken a basic mindfulness-based teacher training (such as the CMRP 7 day TTR1 or equivalent). Facilitated by Trish Bartley.

## **NEW EVENT - Mindful Self Compassion: Core Skills Training – 2 day workshop in Bangor, North Wales – 4<sup>th</sup> & 5<sup>th</sup> August 2012**

This 2-day workshop presents the theory and core practices of the empirically-supported, 8-week Mindful Self-Compassion (MSC) training program, a new program specifically designed to help participants become more self-compassionate using meditation, experiential exercises and group discussion. Facilitators: Christopher Germer & Kirstin Neff.

## **7 day Teacher Training Retreat level 1 – September 8<sup>th</sup>–15<sup>th</sup> 2012 – Corrymeela Centre, Co. Antrim, N. Ireland**

*An intensive experiential training retreat, offering space for learning, inspiration and nourishment.*

Teacher Training Retreat level 1 for mindfulness-based teachers, an opportunity to engage in a personal and group process designed to:

- Facilitate a deepening of your personal mindfulness practice.
- Develop your skills in teaching mindfulness-based approaches with particular emphasis on inquiry and dialogue.

## **NEW Programme**

### **Programme of Mindfulness Practice Retreats**

CMRP is delighted to introduce a new programme of retreats, in response to demand for opportunities to deepen practice and refresh teaching.

### **\*5 day Mindfulness Practice Retreat – May 22<sup>nd</sup>–26<sup>th</sup> 2012 at Trigonos, N. Wales, & December 11<sup>th</sup>–15<sup>th</sup> 2012 at Trigonos, N. Wales**

This retreat is suitable for those who have completed an 8 week MBCT or MBSR course and who are ready to gently engage with their personal practice at a deeper level. It is an invitation to gradually move into deeper awareness over the course of the retreat. Led by Eluned Gold and Karunavira.

### **\*7 day Mindfulness Practice Retreat – April 3<sup>rd</sup>– 10<sup>th</sup> 2013 at Trigonos, N. Wales**

A retreat for those teaching MBSR or MBCT (or in training to teach). This 7 day retreat will focus on deepening awareness of your own personal practice, to support your teaching practice. Led by Judith Soulsby & Trish Bartley.

**For more information about all our courses and teachers please see our website**

[www.bangor.ac.uk/mindfulness](http://www.bangor.ac.uk/mindfulness)

## **CMRP activities**

### *Some of our Research*

This is a selection of some of our current research. Work is continuing on research into **mindfulness-based teaching competence** and thank you to everyone who has contributed. We expect to report on this in our next newsletter.

### **Staying Well After Depression**

Each year in the UK a large number of people become depressed, and many suffer multiple relapses throughout their lifetime. Our researchers are currently trialing the ability of two treatments to help people stay well in the future (by reducing future episodes of depression) when they have been depressed in the past. The treatments are the Cognitive Psycho-Education programme (CPE) and Mindfulness-Based Cognitive Therapy (MBCT). What is learnt from this study will be used to improve the care of patients in the future. The team has now completed data collection and is working closely with Oxford University team to prepare the data for analysis and dissemination of results.

### **Mindfulness in Primary Care**

CMRP has conducted a small pilot study on teaching MBCT within a primary care setting, investigating the effectiveness for this patient group and collecting feedback from GPs about the feasibility of offering mindfulness in primary care.

### **Mindfulness for Parents of Children with intellectual disabilities**

PhD student and researcher Leah Jones, in conjunction with CMRP and the School of Psychology at Bangor University, is conducting a study into the benefits of mindfulness for parents of children with intellectual disabilities. She has developed a new measure, the Bangor Mindful Parenting Scale, and initial data has shown mindfulness and acceptance processes reduce distress and aid well-being for both mothers and fathers.

### **Mindfulness in Schools – Ph.D. opportunity**

Project title 'Psycho-physiological investigation of mindfulness training in secondary schools': Modifications in emotion regulation and cognitive control in adolescents practicing mindfulness'.

This innovative research project will investigate the effects of mindfulness training on health, well-being and academic performance of adolescents both from an applied outcomes-focused perspective and from the perspective of cognitive neuroscience. The project is supervised by Dr Dusana Dorjee. Applications are invited from those seeking either 1+3 (one year Masters followed by a three year PhD) or +3 (PhD) funding. More information is available at:

[http://www.bangor.ac.uk/psychology/postgraduate/esrc\\_studentships.php.en#Dorjee](http://www.bangor.ac.uk/psychology/postgraduate/esrc_studentships.php.en#Dorjee)

## *Community involvement*

### **Mindfulness in Schools**

Sarah Silverton has been working in partnership with Ysgol Pen Y Bryn in Colwyn Bay over for the last year to explore delivering mindfulness as part of the primary school curriculum. Feedback from both pupils and teachers and pilot assessment results have been very encouraging. Sarah and the Ysgol Pen Y Bryn team are now continuing to develop a mindfulness programme tailoring it to children through years 1 to 6. Dusana Dorjee and Sarah plan to research its efficacy in the near future in Wales.

### **Mindfulness and Work**

A half day conference was held by Sarah Silverton in September and hosted by Libby Evans (Health and Well-Being Lead for North Wales Regeneration) and was very well attended and received. There are continuing discussions with organisations across North Wales looking at ways that mindfulness-based interventions can support people in employment and in returning to work. There has been considerable interest from a range of statutory and voluntary sector organisations and we are currently exploring a number of possibilities of how to take this work forward.

### **Mindful parenting in the community**

CMRP has been developing community based mindful parenting programmes. Over the last 3 years working in collaboration with an NHS health promotion team, an adapted MBSR course has been taught, combining our expertise in teaching mindfulness with the expertise of local staff in the particular issues of this community. The course has been evaluated showing significant improvement in well-being. We now hope to extend this programme to other community groups including Foster parents.

## New developments

### Developing Mindfulness

'Developing Mindfulness' is a new network for people who use mindfulness with children in a variety of contexts. CMRP developed this in collaboration with the Mindfulness in Schools Project (MiSP) following a meeting of interested people at our April 2011 Conference. See [www.developingmindfulness.ning.com](http://www.developingmindfulness.ning.com).

### Mindfulness in Schools Project .b Training

CMRP is very fortunate to be hosting a training event in Bangor led by the Mindfulness in Schools Project from April 10<sup>th</sup>–14<sup>th</sup> 2012. If you are interested in training in their .b secondary school mindfulness programme please contact them directly at: [www.mindfulnessinschools.org](http://www.mindfulnessinschools.org).

### UK activity

– CMRP has been an active member of the UK Mindfulness-Based Teacher Trainers' Network. The Network meets once a year to discuss mindfulness training developments and to establish and develop Good Practice Guidelines, see the new website: <http://mindfulnessteachersuk.org.uk/>

## Calendar of events – next 12 Months

### **\*\*Exciting News\*\***

**Jon Kabat-Zinn has confirmed has attendance at our 2013 conference and will be facilitating a full day workshop on 24<sup>th</sup> March 2013, see: <http://www.bangor.ac.uk/mindfulness/conference>**

2012				
February 27 <sup>th</sup> – March 3 <sup>rd</sup>	Trigonos, North Wales	5 day residential	MBSR – Aspects of the 8 week course	Sarah Silverton & Vanessa Hope
March 15 <sup>th</sup> – 17 <sup>th</sup>	Trigonos, North Wales	2 day residential	Mindfulness & Individual Therapy (*part 2)	Jody Mardula & David Elias
March 22 <sup>nd</sup> & 23 <sup>rd</sup>	St Katharine's, London	2 day workshop	Mindfulness with Children & Families	Eluned Gold
March 29 <sup>th</sup> & 31 <sup>st</sup>	St Katharine's, London	3 day workshop	Supervising Teachers of Mindfulness-Based Approaches	Cindy Cooper & Jody Mardula
April 12 <sup>th</sup>	Business School, Bangor University	1 day workshop	Introduction to Mindfulness in the Workplace	Michael Chaskalson & Rebecca Crane
April 14 <sup>th</sup> – 21 <sup>st</sup>	Trigonos, North Wales	8 day residential	Teacher Training Retreat level 1	Trish Bartley & Vanessa Hope
April – June	The Marches School, Oswestry	8 week course	8 week mindfulness programme	Eluned Gold
April – June	Bangor University	8 week course	8 week mindfulness programme	Judith Soulsby
April – June	Telephone	8 week course	Distance Learning 8 week mindfulness programme	various
May 5 <sup>th</sup> – 7 <sup>th</sup>	Trigonos North Wales	3 day residential workshop	Living Life with Ease & Connection	Sarah Silverton & Sholto Radford
11th May – 29th June 2012	London	1 full day per week for 8 weeks	Teacher Training 1 for mindfulness-based teachers	Cindy Cooper

May 22 <sup>nd</sup> – 26 <sup>th</sup>	Trigonos, North Wales	5 day residential	Silent Retreat – Deepening your practice	Eluned Gold & Karunavira
June 3 <sup>rd</sup> – June 8 <sup>th</sup>	Trigonos North Wales	5 day residential	MBSR – aspects of the 8 week course	Eluned Gold & Annee Griffiths
June 14 <sup>th</sup> & 15 <sup>th</sup>	Bangor University	2 day workshop	Mindfulness with Children & Families	Eluned Gold
June 19 <sup>th</sup> – 22 <sup>nd</sup>	Trigonos, North Wales	4 day residential	MBCT for Cancer – Teacher Training	Trish Bartley
June 22 <sup>nd</sup> & 23 <sup>rd</sup>	Bangor University	2 day workshop	Mindfulness Teaching – Exploring the Enquiry Process	Sarah Silverton
July tbc	Bangor, North Wales	2 day workshop	Mindfulness and Addictions	Jody Mardula
July 4 <sup>th</sup> – 7 <sup>th</sup>	Trigonos, North Wales	4 day residential	Teacher Training in MBCT	Rebecca Crane & Sarah Silverton
July 7 <sup>th</sup> – 14 <sup>th</sup>	St Columba’s House, Woking, nr London	8 day residential	Teacher Training Retreat level 1	Annee Griffiths & Vanessa Hope
August 4 <sup>th</sup> & 5 <sup>th</sup>	Bangor University	2 day workshop	Mindful Self Compassion: Core skills training	Kristin Neff & Christopher Germer
August 6 <sup>th</sup> – 11 <sup>th</sup>	Trigonos, North Wales	5 day residential	MBSR – aspects of the 8 week course	Jody Mardula & Taravajra
August 30 <sup>th</sup> – September 2 <sup>nd</sup>	Trigonos, North Wales	1 day Workshop & 3 day residential	Workshop & Mindfulness Silent Retreat	Melissa Blacker & David Rynick
September – November	Bangor University	8 week course	8 week mindfulness programme	TBC
September – November	Telephone	8 week course	Distance Learning 8 week mindfulness programme	various
September 8 <sup>th</sup> – 15 <sup>th</sup>	Corrymeela, Co.Antrim	8 day residential	Teacher Training Retreat level 1	Trish Bartley & Eluned Gold
September 15 <sup>th</sup> – 22 <sup>nd</sup>	Trigonos, North Wales	8 day residential	Teacher Training Retreat level 2	Rebecca Crane & Cindy Cooper
September 18 <sup>th</sup> – 22 <sup>nd</sup>	Oblate Retreat Centre, Crewe	4 day residential	Staying Mindful Retreat for graduates of the 8 week course	Annee Griffiths & Sarah Silverton
October 11 <sup>th</sup> & 12 <sup>th</sup>	St Katharine’s, London	2 day workshop	Mindfulness Teaching – Exploring the Enquiry Process	Sarah Silverton
October 17 <sup>th</sup> – 19 <sup>th</sup>	St Katharine’s, London	3 day workshop	One2One (working one-to-one using mindfulness)	Cindy Cooper
October 23 <sup>rd</sup> – 25 <sup>th</sup>	Trigonos, North Wales	3 day residential	Mindfulness & Individual Therapy (*part 1)	Jody Mardula & Karunavira
November 3 <sup>rd</sup> – 10 <sup>th</sup>	Trigonos, North Wales	8 day residential	Teacher Training Retreat level 1	Judith Soulsby & Sarah Silverton
November 30 <sup>th</sup> – December 2 <sup>nd</sup>	Ladywell Centre, London	3 day residential	Supervision Retreat for graduates of the CMRP Supervision Workshops	Cindy Cooper & Jody Mardula
December 11 <sup>th</sup> – 15 <sup>th</sup>	Trigonos, North Wales	4 day residential	Silent Retreat – Deepening Your Practice	Trish Bartley & Eluned Gold

## 2013

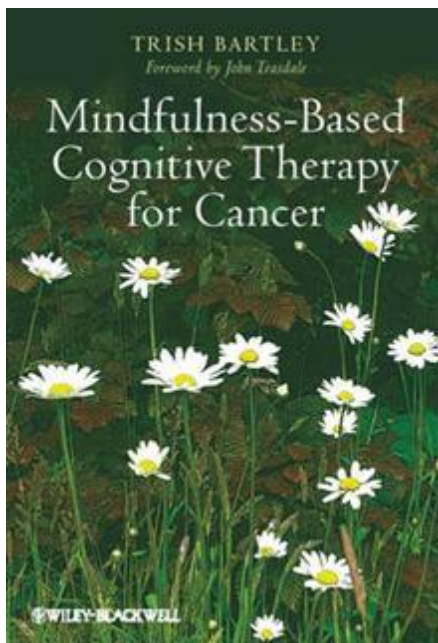
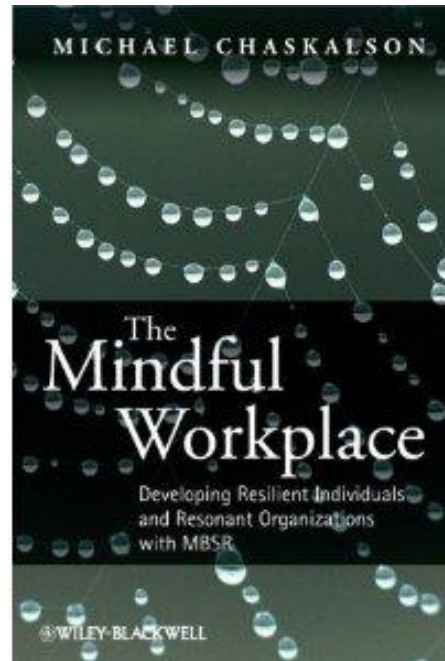
January – March	Bangor University	8 week course	8 week mindfulness programme	tbc
January – March	Telephone	8 week course	Distance Learning 8 week mindfulness programme	various
January 5 <sup>th</sup> – 12 <sup>th</sup>	Trigonos, North Wales	8 day retreat	Teacher Training Retreat Level tbc	Judith Soulsby & Annee Griffiths
January 12 <sup>th</sup> – 17 <sup>th</sup>	Trigonos, North Wales	5 day residential	MBSR – aspects of the 8 week course	Sarah Silverton & David Shannon
January 27 <sup>th</sup> – February 3 <sup>rd</sup>	Woodbrooke, Birmingham	8 day residential	Teacher Training Retreat level 1	Sarah Silverton & Karunavira
tbc	North Wales	2 day workshop	Mindfulness with Children & Families	Eluned Gold
February 20 <sup>th</sup> – 22 <sup>nd</sup>	Oblate Retreat Centre, Crewe	3 day residential	MBCT training	Sarah Silverton & Rebecca Crane
March 5 <sup>th</sup> & 6 <sup>th</sup>	Corrymeela, Co.Antrim	2 day residential	Mindfulness Teaching – Exploring the Enquiry Process	Vanessa Hope
March 22 <sup>nd</sup> – 25 <sup>th</sup>	Bangor University	4 day Conference	See details under Conference on website	Jon Kabat-Zinn & others
March 28 <sup>th</sup> – 30 <sup>th</sup>	St Katharine's, London	3 day workshop	Supervising Mindfulness Teachers	Jody Mardula & Cindy Cooper
April 3 <sup>rd</sup> – 10 <sup>th</sup>	Trigonos, North Wales	7 day residential	Silent mindfulness retreat for those teaching / training to teach MBSR & MBCT	Trish Bartley & Judith Soulsby
April – June	Bangor University	8 week course	8 week mindfulness programme	tbc
April – June	Telephone	8 week course	Distance Learning 8 week mindfulness programme	various
April 13 <sup>th</sup> – 20 <sup>th</sup>	Trigonos, North Wales	8 day residential	Teacher Training Retreat level 1	Vanessa Hope & Jody Mardula
April tbc	North Wales	1 day workshop	Addictions	Jody Mardula
May 6 <sup>th</sup> – 11 <sup>th</sup>	Trigonos, North Wales	5 day residential	MBSR – aspects of the 8 week course	Karunavira & tbc
June 4 <sup>th</sup> – 7 <sup>th</sup>	Trigonos, North Wales	4 day residential	Teacher Training in MBCT	Rebecca Crane & Sarah Silverton
June 13 <sup>th</sup> & 14 <sup>th</sup>	North Wales, tbc	2 day workshop	Mindfulness Teaching – Exploring the Enquiry Process	Trish Bartley
June 19 <sup>th</sup> – 21 <sup>st</sup>	North Wales, tbc	3 day workshop	Supervising mindfulness teachers	Jody Mardula & Cindy Cooper
July 20 <sup>th</sup> – 27 <sup>th</sup>	Trigonos, North Wales	8 day residential	Teacher Training Retreat level 1	Annee Griffiths & Taravajra

# Latest Publications

## The Mindful Workplace – Michael Chaskalson

The Mindful Workplace offers a practical and theoretical guide to the benefits of Mindfulness-Based Stress Reduction (MBSR) in the workplace, describing the latest neuroscience and other research into the beneficial effects of mindfulness training and detailing an eight-week mindfulness training course. It describes methods of training whose outcomes allow people in organizations to listen more attentively, communicate more clearly, manage stress and foster strong relationships. The book outlines a complete eight-week mindfulness training course, customized for workplace settings, along with further reading and training resources.

Michael Chaskalson is the UK's leading trainer of mindfulness-based approaches to work, with clients including London Business School, Prudential and GlaxoSmithKline. He is an honorary lecturer at the Centre for Mindfulness Research and Practice, Bangor University, UK, and has more than thirty-five years of experience of Buddhism and formal meditation.



## Mindfulness Based Cognitive Therapy for Cancer: Gently Turning Towards – Trish Bartley

Mindfulness-based Cognitive Therapy for Cancer presents an eight-week course for MBCT which has been tried and tested over ten years of clinical use, and is targeted specifically for people with cancer. There is growing evidence of mindfulness as a successful and cost-effective intervention for reducing the negative psychological impact of cancer and treatment.

Draws upon the author's experience of working with people with cancer, and her own recent experience of using mindfulness with cancer diagnosis and treatment. Stories from cancer patients illustrate the learning and key themes of the course. Includes new short practices and group processes developed by the author.

Trish Bartley has taught MBCT to people with cancer in a regional oncology unit in Wales since 2000. She is an Honorary Lecturer in the School of Psychology, Bangor University. She was one of the founding teachers at the Centre for Mindfulness Research and Practice, Bangor University, where she co-leads programmes for health professionals, and students on the Masters programme, to train as mindfulness-based teachers. She delivers mindfulness-based training retreats internationally.