

NEXT SPIRITUALITY SIG MEMBERS' MEETING

**Royal College of Psychiatrists
Spirituality and Psychiatry Special Interest Group**

Programme for Friday November 14th 2008

**Venue: Society of Chemical Industry
15 Belgrave Square, London, SW1X 8PS**

'Mindfulness, Meditation and Mental Health'

Mindfulness, which originated in Buddhist meditation practice, is the awareness that emerges through paying close attention to the unfolding of experience, moment by moment. It means remaining present with what is, exactly as it is, without trying to avoid it, change it or disappear into it, with emphasis upon maintaining one's attention in an accepting, non-judgemental way, and in a spirit of unconditional friendliness to oneself.

The clinical application of Mindfulness for stress reduction began over 20 years ago with the work of Jon Kabat-Zinn, who wrote (in Full Catastrophe Living) 'It is remarkable how liberating it feels to be able to see that our thoughts are just thoughts and that they are not our 'reality''. Since then, developments have included Mindfulness-based Cognitive Therapy (Zindel Segal, Mark Williams and John Teasdale) Dialectical Behaviour Therapy (Marsha Linehan) and Mindfulness within Cognitive-Analytic Therapy (Elizabeth McCormick, Mary Walsh).

The benefits of meditation have been described for over two millennia. Now, with the growing evidence base for Mindfulness approaches within mental healthcare, health professionals are uniquely placed to align the Perennial Wisdom with modern clinical practice.

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| 10.15 | Registration and Coffee |
| 10.45 | Notices: Dr. Sarah Egger (Chair) |
| 11.00 | 'Mindfulness in Psychotherapy: from practice to theory'
Dr. Chris Mace |
| 12.15 | Lunch |
| 1.30 | 'Mindfulness within the structure of Cognitive Analytic Therapy' |

Elizabeth Wilde McCormick

- 2.45 **'Letting Go Of Suffering: The Path of Non-Duality'**
Dr Jean-Marc Mantel
- 4.00 Tea and Plenary, with speakers
- 5.00 Close

Programme Notes:

'Mindfulness in Psychotherapy: from practice to theory'

Dr. Chris Mace

Mindfulness has remained core to Buddhist thinking and practice for 2,500 years. Training in mindfulness is now being adopted within a whole range of Western psychological therapies. It seems people can learn it and use it in order to feel and to cope better without subscribing to particular religious beliefs. However, the psychology that has underpinned mindfulness is poorly understood. This talk will show how a better understanding of the traditional psychological functions of mindfulness helps to make sense of recent clinical experience concerning when mindfulness is most useful, and when it is best treated with caution.

About the speaker:

Chris Mace is Consultant Psychotherapist to Coventry and Warwickshire Partnership NHS Trust where he uses mindfulness in his own work and co-founded a mindfulness interest group for local clinicians. As honorary associate professor in psychotherapy at the University of Warwick, he leads a programme of mindfulness research that is investigating its psychological and physiological effects. He is chair of the College's psychotherapy faculty. Recent publications include his book length review *Mindfulness and Mental Health* (Routledge, 2008) and several papers and chapters on the clinical applications of mindfulness.

'Mindfulness within the structure of Cognitive Analytic Therapy'

Elizabeth Wilde McCormick

This presentation will focus upon the practical application of mindfulness with two case studies of Cognitive Analytic Therapy. There will be detailed diagrammatic illustrations of how mindfulness-based practices were created

collaboratively as 'exits' to the repetition of problematic procedures, and examples of how mindfulness was initiated and shared within the therapy.

Cognitive Analytic Therapy is a collaborative short-term structured therapy pioneered by Dr Anthony Ryle at Guy's and St Thomas' Hospitals in the 1980s and which is now widely available throughout the UK and in Spain, Finland and Greece. The structure of 12, 16 or 24 session CAT acts as a 'scaffolding' tailored to what the patient can use and is applicable to many different clinical settings, with different ways of working therapeutically. Patients' symptoms and behavioural presentations are reformulated as traps, dilemmas, snags and unstable states of mind. Emphasis is placed on recognising and revising those learned relationship patterns that lead to, and maintain, unhappiness. Mindfulness can assist this process of self-reflection and awareness, since it teaches focussed attention and curiosity and can be integrated into the patient's own understanding and descriptions. The principle of Maitri, unconditional loving kindness toward oneself and others, is the cornerstone of mindfulness and contributes to the development of a 'compassionate observer' in support of the process of change.

About the speaker:

Elizabeth Wilde McCormick has worked as a psychotherapist in many NHS settings and in private practice for nearly thirty years. She is the author of a number of best selling self-help books. She is a founder member of the Association for Cognitive Analytic Therapists (1992) and between 1996 and 2002 was, with Nigel Wellings, Director of Training at the Centre for Transpersonal Psychology in London. She has had a life-long interest in different forms of spiritual practice. Her teachers include the American Buddhist nun Pema Chodron and the Vietnamese Zen Master Ven Thich Nhat Hanh and she has completed the training in Mindfulness Based Stress Reduction at Bangor, North Wales. In the last ten years she has been particularly interested in the interface between spiritual practice and psychotherapy, which is described in *Nothing To Lose* (with Nigel Wellings). Other titles include *Change For The Better* (a self-help book based upon Cognitive Analytic Therapy); *Surviving Breakdown*; and *Your Heart and You*. She runs seminars for psychotherapists interested in developing their own mindfulness practice and in bringing mindfulness into their work.
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'Letting Go Of Suffering: The Path of Non-Duality'

Dr Jean-Marc Mantel

The desire to transform the personality comes from non-acceptance. This non-acceptance causes suffering. On the other hand, accepting the personality as it is enables detachment from it. Detachment comes from understanding that the "I" is consciousness perceiving the personality. Since the personality is, in any case, conditioned, why try to transform it?

The violent person is identified with, and attached to, his body and personality. Letting go of this identity is a kind of death. A certain maturity is required to see this letting go not as a loss but as a deliverance.

The jealous person is tormented by a painful feeling of solitude. Accepting solitude as a part of oneself brings about a letting go and a shift in perspective.

The depressed person is trapped in expectations. When an expectation is not met, depression follows. The desire to be cured of depression is also an expectation. Realising this means that there is no longer any possible escape. Without escape, things are accepted as they are and there is no longer a problem.

Obsession reflects grasping, the ego refusing to release its prey. A prey is released only for another greater prey. But when the gaze finally turns toward ultimate consciousness, the quest vanishes.

Fear is the result of anticipation. But the past and future are only thoughts. Being, the knower of all thoughts, is thoughtless. Therefore, Being is fearless.

About the speaker:

Jean-Marc Mantel, born in 1955, works as a psychiatrist in the South of France. In 1985 he underwent a profound inner crisis which definitively transformed his understanding of himself and the world. He came across different spiritual teachings, but was mainly influenced by the Indian non-dual wisdom, as taught by teachers like Krishnamurti, Ramana Maharshi and Jean Klein. He studied under the guidance of the latter who became his teacher. From 1994 to 2002, he founded and directed the International Association for Spiritual Psychiatry. He has organized more than twenty conferences covering many aspects of spirituality and mental health, the proceedings of which have been published in France. He has also written widely on self-knowledge and meditative understanding. His books include "Au Coeur de l'Impensable" (At the heart of the Unthinkable), "Vijnana Bhairava, la Conscience Divine" (Vijnana Bhairava, the Divine Consciousness), "Scent of Oneness" (in English, with Simon Macnab), "Dites oui à ce que vous êtes vraiment" (Say yes to that which you really are). His therapeutic work integrates both Western and Eastern understanding, including meditation and yoga. Email: info@jmmantel.net. Website: <http://jmmantel.net>

Registration:

Now that the SIG meetings have moved to No.15 Belgrave Square, we have more capacity and are keen to accommodate as many guests as you would like to bring. However, please book early, since we anticipate that this will be a popular programme.

PLEASE NOTE – THIS PROGRAMME IS FOR MEMBERS AND AFFILIATES OF THE COLLEGE, WITH GUESTS BY INVITATION