




A Call for Papers and Workshops

**An International Conference on 'Meditation in Health Care'
is to be held in Bristol on Friday 3rd & Saturday 4th July
2009.**

The conference is being organised by Bristol Meditation Supervision Group*, who wish to bring together both academics and those working in the health care profession who use, or wish to use, meditation in their professional areas. The conference will focus on both the latest research and day-to-day working practices, which develop through more experiential approaches. It will be a rare opportunity for the two groups to meet and discuss the possibilities for future developments.

The conference will not solely focus on mental health, which is the attention of much research, but will also address other health care areas such as meditation for people with terminal illnesses.

The aims of the conference are:

-  **to provide a meeting point and space for discussion**
-  **to share the latest research and experiential practices**
-  **to explore the practical implications of incorporating mindfulness based meditation in mental and general health care.**

All submitted papers, workshop titles and posters should be accompanied by a brief synopsis. Papers should be 20 minutes in length followed by 10 minutes for questions. Workshops should be 1 hour - 1 hour 30 minutes. We welcome creative formats and an exhibition space will be available. We will require information on any audio-visual equipment that you might need.

Please send all applications for papers, workshops and posters/exhibits to:

Martin Wells, Consultant Psychotherapist, Cedar House, Blackberry Hill Hospital, Fishponds, Bristol BS16 2EW, England, UK

For further information please email: BMSGGroup@me.com

***The Bristol Meditation Supervision Group (BMS Group)** is a dedicated and unique group, which was convened by Martin Wells, Consultant Psychotherapist, Blackberry Hill Hospital, Bristol. Martin has always been keen to promote meditation and to make it widely available to people in mental distress. The supervision group consists of two groups working together; NHS staff incorporating, or wishing to incorporate, meditation in their professional practice and mental health service users, who work in a voluntary capacity promoting meditation within local mental health care provision.

With over 20 years meditation experience and a student of Ken and Elizabeth Mellor of the BIAME Network (www.biamenetwork.net) Australia, Martin has run a range of courses teaching meditation in Bristol. A number of the supervision group members have either attended his 2-year teaching meditation course or his 1 & 2-day workshops, which have been held throughout Britain.

The Supervision group, consisting of people who are all experienced in various meditation techniques and meet regularly, is a groundbreaking model for promoting meditation in mainstream health care. Through both individual and joint endeavours, this group have developed meditation practices to improve both their own mental health and the health of the local community.