

Mindfulness-based Cognitive Therapy

What Do We Know, What Don't We Know?

Willem Kuyken

CMRP Conference 2015
4th July, 2015



UNIVERSITY OF
OXFORD

Oxford
Mindfulness
Centre



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

Visibility



Trigger

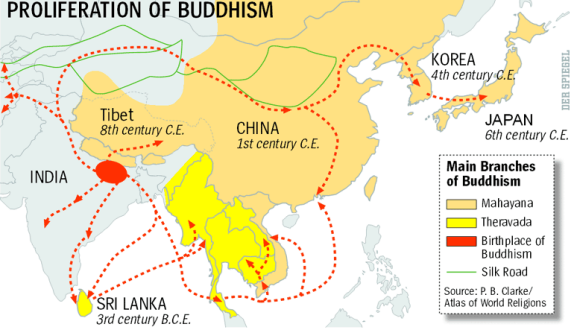
Expectation

Disillusionment

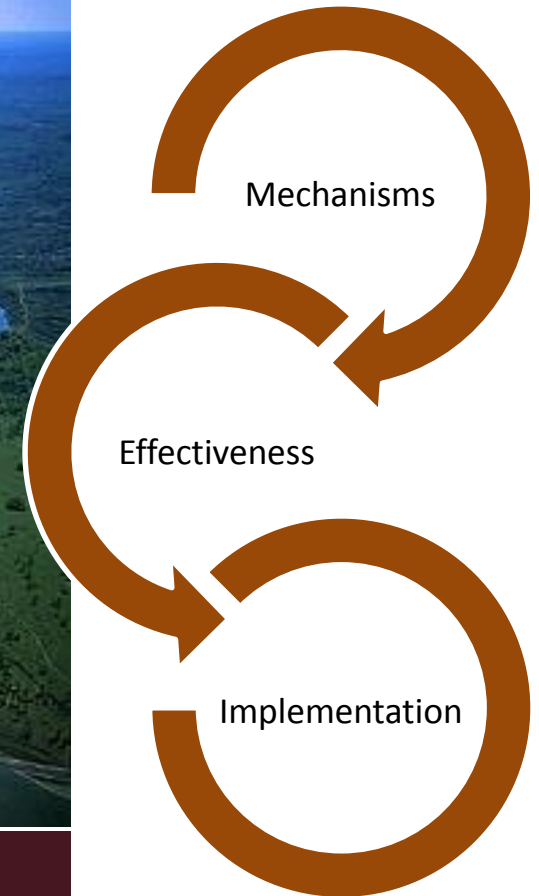
Enlightenment

Productivity

Maturity



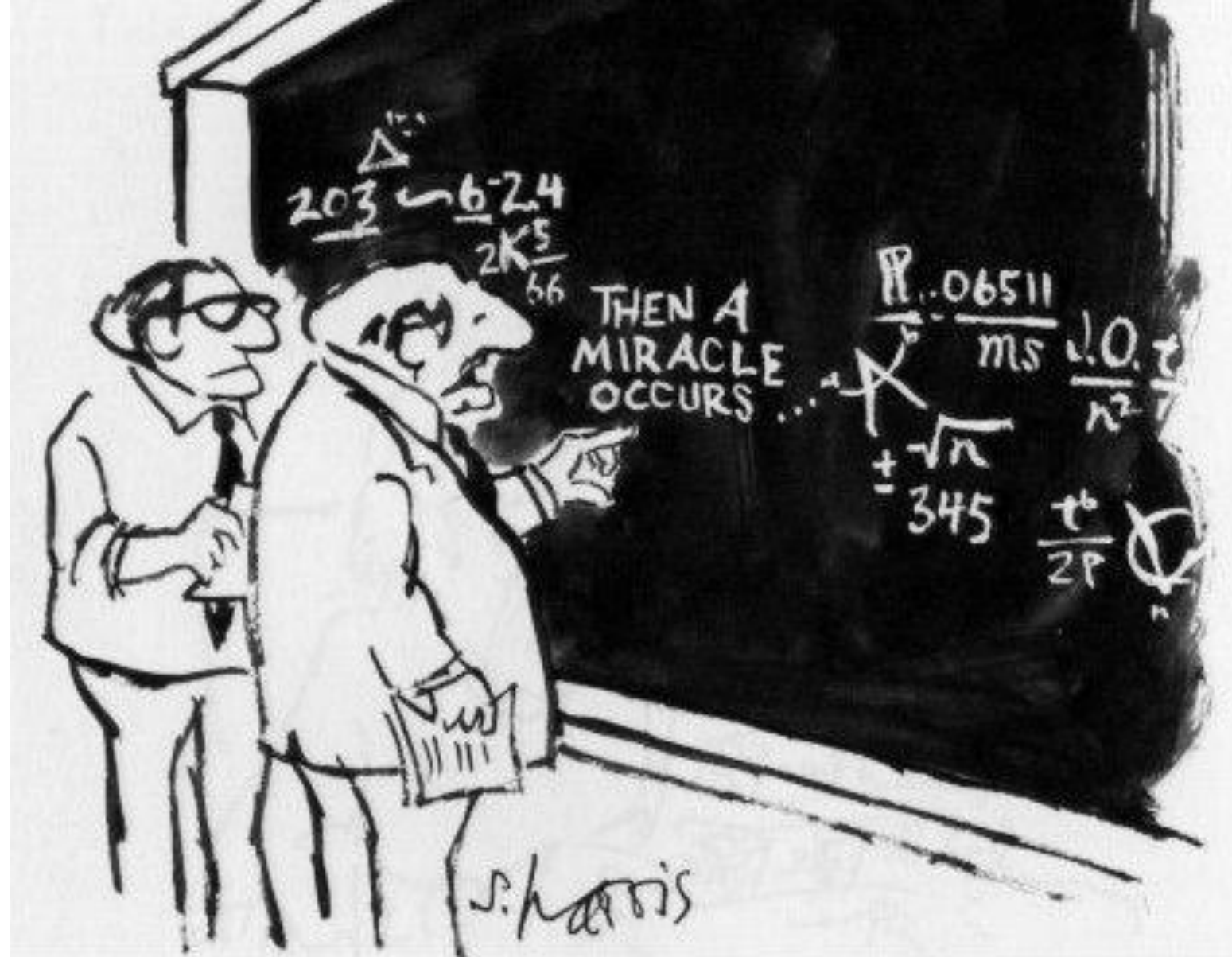
Mindfulness in the mainstream



MINDFUL NATION UK

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 Barnhofer; 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

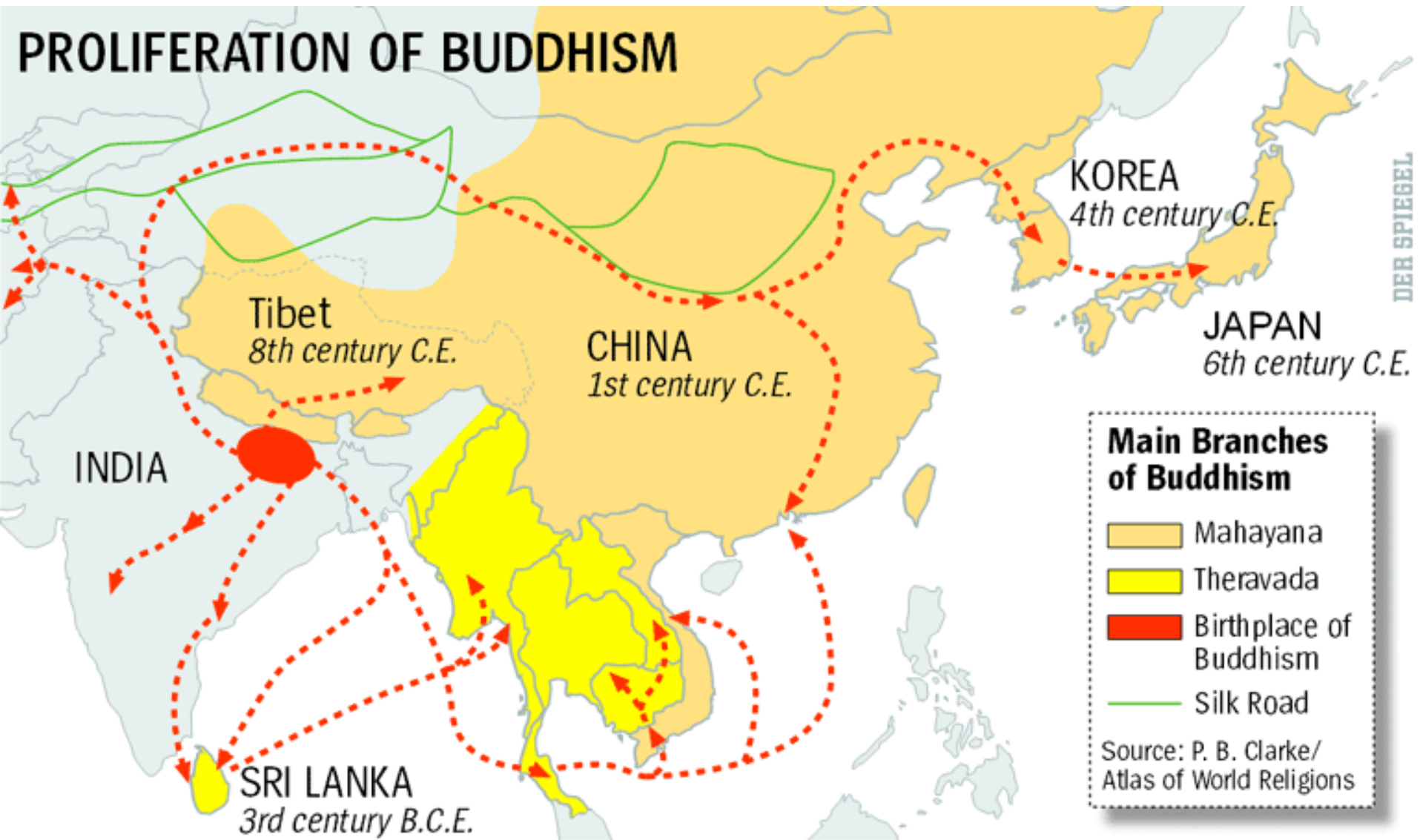
Discussant: Mark Williams 16.15-16.45

Panel discussion and Q&A 16.45-15.00

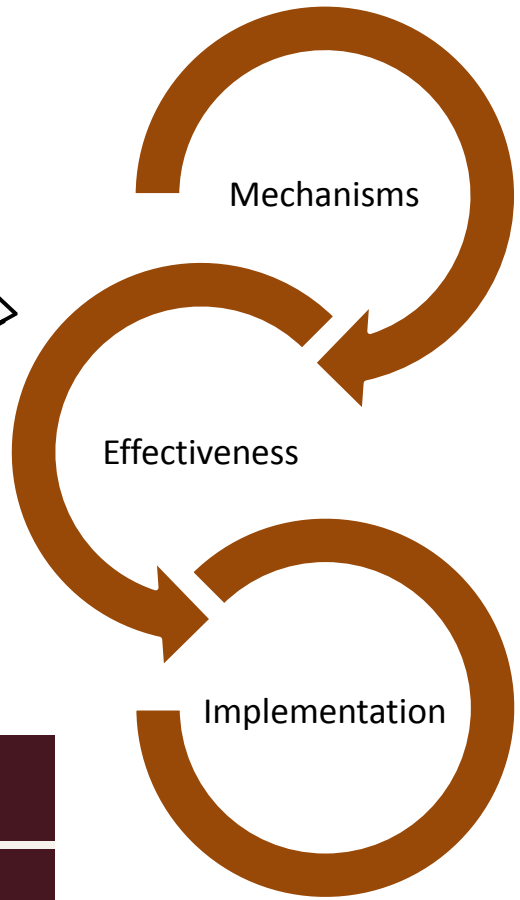
The Guesthouse

- Welcome them all

The First Psychologist



PROLIFERATION OF BUDDHISM



MINDFUL NATION UK

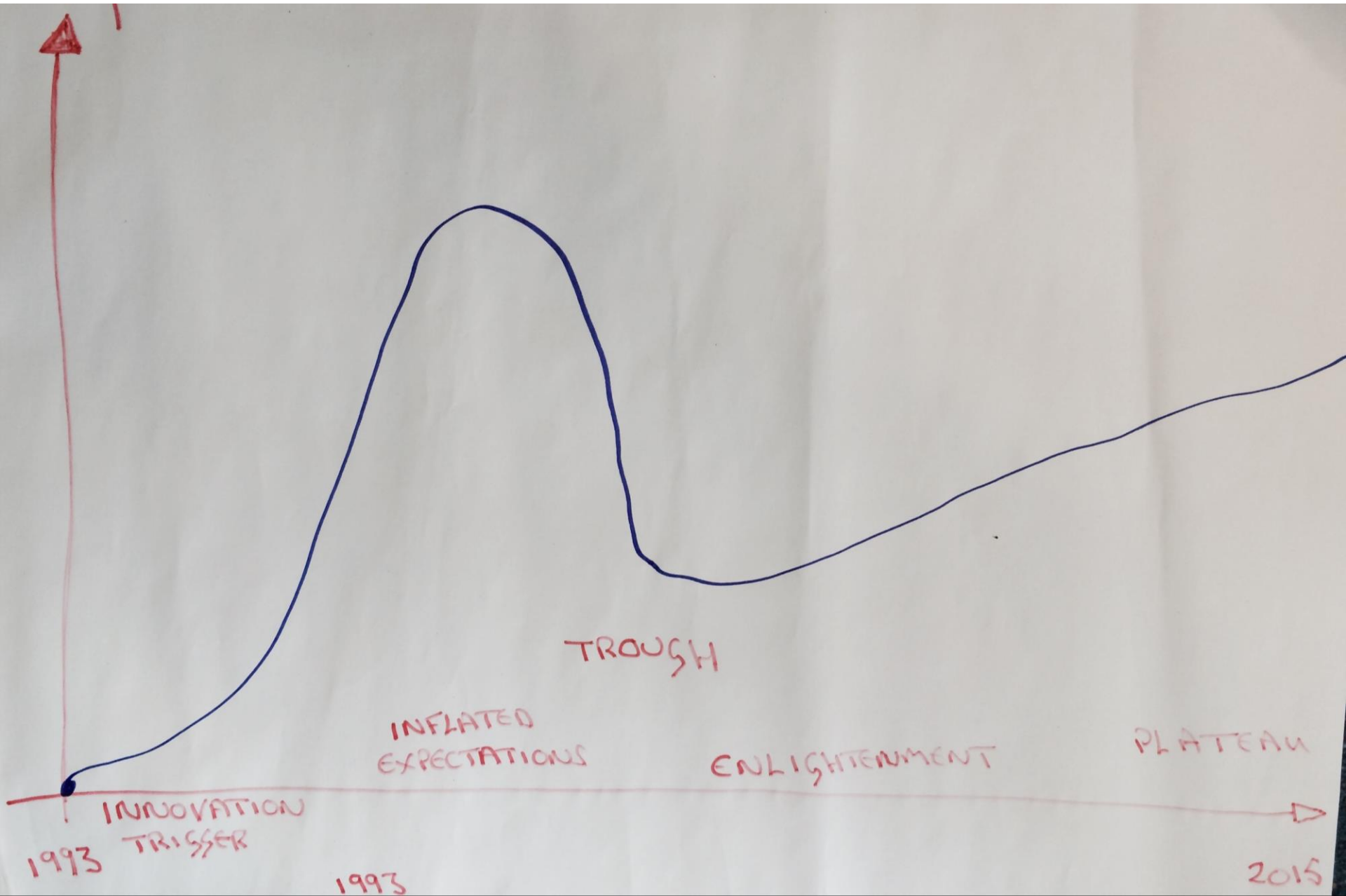
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Mainstream Mindfulness

Mindfulness in The West

After the Ecstasy, The Laundry





Opportunities

- Lifespan perspective
- New contexts and adaptations
- “Stepped care” approach

Thank you for your
attention