



## The science and practice of mindfulness

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<b>Date</b>	21 January 2018	<b>Time</b>	10:00– 16.45
<b>Venue</b>	Madingley Hall Madingley Cambridge		
<b>Academic Director</b>	Dr Lee de-Wit	<b>Course code</b>	1718NDX020

**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](mailto:clare.kerr@ice.cam.ac.uk)

**To book** See: [www.ice.cam.ac.uk](http://www.ice.cam.ac.uk) or telephone 01223 746262

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### Tutor biographies

Lee studied Experimental Psychology at the University of Bristol, and then an ESRC 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. 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 an Affiliated Lecturer in the Department of Psychology, and a Teaching Fellow at University College London.

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**Programme:**

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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

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## Course syllabus

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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 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.

### **Aims:**

- This course will provide an introduction to the scientific research exploring mindfulness. In particular this course will provide an introduction to three domains of research in this areas:
- Cognitive research exploring the behavioural impact of mindfulness training
- Neuroscience research exploring how mindfulness training can influence neural activity and brain structure.
- Clinical research exploring where mindfulness has proved effective (and ineffective) as a treatment for various clinical conditions.

### **Content:**

The course will first explore the transition from the ancient tradition of Buddhism to the modern secular training in mindfulness, and focus on some of the early studies that documented the potential impact of mindfulness on neural activity. The course will provide an overview of cognitive, neuroscience and clinical research of mindfulness training with a particular focus on improvements in attention, changes in brain structure and neural activity, cognitive control and 'free will'. The course will also offer some reflections on some of the potential limitations in the use of mindfulness. Finally the course will also offer a taster of 4 different types of mindfulness.

### **Presentation of the course:**

The course is largely focused around traditional lectures (with significant amounts of time given to class discussion and dialogue) and a series of guided meditations.

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## Reading and resources list

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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.

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

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## Additional information

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### 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](mailto: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:* 28 June 2017