

April 19-25, 2016 Taipei, Taiwan

MINDFUL ENCOUNTERS

1st International Conference on Mindfulness Helping Professions

The Mindfulness-Based Helping Association is proud to organize the 1st international conference on mindfulness helping professions in Taipei, Taiwan. Through this event, we hope to cultivate mindfulness-based therapy in Taiwanese and Chinese culture, building a community of helping professionals applying mindfulness-based approaches across Asia Pacific. It is our honor to have one of the creators of MBCT, Prof. Mark Williams, as our keynote speaker and workshop instructor. The conference will also bring together experts and scholars from all over the region, presenting their experiences of integrating mindfulness into healthcare, psychology and education. We welcome all interested participants to join us for this esteemed event, encountering with more possibilities of mindfulness.

6-day MBCT Workshop

Professor Mark Williams and Dr. Yen-Hui Lee

Mindfulness-based cognitive therapy (MBCT) is a psychological therapy designed by cognitive psychologist Mark Williams and his colleagues. MBCT integrates aspects of cognitive therapy with Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program. Studies show that MBCT foster loving-kindness and compassion, effective to improve physical and mental well-being. This 6-day training workshop consists of two parts of 3 days each.

Workshop I offers an experiential exploration, open to participants interested in mindfulness. Workshop II is a training program for MBCT seeded teachers, recommended for professionals integrating mindfulness into their expertise.

2016 MINDFULNESS ENCOUNTERS will take place in Taipei, Taiwan on April 19-25, 2016.

Event	Date	Time	Venue
1st International Conference on Mindfulness Helping Professions	April 19, 2016	9:00am – 5:00pm	Chientan Overseas Youth Activity Center
MBCT Workshop I 3-DAY EXPERIENTIAL SEED-TRAINING	April 20-22, 2016	9:00am – 5:00pm	Wesley Girls High School
MBCT Workshop II : 3-DAY SEED-TEACHER TRAINING	April 23-25, 2016	9:00am – 5:00pm	

MINDFULNESS - BASED COGNITIVE THERAPY: A 3-DAY EXPERIENTIAL SEED-TRAINING

April 20-22, 2016

Professor Mark Williams and Dr. Yen-Hui Lee

The intention of the 3-day Training I is to provide you with direct experience of the 8-session programme of Mindfulness-Based Cognitive Therapy (MBCT).

MBCT combines meditation practice with techniques from cognitive therapy in an innovative and effective relapse prevention treatment for recurrent depression, now recommended in UK NHS guidelines. Recent studies suggest that it can also be helpful to patients with a range of problems, both emotional and physical.

Participants are expected to have some prior knowledge and experience of mindfulness, and to have a serious interest in bringing MBCT into their lives and work.

The programme reflects the integration of personal practice and professional application that is central to the approach. It includes a blend of didactic, experiential and small group work. Specific themes and areas of focus will include:

- The seamless cultivation of mindfulness throughout the workshop, through formal and informal practices, both in silence and in conversation and dialogue
- An overview of the development of MBCT and the theory underpinning it, and a review of research supporting its clinical value
- Mindful approaches to the experience and expression of pain, depression, stress and anxiety within ourselves and those with whom we work
- Experiencing enough mindfulness meditation practice and self-inquiry to understand the importance of being a practitioner before starting to work with mindfulness as a clinician

3-DAY SEED-TEACHER TRAINING

April 23-25 2016

Professor Mark Williams and Dr. Yen-Hui Lee

The intention of the 3-day Training II is for you to gain hands-on experience in teaching a sample of the MBCT practices in pairs and small groups, with feedback from other participants and experienced teachers.

Participants should normally already have attended (as a minimum) an introductory workshop on mindfulness-based approaches, an eight-week course in mindfulness, and should have a regular, established mindfulness meditation practice.



Mark Williams is Emeritus Professor of Clinical Psychology at the University of Oxford. His research focuses on understanding how best to build resilience and mental fitness in order to prevent depression and suicide. Professor Williams has held posts at the Medical Research Council's Cognition and Brain Sciences Unit at Cambridge and the University of Wales, Bangor and was Founding Director of the University of Oxford's Mindfulness Centre that works to prevent depression and enhance human potential through the therapeutic use of mindfulness across the lifespan. He is author of many research articles and books, including *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness* (with John Teasdale, Zindel Segal and Jon Kabat-Zinn) and *Mindfulness: A Practical Guide to Finding Peace in a Frantic World* (with Danny Penman). He is a Fellow of the Academy of Medical

Sciences and the British Academy.



Dr. Yen-Hui Lee is an Associate Professor at Department of Life-and-Death Studies at Nanhua University and Doctor of Philosophy of Albert-Ludwig University Freiburg, Germany. In 2010, she started learning MBSR and MBCT and later certified by Europäisches Zentrum für Achtsamkeit (EZfA) in German and Oxford Mindfulness Centre (OMC) in UK as MBSR and MBCT teacher. Since 2011, she has been involved in developing and facilitating mindfulness workshops in Taiwan and overseas. Participants included healthcare providers, professional helpers, students, educators and inmates with substance abuse. Dr. Lee and her team established Nanhua Mindfulness Centre and Mindfulness-Based Helping Association (MBHA), hoping to inspire more mindfulness helpers and educators.

Organizer

Mindfulness-Based Helping Association / Teacher Chang Foundation Taipei.

Certification

Participants who attend all sessions, or take leave less than 4 hours, will receive a certificate issued by Oxford Mindfulness Centre and MBHA.

Language

Congress materials will be in Chinese and English.

Chinese/English consecutive interpretation will be provided in all sessions.

Notes

The event Mindful Encounters is of interest to rational and autonomous learners. Not advisable for people suffering from severe physical or mental conditions.

項目	原價	早鳥優惠價	備註
Conference	NT\$800	NT\$600	(1) Early bird special :Before 2015.12.31(四)
MBCT Workshop I	NT\$ 13,500	NT\$12,500	(2)Fee include lunch (vegetarian food) 、
MBCT Workshop I +II	NT\$ 31,500	NT\$28,000	teaching materials and yoga mats(For MBCT Workshop I and II)

Registration procedures:

- 1.Online Registration: <http://goo.gl/q29P54>
(The online registration system will be closed on 2016 January 15th.)
- 2.After registration,you will be notified by postal mail.
- 3.After payment,please E-mail your name and payment information to s140724@cyc.tw Ms. Chen.
4. Confirm the number on line.

Payment methods:

- Name of Beneficiary. : Teacher Chang Foundation Taipei Agency
- Address of Beneficiary : No.18, Ln. 20, Dazhi St., Zhongshan Dist., Taipei City 104, Taiwan (R.O.C.)
- Name of Beneficiary's Bank :TAIWAN BUSINESS BANK NANKING EAST ROAD BRANCH
- Account No. of Beneficiary : 090-120-680-58
- Branch : Nan King East Road Branch
- Address: No. 311, Sec. 3,Nan King East Road,Taipei City 105, Taiwan (R.O.C.)
- SWIFT CODE : MBBTTWTP090
- Bank' s Tel: (02)2712-7171
- FAX:(02)2514-9064

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