

The science and practice of mindfulness

Date	22 May 2016	Time	10am – 4.45pm
Venue	Madingley Hall Madingley Cambridge		
Academic Director	Dr Lee de-Wit	Course code	1516NDX054

Director of Programmes Emma Jennings

For further information on this course, please contact Clare Kerr, Public Programmes Coordinator
01223 746237 clare.kerr@ice.cam.ac.uk

To book See: www.ice.cam.ac.uk or telephone 01223 746262

Tutor biographies

Lee studied Experimental Psychology at the University of Bristol, and then an Economic and Research Council funded Masters (with Charles Fernyhough) and PhD (with David Milner FRS and Robert Kentridge) at Durham University. Lee then worked as a post-doctoral researcher at the University of Leuven working on the Gestalt Revision program of Johan Wagemans, on which he is now a co-PI. Lee has also spent time as a visiting researcher with Geraint Rees at the Institute of Cognitive Neuroscience (UCL), Glyn Humphreys at the University of Oxford, and Catherine Tallon-Baudry at the University Hospital Pitié-Salpêtrière in Paris. In addition to teaching at ICE, Lee is a Teaching Fellow at University College London.

Day school content:

Mindfulness research has progressed enormously in the last 5-10 years, from the neuroimaging of meditating monks to clinical trials of its efficacy as a treatment program for different mental health problems. This day school will explore some of the key findings in this research, but also take a step back to consider the fundamental cognitive and neuroscience research that helps us to understand how and why mindfulness might prove effective. This course will also explore the historical roots of mindfulness, and how it has been translated in the West.

The course will also offer a number of short 20 minute meditations, which will offer a more practical taster of the effect and impact of mindfulness practice.

The course will be hosted in a quiet location in the beautiful surroundings of Madingley Hall, which offers the perfect venue to reflect on the science and practise of mindfulness.

Programme:

09:30	Terrace bar open for pre-course tea/ coffee
10:00 – 11:15	Mindfulness, historical roots, translation to the West and early research.
11:15	Coffee
11:45 – 13:00	The Neuroscience of Mindfulness
13:00	Lunch
14:00 – 15:15	The Cognitive Science of Mindfulness
15:15	Tea
15:30 – 16:45	Mindfulness as therapy: successes and limitations
16:45	Day school ends

Reading and resources list

Listed below are a number of texts that might be of interest for future reference, but do not need to be bought (or consulted) for the course.

Author	Title	Publisher and date
Stephen Batchelor	Confessions of a Buddhist Atheist	Random House, 2011
The Dalai Lama	Ancient Wisdom, Modern World: Ethics for the New Millennium	Little Brown and Company, 2000
Antonio Damasio	Descartes' Error: Emotion, Reason and the Human Brain	Vintage, 2006
Daniel Kahneman	Thinking fast and slow	Penguin, 2012

Additional information

Venue

Details of how to find Madingley Hall can be found on our website:

<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

Refreshments

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on

ice.admissions@ice.cam.ac.uk or +44 (0)1223 746262.

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of: 05 April 2016