Universities Psychotherapy and Counselling Association Conference 2012

In association with
The Research Centre for Therapeutic Education
University of Roehampton

How Mindful should Psychotherapists and Counsellors be about Mindfulness?

Saturday, 17th November 2012
10.30am to 4.30pm
Followed by the AGM
Registration 10.00am

St George's University of London
Medical School
Lecture Theatre F
Hunter Wing- Level 1
Cranmer Terrace,
Tooting SW17 0RE

Speakers:
Gwen Adshead, Guy Claxton, Christine Dunkley,
& Steven Stanley

UPCA members £75.00; non-UPCA participants £90.00;
UPCA student members £45.00; non-UPCA student participants £55.00
(Bookings received before 29th October 2012 get a £5 discount)

For Online Bookings visit WWW.UPCA.ORG.UK
Or contact: info@upca.org.uk Tel: 07816 335670

Attendance counts as 6hrs C.P.D. requirement met
How mindful should psychotherapists and counsellors be about mindfulness?

There is a growing interest from psychotherapists and counsellors in the practice of mindfulness. One claim from those engaged in mindfulness is that it allows people, through meditation, to find ways to be more open, expansive, and able to relate to experience differently. Indeed, a growing number of therapists have embraced mindfulness as a new approach, maintaining that it is enabling them to work differently with anxious and depressed patients/clients in a way where the ‘goal’ is to end the struggle with unwanted thoughts and feelings without attempting to eliminate them.

Considered as part of the ‘third wave’ in cognitive behaviour therapy (CBT), what is regarded as ‘the contextualistic approach’ certainly has the potential for mass appeal, and is already prescribed in places on the NHS. But is mindfulness just a label which can provide psychological therapists with a pretext for being more thoughtful; or alternatively, does it provide psychotherapists with an essential approach for creating an environment in which the individual can grow, learn and evolve? The aim here might be seen as more to increase patients'/clients’ capacity to face the contexts in which their problems arise, rather than enabling them to consider their thoughts and beliefs.

So, should mindfulness be considered as the ‘corrective’ to CBT? A ‘CBT with a heart’, as it has been advertised? There again, the influence of mindfulness is not restricted to CBT alone, and can be witnessed in many other modalities. For some, given in particular what might be considered its phenomenological underpinnings, mindfulness has a potentially far broader appeal to all psychological therapy modalities.

This conference has four eminent speakers who will provide both state-of-the-art descriptions of the use of mindfulness in the psychological therapies, as well as a comprehensive exploration of the concepts of mindfulness and critiques of both the very idea of it, and its use in the psychological therapies.

The annual UPCA Conference has a tradition of enabling a searching critical examination of the topic being presented, and we intend to facilitate an enlightening cross-modality discussion on the implications of mindfulness approaches for therapy practice.

Prof Del Loewenthal
Conference Chair
## PROGRAMME

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<th>Time</th>
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<td>10am - 10.30am</td>
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| 10.30am - 10.45am | **Welcome:** Dr Dennis Greenwood- Chair of UPCA  
**Introduction to conference:** Prof. Del Loewenthal- Conference Chair |
| 10.45am - 11.30am | **Christine Dunkley:** "What's In It For Me?" Introducing clients to the concept of mindfulness |
| 11.30am - 12.15am | **Guy Claxton:** Who's mindful of what? Disentangling the varieties of reflective experience |
| 12.15pm - 1.00pm | **Gwen Adshead:** The time of our lives: time perception, psychological disorders and their clinical implications |
| 1.00pm - 2.15pm | Lunch                                                                 |
| 2.15pm - 3.00pm | **Steven Stanley:** Will the ‘Real’ Mindfulness Please Stand Up?  
Metaphors of Mindfulness in Pali Buddhism, Psychotherapy and Cognitive Science |
| 3.00pm - 3.15pm | Preparation for Plenary                                               |
| 3.15pm - 3.45pm | Refreshments                                                          |
| 3.45pm - 4.30pm | Plenary Panel Discussion – Gwen Adshead, Christine Dunkley, Del Loewenthal (Chair) & Steven Stanley |
| 4.30pm - 5.30pm | UPCA AGM                                                              |
Biographies

**Gwen Adshead** is a forensic psychiatrist and psychotherapist. She trained at St George's Hospital, the Institute of Psychiatry and the Institute of Group Analysis, all in London. She now works as a Consultant Forensic Psychotherapist at Broadmoor Hospital (a maximum secure facility), where she runs therapy groups for patients, and works with staff. Gwen has research interests in attachment theory and cruelty to others; she has co-edited several books and written over 100 papers and book chapters about forensic psychotherapy and ethics in mental health.

**Guy Claxton** has been Co-Director of the Centre for Real-World Learning and Professor of the Learning Sciences at the University of Winchester since September 2008. He previously held the same title at the University of Bristol’s Graduate School of Education. He has a ‘double first’ from Cambridge and a DPhil from Oxford, and is a Fellow of the British Psychological Society and the Royal Society of Arts, and an Academician of the Academy of the Social Sciences. His books have been translated into many languages including Japanese, Greek, Italian, German, Spanish and Portuguese.

**Christine Dunkley** is a Consultant Psychological Therapist and a Senior Trainer with the British Isles Dialectical Behaviour Therapy Training Team. She has 30 years’ experience of working in the NHS, and is currently on the treatment development team for a multi-site RCT of a mindfulness based therapy for treatment resistant depression. She supervises DBT teams across the UK and Ireland in standard out-patient services and in specialist teams for adolescent, forensic, PD, and eating disorder populations. She is co–author of ‘Teaching Clients to use Mindfulness Skills’ Routledge (in press).

**Dr Dennis Greenwood** is Senior Lecturer at Brighton University, and is Chair of the Universities Psychotherapy and Counselling Association and Chair of the United Kingdom Council of Psychotherapy’s Universities Training College. His research interests have focused on working with people suffering with dementia and exploring the works of continental philosophers such as Emmanuel Levinas. His doctoral research was on the possibility of psychotherapy with a person diagnosed with dementia and his work has been published in a wide range of professional journals.

**Professor Del Loewenthal** is Director of the Research Centre for Therapeutic Education, Department of Psychology, Roehampton University. He is founding editor of the European Journal of Psychotherapy and Counselling Association and Chair of the United Kingdom Council of Psychotherapy’s Universities Training College. His recent publications include ‘Against and for CBT: Towards a Constructive Dialogue?’ (Co-edited with Richard House, PCCS Books, 2008), ‘Critically Engaging CBT’ (Co-edited with Richard House, OUP, 2010) ’Post-existentialism and the Psychological Therapies: Towards a Therapy without Foundations’ (Karnac, 2011) and ‘Phototherapy and Therapeutic Photography in a Digital Age’ (Routledge, forthcoming). He is also in private practice in Wimbledon and Brighton.

**Steven Stanley** has been a lecturer in the School of Social Sciences at Cardiff University since 2003, where he teaches social psychology and the psychology of mindfulness on undergraduate social science and postgraduate social work programmes. Previously, he completed a Ph.D. in discursive psychology at Loughborough University, where he also started a regular Qigong practice in 2000, for his own health and relaxation. In 2007, he started to practice in the Buddhist insight meditation tradition and attend regular silent retreats. This has informed his research and he has written articles on the implications of mindfulness and meditation for critical social science (and vice versa) for academic journals such as *Theory & Psychology, New Ideas in Psychology*, and *Social & Personality Psychology Compass*. He has recently completed the *Committed Dharma Practitioners Programme* at Gaia House and Sharpham College.