



Centre for Mindfulness Research & Practice Summer Newsletter



Volume 1 Issue 2

July 2012

A Message from Rebecca Crane, CMRP Centre Director

Welcome to the Centre for Mindfulness Research and Practice's Summer Newsletter.

In our last newsletter Jody spoke about imminent transitions within our team as she stepped down from her time as Director, the Staying Well After Depression research trial came to its final stages and various team members retired or shifted role. The last few months have seen quite a few leaving ceremonies at our offices! Sometimes transitions and changes seem to come in droves but they are always happening within and around us. As I begin my time as Director it is clear that the CMRP is a continually evolving organisation as it responds to the rapidly developing societal interest in mindfulness, adapts to changes in University structures, works with the impact of the economic shifts, adjusts to changes in team make up...and yet within this constant flux there is a sense of continuity of



intention which anchors and orientates the choices we make and the directions we choose.

Alongside the day to day work of running the CMRP, I have recently been engaged in bringing together our pilot work on mindfulness-based teaching competency. This is work that many of you on our Master's programmes participated in by making the assessments of your teaching practice available for research. Students in the Exeter and Oxford University Master's programmes have also participated. We are tremendously grateful for your engagement with this work – it wouldn't have been possible without you!

It has been a rich process over the last few years

collaborating together as a group of teachers in Bangor and with our colleagues in Exeter and Oxford, in exploring and articulating what great teaching looks like, sounds like and how we sense it when we are part of it. Over time we have gradually developed these thoughts into the Bangor, Oxford and Exeter Mindfulness-Based Interventions: Teaching Assessment Criteria (MBI:TAC) – you can now see this on our website under the Resources tab. We have written a preliminary paper presenting perspectives on competency, and are now in process with writing up our data on the reliability and validity of the MBI:TAC.

A few weeks ago I was in the States at the Center For Mindfulness in Medicine, Health Care and Society's 10th Annual International Scientific Conference for Clinicians, Researchers and Educators, where I (*continues on Page 6*)

CMRP Core Staff:

Rebecca Crane
Centre Director

Dusana Dorjee
Lecturer & Research lead

Eluned Gold
Head of CPPD

Sue Griffiths
Master's Administrator

Sharon Grace Hadley
Business Manager

Frances Hooton
CPPD Administrator

Sholto Radford
Research Officer

David Shannon
Master's Coordinator

Shirley Thomas
Administrative Assistant





Retiring to Run a Guesthouse

After a few more tutorials and a bit more marking I will have retired from the team of trainers who work for CMRP. Having been involved since the beginnings of the Centre I can reflect how much things have changed. Back then we were a small band of enthusiasts who seemed to know everyone involved in 'applied mindfulness' in the UK and beyond. We were making it up as we went along fuelled by our passion for mindfulness. Now the CMRP has a properly structured staff in the university and a strong team of trainers around that based in various parts of Wales and England. Most importantly there are now

hundreds of people teaching mindfulness-based approaches all over the country many of whom have trained with CMRP. It is deeply gratifying to think just how much of this potentially transformative work is being done by now.

This work and the community of people involved in it has been very dear to me. It has always been an affair of the heart. And I don't believe it can be otherwise with this mindfulness work. For me it is always personal as well as professional. Mindfulness has to be brought to the work rather than left there at the end of the day. So like all work of the heart it has been very engaging, deeply

rewarding and sometimes difficult and exhausting. That's the deal.

Jon Kabat Zinn's statement that mindfulness practice is a 'a radical act of love' has always resonated with me. So now I find myself without the work but with my practice as important and central (and imperfect) as ever. I am finding the need for 'beginners mind, turning towards, letting go' etc. as important as ever.

So I still have my Guesthouse to run.

With much gratitude and metta,

David Elias.

(CMRP trainer, teacher & supervisor)



Published in April, *The Mindfulness Breakthrough* is a friendly and accessible illustrated introduction to mindfulness principles and practice. It explores mindfulness' relevance in a range of life situations with chapters contributed by Eluned Gold and Vanessa Hope.

Collaboration with Mindfulness in Schools Project Team

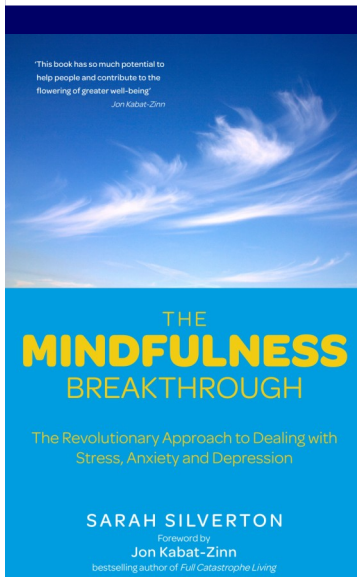
We feel very lucky to work alongside Chris Cullen and Richard Burnett of the Mindfulness in Schools Project (MiSP) currently. Bangor University hosted them offering their training that attracted more than 50 attendees.

We are also working together in the development of a primary school mindfulness curriculum and teacher training programme

alongside teachers from Ysgol Pen Y Bryn, Colwyn Bay, following a pilot of offering mindfulness to children from age 4 to 11.

Sarah Silverton

(CMRP trainer, teacher, supervisor and author of *'The Mindfulness Breakthrough'*).



Information on Courses & Events—Eluned Gold

We are offering a range of new courses to meet the needs of the students and course participants at all levels. Examples of our new additions are:

Residential courses as a follow-on to 8 week courses for those wanting to maintain, support and develop practice and learning through mindfulness approaches. Staying mindful residential course – also offered as a 6-week programme in North Wales.

A programme of *1 day Master Classes* from the CMRP team as well as visiting teachers - all acknowledged experts.

2 day skills training for those beginning to teach - including enquiry and movement workshops.

In particular we are introducing a new range of *retreats* to offer opportunity for sustained engagement with meditation practice at all levels.

Living with ease and Con-

nection - a gentle introductory retreat which took place in May 2012 and was very well received – this will be offered again soon.

Deepening Mindfulness practice – for those who have completed an 8-week course and want to develop and deepen their practice will take place in December 2012.

Refreshing your practice – *Refreshing your teaching* - a 7-day retreat for teachers (or trainees) of MBCT/MBSR April 2013.



Please see the website for up-to-date information about all of our courses:

www.bangor.ac.uk/mindfulness

Settling into life in Bangor

It is a great pleasure to be here in Bangor as I begin my work with the Centre for Mindfulness Research and Practice. My thanks to all who have made me feel so welcomed and supported since arriving in late January.

Over recent months I have been carefully guided through much of the work I will be taking on by Judith (Soulsby), whose shoes will

be very hard to fill! I'd like to extend my sincere gratitude and best wishes to Judith on her retirement.

I also recently had the opportunity to attend an 8-week MBSR course given by Jody (Mardula), so I am delighted to have spent some time with two people so closely connected with the development of the CMRP. It is wonderful to

know there is such wealth of experience so close at hand. I look forward to meeting with many more of you who are connected with the Centre over the coming months, as I continue the (very easy) transition to life in North Wales!

Best wishes,

David Shannon (Master's Coordinator)



Retirement with mindfulness in mind



When I started doing admin work for CMRP we were in the Wheldon Building. We had a small office and I only worked 1 day a week (with Caroline Creasey). This was in 2005, and since then, there has been a vast change and growth of interest in mindfulness and especially in CMRP. The 1 day became 2 days and

then 3 days...we then expanded to a larger space with a larger admin team. I no longer have to put course information up in Bangor library or the swimming pool or in 'the Ladies'...the 8 week course in Bangor is now extremely popular and we now have a variety of further courses for all those 8 week course graduates.

Staying mindful in a busy office environment brings

challenges and has given me something precious to take away with me. I shall miss answering queries on the phone and by email – keeping in touch with course participants and also being with my colleagues, but I will be able to spend more time with my family and singing, both of which are close to my heart.

Many thanks to you all,
Anne Douglas (CPPD Courses Administrator)

A personal history of mindfulness at Bangor—Judith Soulsby

Having been employed by Bangor University for the last 18 years, it feels quite strange to have just ‘retired’ – from the office, at least, though it’s great to have more time for teaching work on the Master’s and on CMRP’s multi-faceted CPD programme.



I started work here in ‘95 with Mark Williams in Clinical Psychology, as a research officer for the first big randomised controlled trial of MBCT for recurrent depression. I’m an English graduate, and had never done any research before... it’s typical both of Mark and the Centre, to expand people’s skills in unexpected directions! We all moved into the Wheldon Building when Mark created the Institute of Medical and Social Care Research (IMSCaR). The tiny mindfulness Centre was nurtured there, as those of us based locally trained to teach 8-week courses under Sarah and Becca’s guidance. We really started to grow once Becca joined the office team! I was researching with the Centre for Social Policy Research and Practice, as well as with IMSCaR, and setting up our first mindfulness conferences. This time is now all a blur of friendship, guidance, very

hard work, and exciting developments. As Mark left Bangor after the creation of the Centre for Mindfulness Research and Practice (CMRP), Becca was starting to develop the Master’s, which still continues to grow from strength to strength. We delivered this at first through the School of Education’s generic MA/MEd programme, and learned much from their work and understanding of part-time mature students’ needs.

Our office move to Dean Street, and the Master’s and CMRP’s move into the School of Psychology, were both large shifts of perception and practice. So many challenges and benefits from these changes (as there often are)! First acting up to Becca’s work as Master’s Director, I then took on the job when Becca took the lead on the large Staying Well After Depression research with Oxford

University. I hadn’t done any work in education before either! It has been such a pleasure learning to understand the University’s requirements, and bridging these with the needs of the students and the CMRP teachers who deliver our academic programmes.

More big changes over the last 5 years – now CMRP has an organically expanding personal and professional development programme under Eluned’s creative guidance. Also a blossoming research programme, led by Dusana, who looks after the research and thesis side of the Master’s too. As I’ve left the office, the Master’s coordination work has been picked up by David, taking over most gracefully at another time of expansion and change, which I know will continue in all sorts of useful and exciting ways, under Becca’s guidance as our Centre Director.

I am so grateful to be able to continue working as a freelance teacher for CMRP. I shall miss the frequent contact with students and teachers – though I won’t miss all the emails! – and am happy to settle into this different role which still keeps me in touch and in service. And I’m looking forward to having more time for friends, family and practice!

Supervision Update:

Jody Mardula has been taken on in a consultancy capacity to take forward the development and delivery of Mindfulness Supervision. Jody and Cindy Cooper will be delivering Supervision training in June 2013. They will also be offering a one-day session on Mindfulness and Supervision for one of our pre-conference institutes on March 22nd, 2013.

Please see our website for future updates and details.



Research Update— Dusana Dorjee



Laboratory for Cognitive Neuroscience of Mindfulness and Wellbeing

Over the last eight months we have setup a neuroscience laboratory which is dedicated to research into brain changes associated with mindfulness training. We are excited about the opportunity to actively contribute to this fast-growing area of research and have already finished the first phase of data collection for a project investigating changes in attention and emotion regulation induced by mindfulness. Most of the research conducted in the laboratory, including the current project, uses brain wave methodology.

Mindfulness with Foster Carers

This research project investigates how a mindfulness-based parenting

programme for foster carers can impact on mental health of foster carers and their ability to care for and make positive relationships with their fostered children. The project starts on 1st June 2012 and will continue for 10 months.

Ph.D. project on mindfulness in secondary schools

We have now recruited a Ph.D. student for this research project which will start in October 2012 and will continue for 3 years. This pilot evaluation of the impact of a mindfulness-based programme on teachers and pupils health and wellbeing will include psychophysiological assessments based on brain wave measures.

Dr. Dusana Dorjee, Lecturer & Research lead



CMRP CONFERENCE : March 23rd, 24th, 25th 2013

Saturday 23rd March 2013

Keynote speakers:

- Mark Williams
- Shauna Shapiro

Workshops:

- Paul Chadwick
- John Teasdale
- Vidyamala Burch
- Mark Williams
- Education
- Research

Building integrity: the Mindfulness-Based Interventions: Teaching Assessment Criteria (MBI:TAC) - led by Rebecca Crane

Mindfulness in Schools Project (MiSP) - led by Chris Cullen

Neuroscience - led by Dusana Dorjee

Supervision - led by Cindy Cooper & Jody Mardula

Breathworks - led by Vidyamala Burch

Confirmed conference venue: Crowne Plaza, Chester

Sunday 24th March 2013

Jon Kabat-Zinn will facilitate a full day workshop:

The Heart of the Matter: A Day of Mindfulness Practice and Dialogue

**PRE-CONFERENCE INSTITUTES on
Friday 22nd March 2013:**

Monday 25th March 2013

Keynote speakers:

- Willem Kuyken
- Jon Kabat-Zinn

Workshops:

- Mindfulness in the Workplace
- Trish Barley
- Health Economics
- Children and families

FOR POST-CONFERENCE INSTITUTES & FURTHER INFORMATION PLEASE VISIT OUR WEBSITE:

www.bangor.ac.uk/mindfulness

CALENDAR OF COURSES & EVENTS 2012 / 2013

All information correct at time of print—please check website for updates and most accurate information

Date	Venue	Type of course	Title	Trainer(s)
August 29th – September 2nd	Trigonos, North Wales	1 day workshop followed by a 3 day retreat	Workshop & Silent Retreat	Melissa Blacker & David Rynick
September - November	Bangor University	8 week course	8 week mindfulness programme	Annee Griffiths
September - November	Telephone	8 week course	Distance Learning 8 week mindfulness programme	Various
September 7th	Chester	1 day Master Class	Mindful Movement	Sarah Silverton
10th Sept— November 12th	Bangor University	8 week course	Mindfulness in the Workplace - 8 week programme	Sarah Silverton
September 8th – 15th	Corrymeela, Co. Down	8 day residential	Teacher Training Retreat	Trish Bartley & Eluned Gold
September 15th – 22nd	Trigonos, North Wales	8 day retreat	Teacher Training Retreat level 2	Rebecca Crane & Cindy Cooper
September 18th - 22nd	Oblate Retreat Centre, Crewe	5 day residential	Staying Mindful - for 8 week course graduates	Annee Griffiths
October—November	Bangor University	6 week course	Staying Mindful 6 week programme	Annee Griffiths
October 11th & 12th	St Katharine's, London	2 day workshop	Mindfulness - Exploring the enquiry process in mindfulness teaching	Sarah Silverton
October 17th – 19th	Greencoat Place, London	3 day workshop	One2One	Cindy Cooper
October 23rd – 25th	Trigonos, North Wales	3 day residential	Mindfulness & Individual Therapy (part 1)	Jody Mardula & Karunavira
November 2th	Chester	1 day Master Class	Mindfulness in the Workplace	Michael Chaskalson
November 3rd – 10th	Trigonos, North Wales	8 day residential	Teacher Training Retreat level 1	Judith Soulsby & Sarah Silverton
December 11th – 15th	Trigonos, North Wales	5 day residential	Silent Retreat - Deepening Mindfulness Practice for 8 week course graduates	Trish Bartley & Karunavira
January - March 2013	Bangor University	8 week course	8 week programme	Jody Mardula
January - March 2013	Telephone	8 week course	Distance Learning 8 week programme	Various
January 5th - 12th 2013	London	8 day retreat	Teacher Training Retreat Level 2	Cindy Cooper
January 5th - 12th 2013	Trigonos, North Wales	8 day retreat	Teacher Training Retreat Level 1	Annee Griffiths & Judith Soulsby
January 18th - March 8th	London	8 week teacher training course	Teacher Training Course level 1	Cindy Cooper
January 12th – 17th	Trigonos, North Wales	5 day residential	MBSR – aspects of the 8 week course	Sarah Silverton

CALENDAR OF COURSES & EVENTS 2013

All information correct at time of print—please check website for updates and most accurate information

Date	Venue	Type of course	Title	Trainer(s)
January 25th – February 1st	Birmingham	8 day residential	Teacher Training Retreat Level 1	Taravajra & Karunavira
February 1st	Chester	1 day Master Class	Mindfulness with Cancer	Trish Bartley
February 11th - April 22nd	Chester	8 week teacher training course	Teacher Training Course level 1	Sarah Silverton
March 1st	Chester	1 day Master Class	Mindfulness with Individual Therapy	Jody Mardula
March 6th - 8th	Trigonos, North Wales	3 day residential	Mindfulness& Individual Therapy (part2)	Jody Mardula & Karunavira
March 23rd - 25th	Chester	CMRP Main Conference	Main CMRP Conference	Jon Kabat-Zinn & others
April - June	Bangor University	8 week course	8 week programme	Judith Soulsby
April - June	Telephone	8 week course	Distance Learning 8 week programme	Various
April 3rd - 10th	Trigonos, North Wales	8 day residential	Mindfulness retreat for Teachers of MBCT & MBSR	Trish Bartley & Judith Soulsby
April 5th	Chester	1 day Master Class	Mindfulness with Children and Families	Eluned Gold
April 13th - 20th	Trigonos, North Wales	8 day residential	Teacher Training retreat Level 1	Vanessa Hope & Jody Mardula
May 3rd	Chester	1 day Master Class	Mindfulness and Psychological processes	Rebecca Crane
May 6th - 11th	Trigonos, North Wales	5 day residential	MBSR - aspects of the 8 week course	Karunavira
June 4th - 7th	Trigonos, North Wales	4 day residential	Specialist Teacher Training in MBCT	Sarah Silverton
June 7th	Chester	1 day Master Class	Mindfulness and Groupwork	Trish Bartley
June 13th—16th	Oblate, Crewe	Residential	Supervision training	Cindy Cooper and Jody Mardula
July 5th	Chester	1 day Master Class	Mindfulness Based Cognitive Therapy an Depression (MBCT)	Sarah Silverton
July 20th - 27th	Trigonos, North Wales	8 day retreat	Teacher Training Retreat Level 1	Annee Griffiths & Taravajra
August 2nd	Chester	1 day Master Class	Mindfulness and Brain Injury	Jody Mardula
September 6th	Chester	1 day Master Class	Mindfulness and Neuroscience	Dusana Dorjee
October 4th	Chester	1 day Master Class	Mindfulness and Research	Catrin Eames
November 1st	Chester	1 day Master Class	Breathworks	Vidyamala Birch
December 6th	Chester	1 day Master Class	Mindful Inquiry	Sarah Silverton

**Centre for Mindfulness Research
and Practice,
Bangor University,
Dean Street Building,
Bangor,
LL57 1UT**

Phone: +44 01248 38 29 39

Fax: +44 01248 38 39 82

Web: www.bangor.ac.uk/mindfulness



CMRP Teaching Team:

Trish Bartley

Michael Chaskalson

Cindy Cooper

Rebecca Crane

David Elias

Eluned Gold

Annee Griffiths

Vanessa Hope

Karunavira

Jody Mardula

David Shannon

Sarah Silverton

Judith Soulsby

Taravajra

Resources: MBI:TAC

http://www.bangor.ac.uk/mindfulness/documents/MBI-TACMay2012_000.pdf

Crane R.S., Kuyken, W., Williams, J. M. G., Hastings, R., Cooper, L., Fennell, M.J.V. (2012). Competence in teaching mindfulness-based courses: concepts, development, and assessment, *Mindfulness* 3:1; Pp.76-84.

A selection of our upcoming Courses & Events:

September 18-22: Staying Mindful: 5-day residential retreat for graduates of the 8-week course. Oblate Retreat Centre, Crewe.

October 11-12: Mindfulness—exploring the inquiry process. 2-day workshop. St. Katharine's, London.

October 23-25: Mindfulness & Individual Therapy. 3-day residential. Trigonos, North Wales.

December 11-15: Silent Retreat—Deepening mindfulness practice (for graduates of the 8-week course). Trigonos, North Wales.

**Mindfulness Postgraduate Programmes Prospectus
now available to download:
www.bangor.ac.uk/mindfulness**

Please see:

www.bangor.ac.uk/mindfulness for more details of all our courses, events and retreats.

Message from Rebecca (continued from front page)

presented a keynote talk on the UK's work on mindfulness-teaching competency. There was tremendous interest in this development, a sense that this work is very timely and a view that international collaboration on these subtle and essential questions is needed.

The rapid expansion of interest in the implementation of mindfulness-based approaches in a diversity of contemporary settings holds both promise and risk. It is

inspiring to wonder about how this work might be influencing people and organisations as it increasingly becomes a practical and accessible reality in more and more mainstream settings, including the health service, schools and businesses. It is also a time in which careful attention is needed to support the expansion in ways that honour the integrity of the work, and ensure that the very factors that give rise to its promise are not lost in the

forward rush to implement. As a community we need to rise to the challenge that the expansion presents and take responsibility from within to ensure that the individual and collective integrity of our work is strong.

From all of us at CMRP I wish you well for the coming months and looks forward to connecting with you at a mindfulness event soon!

Warm regards,
Rebecca Crane

