Mindfulness-based Cognitive Therapy

What Do We Know, What Don’t We Know?

Willem Kuyken

CMRP Conference 2015
4th July, 2015
Outline

The place of research in the sustainable development of the field; Willem Kuyken

Efficacy and effectiveness of MBIs; Anne Speckens

Mechanisms in MBIs; Thorsten Barnhofer

Implementation of MBIs; Jo Rycroft-Malone and Rebecca Crane

Discussant; Mark Williams
Mindfulness in the mainstream

Interim report of the Mindfulness All-Party Parliamentary Group (MAPPG)

Inquiry held: May - December 2014
"I think you should be more explicit here in step two."

from What’s so Funny about Science? by Sidney Harris (1977)
Outline

Mechanisms in MBIs. Thorsten Barnhoher; 14.35-15.05

Efficacy and effectiveness of MBIs; Anne Speckens 15.05-15.35

Implementation of MBIs; Jo Rycroft-Malone and Rebecca Crane 15.35-16.05

Break: mindful movement 16.05-16.15

Discussant: Mark Williams 16.15-16.45

Panel discussion and Q&A 16.45-15.00
The Guesthouse

• Welcome them all
The First Psychologist

PROLIFERATION OF BUDDHISM

Tibet
8th century C.E.

CHINA
1st century C.E.

KOREA
4th century C.E.

JAPAN
6th century C.E.

SRI LANKA
3rd century B.C.E.

Main Branches of Buddhism
- Mahayana
- Theravada
- Birthplace of Buddhism
- Silk Road

Source: P. B. Clarke/Atlas of World Religions
Mindfulness in The West
Opportunities

• Lifespan perspective
• New contexts and adaptations
• “Stepped care” approach
Thank you for your attention