



CMRP Friends of Bangor Alumni Group
CYYYO Grŵp Alumni Cyfeillion Bangor

NEWSLETTER

Time To Connect Amser i Gysylltu

The launch of the FoB
Lansiad Cyfeillion Bangor
Purpose and benefits of membership
Diben a mantais aelodaeth

in connection with
Mewn cysylltiad gyda



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Welcome Croeso

Dear friends, welcome to the CMRP
Friends of Bangor Alumni Group (FoB)
and its first newsletter.



I have the great honour and privilege to introduce the group and share our vision with you.

The FoB is a membership body of current and past students of the CMRP, open to any person attending any of the CMRP courses and events. The group was formed with the overarching mission to 'act as a vehicle for FoB members and the CMRP to engage in two way communication to support mindfulness practitioners and advance field developments'.

It is a group run and managed by the members to support members and the membership community. To get the group started, a small volunteer committee was formed last year and we have been working together to create a framework that will allow for growth and flexibility to support the membership community as it evolves.

My hope and vision is for the group to establish a mindfulness community with regular regional events and activities. To create a place where likeminded people can meet and practice together, exchange ideas and network together. In short: Time to Connect.

Time to Connect. Three words, forming a simple phrase that is at the heart of humanity and our basic need for connection and belonging. (So wonderfully presented by Brené Brown in her now famous Ted Talk, "The Power of Vulnerability")

Connection is a topic very close to my heart, particularly as I have recently relocated to the Algarve, Portugal. I am lucky enough to have had the opportunity to engage a little with a small local village community and experience some aspects of how they live.

In the past, I have heard about the benefits of the Mediterranean diet and I was eager to learn and adopt my habits to embrace this way of eating and combine it with my mindfulness practice for a very healthy lifestyle. As it turns out, it is not just about the food but also a lot about the sunshine and being outdoors and active, as well as about the social connection and community. (Also noted in the Huffington Post article from August 2016 Mediterranean Lifestyle — Not Just Diet — Lowers Depression Risk). What I found was a wholehearted way of life (granted there are issues and problems as well,) a life that includes connection, and making time to include and connect with others as part of daily activities in everyday life.

We may argue that it is fine for people who have all the time in the world to sit in cafés and chat instead of commuting and working and there is no doubt some truth in this. But what we can do is to notice our possible downward spiral of isolation and how it is supported by the use of electronic messages instead of taking time to meet and talk. Why not walk over to someone's desk in the office instead of sending emails? Or arrange to meet someone at lunchtime for a coffee or short walk instead of hunching over the computer keyboard with a bag of crisps and a sandwich? Or if that's not possible because people are too far away, why not use technology such as Skype/Facetime/WhatsApp or other means of video calling where we can see the other person, see his/her expressions, and engage more meaningfully? And if this technology is a mystery to you, perhaps connect with someone who can help you engage through technology in this way?

So, it is "Time to Connect". Time to connect with the many wonderful people that have had the pleasure and benefit of engaging with the CMRP. To set aside some time in our busy lives to connect and engage with a community of likeminded friends - Friends of Bangor, knowing that this could be a real pleasure in its own right, and also very beneficial to our wellbeing and mental health. See the article in this newsletter on how to become a member using our newly launched website and if you have any questions, feel free to connect directly with me (per@inmindsight.com). Looking forward to connecting with you.

In peace

Per Norrgren - Chair, CMRP Friends of Bangor Alumni Group

What is the FoB all about?

FoB Objectives

- To represent the interests and views of mindfulness practitioners who engage with CMRP. Drawing on the wealth of experience, skills and capabilities represented by the mindfulness population for the benefit of the CMRP and for the benefit of the students who study there
- To advise the CMRP of how it can best actively engage with the mindfulness 'grass roots' providing a vehicle for them to be an essential and knowledgeable resource to the CMRP
- To provide the membership with a clear voice and route to engage with CMRP
- To work in partnership with the CMRP to promote and support the strategy and objectives of building and developing an effective Alumni / Membership Group
- To expand and engage with the wider network of organisations involved in mindfulness practice and research
- To work with the CMRP to establish working groups co-produced by CMRP and FoB which can contribute to the strategy and objectives of CMRP

What are the benefits?

The FoB membership benefits at launch

- Practice day with Rebecca Crane – held at Bangor university on a Saturday TBA
- FoB discount at the CMRP conference
- Use of FoB logo on your website for the duration of your membership
- Forum on the web to connect with the community
- Connection days – by CMRP
 - Facilitated by the 25 core teachers at the CMRP
- FoB Connection event for past CMRP students
 - Connect and practice with likeminded people in your area
- Discounts to FoB members from connected organisations
- Opportunity to volunteer and get involved in the FoB
 - Got ideas and enthusiasm, contact us to participate and make the community grow.

What are the costs?

Membership fee for 2017-2018 is £24.99

How do I register?

Via the FoB website www.friendsofbangor.website





Who is the FoB?

The initial committee formed in 2016 to set up the FoB consists of the following volunteer members...



Per Norrgren – Chair

Per Norrgren is the Director of Training and founder of inMindSight. Before establishing the Algarve Centre for Mindfulness Research and Practice, he was a Visiting Tutor at Cranfield School of Management where he developed and taught Mindfulness for Higher Performance programme.



Gill Johnson

Gill works as an independent MBSR teacher serving general public and workplace groups in Godalming and surrounding areas; as a volunteer for patient groups in hospital settings and as a MiSP (mindfulness in schools project)-trained teacher in school communities. She is currently completing her Masters in Mindfulness-Based Approaches at Bangor University.



Gwenan Roberts

Gwenan recently retired from the NHS where she has worked as an advanced specialist speech and language therapist working with adults with learning disabilities and complex needs for 36 years. Having gained her certificate of competence in teaching MBSR and MBCT she is currently completing her MA at Bangor University based on her experience adapting the 8 week MBSR programme into Welsh.



Vicky Walduck

Vicky is a mindfulness teacher and trainer in Bournemouth and has completed an MSc in Mindfulness Based Approaches at Bangor University. Vicky's master's thesis investigated the effects of shortened mindfulness courses on self compassion and attention. She has practiced meditation for over 20 years and is passionate about bringing the tools of mindfulness to others.



Maureen O'Callaghan

Maureen first became interested in the mind body connection over 30 years ago when she was diagnosed with cancer and as part of a complementary approach to dealing with her illness she learned how to meditate. Now her meditation practice is an important aspect of a life she would describe as "engaged Buddhism".



Philippe Goldin Ph.D

Philippe spent 6 years in India and Nepal studying various languages, Buddhist philosophy and analytic debate at Namgyal Monastery and the Dialectic Monastic Institute, and serving as an interpreter for various Tibetan Buddhist lamas. He then returned to the U.S. to complete a Ph.D. in Psychology at Rutgers University where he trained as a clinical psychologist and neuroscientist.



Ken Lunn

Ken Lunn recently complete his Masters in Mindfulness Based Approaches at Bangor. After a long career in IT he has moved on to teaching MBAs in West Yorkshire. Over 20 years ago meditation was one of the things that helped him deal with bereavement and being a single parent to a young family, and later it helped him re-establish himself as an IT manager dealing with challenging and complex issues in the NHS.



Opportunities for Connection: Are you a 'mindfulness teacher' or a 'teacher of mindfulness'?



*Eyes wide open
Small hand in mine
One step at a time
Dandelion, woodlouse
Our house
Your house
The world at our feet.*
GJ 2017

In some senses, we are all 'teachers of mindfulness' in our own ways as we all function in the world in relation to each other, as parent to child, boss to employer, friend to friend, partner to partner. Our actions and presence may provide the triggers for responses in others; which in turn provide opportunities to pay attention and wake up to our experience. So, what makes someone a 'mindfulness teacher'?

For many years, I did not like to use the title "mindfulness teacher" as it felt incongruous with my lived experience of 'walking the terrain' with my group participants; and yet, that was the role I was fulfilling. Long before I started offering mbsr classes, I was already a 'teacher of mindfulness' to my young daughters as we explored the world around us, taking hours to walk down the street as we inspected every weed growing through the pavement cracks; and said hello to each woodlouse and neighbourhood cat!

Our human need to label and categorise to understand can sometimes limit the way we think and operate in the world; and sometimes serve to clarify our deepest intentions. I now call myself a mindfulness teacher in the conventional sense, but I hold the title lightly. Teaching MBSR (or its derivatives) requires a certain amount of leadership and direction from us as we walk alongside our participants in their explorations of their lived experience, whether difficult or challenging, joyous or enriching, or simply neutral. How we hold this role of 'mindfulness teacher' or 'teacher of mindfulness' is a complex product of our personal practice, the people we meet, our personal intentions, the autobiographies of our participants and the immediacy of the moment. In many ways, it is how we negotiate the delicate balance of simply being human.

As a 'mindfulness teacher' or a 'teacher of mindfulness', if you would like to opportunity to feed this potential, I would be delighted to meet you at one of the Event Days being arranged for Friends of Bangor Alumni Group. These Days will be offered regionally (as we recognise the trip to Bangor can sometimes be quite arduous!) and they will be at a discount for members of Friends of Bangor. We hope that you will join us in co-creating the format and content of these events.

To start us off, we offer the first FoB Connection Event on 23 June 2017 in Godalming (10am – 1pm, with the opportunity to stay for a shared lunch). Please see the website or the CMRP events calendar to book or email info@friendsofbangor.co.uk for more information. We offer this event in a spirit of discovery and hope that some of you will be able to join us for a period of group meditation, reflection and networking. I look forward to connecting with you soon

Gill Johnson
FoB Events Co-ordinator

All movements should be performed slowly whilst paying attention to your breathing.



Stand with your hands by your side. Inhale as you slowly raise your arms above your head. Exhale as you lower them. Repeat 4 times.



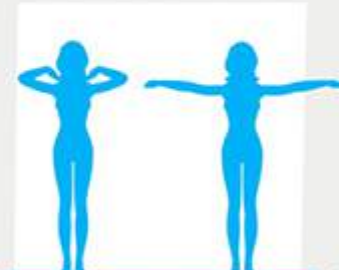
Stand with your arms outstretched and your palms together. Spread your arms slowly outward while inhaling. Exhale while returning to original position. Repeat 4 times.



Stand with your hands by your side. Inhale as you slowly raise your arms to a horizontal position. Exhale as you lower them. Repeat 4 times.



Stand with your leg raised and extend it with your toes pointed while exhaling. Return to original position while inhaling. Repeat 4 times for each leg.



Touch your shoulders and slowly extend your arms outwards while inhaling. Exhale as you return to the original position. Repeat 4 times.



Circle your upper body, inhaling and exhaling on alternate rotations. Change direction after 4 rotations.



Slowly move from tip toes into a half squat position. Exhale as you move down and inhale as you rise. Repeat 4 times.



Extend leg with toes pointed. Move leg backward in an arc away from the body while exhaling. Reverse while inhaling. Repeat 4 times for each leg.



Touch your fingers to the floor. Inhale as you rise onto your toes and extend your arms above your head. Exhale as you return. Repeat 4 times.

Developing MBSR groups for people who have a learning disability



Yesterday, 50 people packed into a taster session for a new mindfulness course. Thirty of these people had some form of learning disability. This taster session was recruiting for the fourth in a series of adapted MBSR courses that have been delivered across the North East over the last 18 months. The courses have been delivered in collaboration with local self-advocacy groups and have been able to give opportunities to a group of people who often miss out.

Why make Mindfulness available for people with learning disabilities? Well, why not? Having a learning disability brings many disadvantages. It often means you have been segregated from mainstream education, you can have a more limited social network and an increased chance of developing mental health problems. So one obvious reason is to try and help to support people with these additional burdens.

Perhaps the biggest challenge in running these groups is how do we support people to develop regular practice and how can we make as much of the teaching accessible as possible.

The first challenge was answered by using the skills and support of local self advocacy groups. These are local groups who are employed to enable people with learning disabilities to stand up for themselves to overcome prejudice and gain access to opportunities that are available to other citizens. We were able to draw on their skills to help in organising and supporting part of the classes by capturing what had been discussed drawing a class as drawings that then acted as a weekly record. Most importantly, they ran an additional class two days later to review what had been covered and to support practice in ordinary situations.

Prior to starting, we had made a film together that showed people with learning disabilities attending a mindfulness course and talking about their experience. This increased the chance that everyone could understand what to expect on a course.

Over 12 weeks we cover familiar territory with two sessions to build up group identity. We start with the theme that we all carry a secret and it's often the same secret; that we all struggle from time to time. We learn how to slow down and notice. We learn how to 're-body' to become more aware of the moment by moment experiences within our bodies. Then there is the raisin exercise, walking meditation, sitting meditation, gentle stretching and the three step breathing space. People have a sweet spot jar and a record of heart ache. And everyone has their picture in a snow globe to remind them how to settle themselves.

Although many of the people may struggle to understand complex language, their heart and capacity to welcome and love remain intact. The pace and stillness within the groups has shown the importance of creating the space for people to learn to become a little bit more mindful and to find peace in each others company. The result has been a rich loving welcome that nurtures all of us fortunate enough to be part of it.

Dr Steve Noone.

Trust Pathway Lead for Psychological Interventions,
Consultant Clinical Psychologist, Positive Behavioural Support Pathway
Northumberland, Tyne and Wear NHS Foundation Trust
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Lle i enaid gael llonydd

A place for the soul to be still



Wales is full of magical places, where you can sit in silence and be still.

One of those places is Ynys Llanddwyn nestled in the south west corner of Anglesey. Ynys is the Welsh word for island, and Llanddwyn is a tidal island, but checking the tides you can get there by either walking along a sandy beach or on forest paths.

You can explore the miles of golden sand with a backdrop of huge sand dunes, volcanic rocks, visit the remains of the church of St Dwywen the Welsh patron saint of lovers, discover the legend, you can look into the pilot cottages or follow the history of the lighthouse. You can walk, you can cycle, you can swim.

Or you can sit, breathe and feast your eyes on the breath-taking magnificent landscape of Eryri mountains, Yr Eifl and Pen Llyn sweeping in front of you. You can feel the grains of soft sand slipping between your fingers or crunching under your toes. You can marvel at the shades of iridescent shells as they sparkle in the sunshine. You can listen to the gentle lapping of the sea on the shoreline or the waves crashing against the rocks. You can stand in awe as night engulfs day in bursts of red and orange as the sun sets. With the seals, sea birds and the red squirrels in the forest you can take time to feel the enchantment of this very special place, a true place for the soul to become still.

HOW TO GET THERE: from Bangor

Car: 17 miles, 40 minutes

Bus: Bangor Bus Station (Stop C) to Newborough village, 40 min, approx. £7, 10-15 minute walk from the village to the beach.

Bus 42/42A timetable.

<https://goo.gl/maps/oswsRQZFKSw>

Gwenan Roberts
Friends of Bangor Committee
and Master's Student



Top Tips for Living Mindfully



Do at least one thing each day that will give you pleasure and make the time to fully enjoy whatever this may be, whether it's a cup of coffee, a hug from somebody you care about or a relaxing bath.

Remember to stop when you have finished a task and to recognise your achievement. Don't let life become an endless treadmill of to-do lists!



Choose one everyday activity that you can perform mindfully (such as brushing your teeth) as a way of developing the capacity to be more fully present.

Work on one activity at a time, ideally batching similar activities together. Jumping from one activity to another causes stress and forces your brain to 'recap' making the tasks take longer.



Recognise that your thoughts aren't facts, they are simply mental events that have the capacity to negatively impact on your emotions and possibly your behaviours. When you encounter something you find stressful examine your thoughts.

☒ Is it true?

☒ Is it helpful?

☒ Where is my evidence for this?

☒ What other explanation could there be?

Make decisions that are underpinned by your values rather than thoughts or emotions that have arisen and that often come and go.

The STOP Technique



S

STOP



T

TAKE A BREATH



O

OBSERVE



P

PROCEED

When presented with difficult situations, take a moment to stop, take a breath, and observe whatever is happening, including your own thoughts, emotions and sensations. You will be able to reconnect with your experience and then proceed and respond more effectively.

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The violent reality in the Middle East, along with the ongoing waves of refugees and displaced people fleeing from Syria and other Arabic-speaking states, has created an urgent need for trauma and resiliency skills for thousands of individuals, children and families who are dealing with memories of instability, fear, turmoil, terror, destruction, loss, and uncertainty.

The Mindfulness in Arabic project (MIA) aims to build a website that will offer an eight-week mindfulness course in Arabic, designed for refugees and people in transition. Any person with internet access may enter the website, free of charge, anywhere around the world. The course will provide practical tools and exercises tailored especially to support a weakened population that suffered the traumas of fear, death and extreme events.

The website will also provide tools for therapists, social workers and volunteers who are currently working with refugee populations, so that they may use mindfulness-based tools for coping with work stress and related DP camp difficult experiences, as well as passing them on to their clients.

Mindfulness-based tools have been proven effective for the health of millions in the East as well as in the West. These tools are currently inaccessible to Arabic speaking refugees - neither in content nor in their language.

For that reason, Jon Kabat Zin, Tara Brach, Christopher Titmuss, Joseph Goldstein, Jack Kornfield, Shinzen Young, and many more teachers, mindfulness centers and schools like Tovana- Insight Meditation Israel, Muda Center IDC in Israel and CMRP- Bangor University, are collaborating with the ToWo Group to help raise the funds needed to make this project possible.

ToWo Group is a nonprofit group that was founded in light of the need to provide specialized training for rural women, refugees and displaced people. Founded in South Africa in 2006 as a joint feminine Israeli-African venture, ToWo Group consists of a cross cultural team, Israelis and Palestinians; Buddhist, Jewish, Muslim, Christian, and Druze professional women, experienced in: mindfulness, trauma and resiliency (SE CRM MBSE), cross-cultural group work, nonviolent communication (NVC) and media in art.

ToWo's experience with women multi faith groups in Africa and the Middle East has shown that Mindfulness-based tools can empower and instill clarity in the individual and her circles, which in turn supports the building of resiliency, civic society, and communication.

Jon Kabat Zin, Tara Brach, Christopher Titmuss, Joseph Goldstein, Jack Kornfield, Shinzen Young, Bangor University, and many more teachers and mindfulness centers are collaborating with the ToWo Group that dreamt this up, to help raise the funds needed to make this project possible.

We have just launched our crowdfunding campaign on Indiegogo to release this vision!

We need your support, go to:

<https://www.indiegogo.com/projects/mindfulness-in-arabic-project-meditation#>

or contact us through our web site:

mindfulnessinarabic.org



Community

FOCUS

One of the benefits of mindfulness is that it can challenge the way we see ourselves and our relationship with others. In common with many others, as a mindfulness practitioner I experience a greater sense of connection and empathy and this in turn helps me to be able to resolve conflicts more easily and to build stronger relationships with family and friends and the wider community.

As a mindfulness teacher I became interested in how mindfulness could benefit not only the individuals I worked with but also the different communities that they are part of. I have seen how mindfulness can expand individuals' capability to do and to be what it is they value and I have also seen how this then impacts on the people around them and the communities they are part of. Mindfulness can transform people's lives not only by building their personal resilience but also by helping to enhance the communities where they then people live and work. Mindfulness can build a community's ability to overcome the adversities that people face as a group be it unemployment, domestic abuse, poverty, addiction or work-related stress.

Problems are inevitable but people vary enormously in how they cope. Some people thrive, others struggle but eventually recover their balance and there are some who never recover. What makes the difference? Community resilience could be the answer and mindfulness-based interventions are emerging as an effective tool in helping people and communities overcome challenges and become more resilient.

As a community, Friends of Bangor will inevitably face challenges along the way and our ability to thrive in the face of these difficulties will require that we always put mindfulness as the heart of who we are and what we do.

Maureen O'Callaghan runs a social enterprise with the aim of making mindfulness accessible and relevant to disadvantaged groups.





Mindfully ADHD

Luana Scopel
Psychologist,
MSc Mindfulness student at Bangor
and ADHD of the combined type.



For most of us 'ADHDers', the very idea of sitting with the breath for forty-five minutes sounds as attainable as climbing the Everest barefoot. ADHD isn't a myth - we try to navigate through life with brain structural & neural abnormalities: hypoactive pre-frontal cortexes, smaller grey matter density in areas responsible for attention, decision making, task completion; and significant dopamine deficiency. In other words, impairments in otherwise crucial executive functions and a pleasure/reward center that doesn't open its doors very frequently.

As a child with behavioural inhibitory difficulties, I survived school with a growing feeling of inadequacy in which despite aware of my intelligence & deep sensitivity to other's emotions & mental states (another ADHD feature), I couldn't make sense why my efforts weren't being recognized, or translated into good grades. As a result of frustration, low moods were a frequent visitor, and a cognitive reactivity was taking shape. As an undiagnosed teenager, despite my desire to help others and ease the pain I so easily felt through empathy, I became melancholic, self-hypercritical and isolated. At that time, my meditation practice was a reflection of my mind: unruly, bored, restless, overly theoretical and as a consequence, ruthlessly self-critical.

The sensitivity, intellectuality & creativity of ADHDers don't go unnoticed, but in the absence of adequate treatment, ADHD is highly associated with negative outcomes throughout the lifespan. Not wishing to join the statistics, I began to explore anything within my reach to decrease that self-discrepancy gap.

In my experience, Mindfulness has consolidated a path of self-regulation that other strategies alone have not proved to be as effective. Indeed, it takes a strong will to discipline the ADHD monkey mind, so learning to self-regulate with kindness is one of the keys. If you are hyperactive and decide to brave the world of Mindfulness, it's important to listen to corporal requests to move, but attending to the body isn't giving it all it wants. In agitating ourselves mindlessly, we experience temporary boredom relief, but the body conditions itself in becoming restless and expecting a reward of action, spoiling the chance to learn inhibitory skills and not succumb to the cerebellum's commands.

With a pleasure/reward centre that requires more stimulation than most people, ADHDers should also give special attention to nourishing activities: shorter sitting practices rewarded by extended mindful movement are a good balance, as well as the transition of short formal practice into informal moment to moment awareness throughout the day.

Given the characteristics of our brains, and the symptoms of unmanaged ADHD, it's fair to adapt the practice with individual and realistic expectations around time and setting. If you teach someone with ADHD, be mindful of the above and details such as their possible sensitivity around noise and visual stimulation, and be open to make adaptations.

Mindfulness is a big shift for the ADHD mind, but also the kindest of all. It offers a safe basis for exploration of ourselves by suggesting to let go of the need to strive to achieve like others, trusting that, through patience we accept the biological aspects we cannot change, and experience genuine appreciation for things just as they are. Just as computers come with basic software pre-installed, human life may also start pre-programmed by genetic, instinct & evolutionary processes, but we undeniably possess the ability to update the system's modus operandi of our existence and acquire more sophisticated ways to interact with others, be with ourselves and live well.

Folklore, wisdom and fairy tales

On an MBCT training at Trigonos I found my mind wandered to folklore, wisdom and fairy tales... and sitting by the lake I wrote the following as an aide memoire....

The Princess and the Seven Impediments

Once upon a mindless time and not so very far away lived a Princess. She was not a very grand Princess, nor yet a very lowly one – she was more like you and me, so let's call her Princess Youandme.

Waking one morning she was surprised to find herself having been transported away from her comfy castle and snugly, spacious bed onto the cold hard floor of a dank, dark place. It was a dusty, fusty and musty room full of little beds and little tables and little chairs. She sat up in alarm. A movement from one of the beds caught her eye and a mini version of herself peeped over the edge of the coverlet.

The mini princess who seemed to be dressed in a full suit of shiny, silvery armour, sprang up and tutted. "No, no! No time for lying in bed (or on the floor, it added with a glance of distaste). Up, up, up – time to be off – so much to do, let's get on – come on people, be about yourselves! We've a dissertation to write, a world or two to conquer and a cake to bake and all before lunch...."

"Stop!" cried Princess Youandme. "Who are you? WHAT are you?"

"You know me," said the little whatever. "I live in the busyness of your mind – we all do. I am Sister Striving – I help make things better, brighter, shinier. People will love you and approve of you if you let me win!"

"Hold on there a minute," said a similar but different voice. "That may be true – or it may not. If you look at the statement from all sides and under you will see that more thought is necessary, which is where I come in. I am Professor Analysis and I make sure all aspects, every dimension, all possible twists and turns, what if's and maybe's are carefully considered.

Princess Youandme looked with horror at this small person who seemed to have popped out of bed already dressed in a crumpled corduroy jacket (WITH leather elbow pads) (AND smoking a pipe!) "YOU didn't come from my head," she said. "I'm sure you didn't"

"Oh yes," said Professor Analysis. "Sister Striving is right – we all live in the busy messiness of your mind."

"I don't!" yelled a third voice. "This is all nothing to do with me and besides I wasn't there at the time."

"Well, you seem to be here now," said Princess Youandme to a slightly wispy, wraithlike presence.

"Not really. I'm probably somewhere else instead – or I wish I was 'cos I don't like it here very much. I'm Auntie Avoidance – can you check if I'm in the right place?"

continues...

Folklore, wisdom and fairy tales



On an MBCT training – cont.

"Of-course you're in the right place said yet another voice which turned out to belong to someone who said her name was definitely Princess Stolidandsolid (and she looked it!). "It's her who isn't really here. She can't be. She can't exist – not here. We're inside her head so it can't be her. It's not logical, not possible, so it can't be happening."

"But it might be tomorrow," said the strangest creature of all. This mini princess – Princess Thenandwhen had two faces – one looking forwards and the other backwards. The second face chimed in grumpily by saying, "Well, she wasn't here yesterday and things were much better then."

"No, no," insisted the first face, "When she comes tomorrow it will all be fine."

"I'm getting very tired of all of you, said Princess Youandme. "I don't know where I am, who you are or what you all want. You are exhausting me. By now I should be up and dressed and have had my hair combed. I want my breakfast!"

"Breakfast", said a disembodied voice. "You won't notice it when you get it. What did you have yesterday? Was it nice? Did you enjoy it? Did you notice – or did you just shovel it into your mouth on the way out of the door? I am the voice of Autoyou – the one, who rarely, if ever, notices."

Princes Youandme stood up at this, she stamped her foot. –"Go away, all of you! Shoo! I don't like any of you, you're doing me no good at all. You are confusing and upsetting me and keeping me a prisoner in this dusty, fusty and musty place. If you won't go away, then I shall." And with that she gathered up her skirts, opened the door which had suddenly appeared in front of her and stepped out into the sunshine.

The beginning.

Kim Pearl Reg, MBACP(Snr. Accred.)

is an experience counsellor of some 20 odd years standing. She is also an experienced supervisor, trainer and an accredited mediator. She works with CONTACT, the staff Counselling, Stress Management and Conflict Resolution Service for Imperial College Healthcare Trust at 3 major London hospitals.



Community



Hundreds of my mindfulness graduates express a wish to continue with their meditation practice. Yet many struggle to do this. With this in mind, I have been contemplating the benefits, and challenges, of creating and sustaining community.

Having sustained a meditation and yoga practice since 1992, I have reflected on what has supported me. Firstly, the immediate sense of benefit I receive. Yoga supports well-being and vitality. Sitting meditation unfolds a capacity for insight during, and after the practice. However, this is not enough.

Ongoing study is a consistent feature of my practice; reading and listening to podcasts, as well as participation in meditative communities. Community participation offers a shared sense of aspiration and belonging that strengthens and supports.

In my experience, groups that involve personal sharing build the strongest communities. The shared humanity; feeling met in my difficulties, vulnerabilities, strengths and capacities, engenders self-acceptance and confidence. Essential to this, is a commitment to regular attendance. Meeting the same people regularly builds trust, belonging and support.

Historically, meditative practice was located within religious traditions. Traditions that for thousands of years, recognised, extolled, encouraged and cultivated the benefits of community. In our secular, individualistic society, it seems, we have thrown the baby out with the bathwater. We have lost a vital sense of community in moving away from religion. The corresponding rise in depression and anxiety is surely, not co-incidental.

In isolation, we can become lost in our difficulties, preoccupied with our problems. 'I'-pads, 'I'-phones 'I'- macs, or social media cannot soothe this. 'I' is not enough, it is 'we' where connection, belonging, and perspective, happen.

It's natural to ask, what about me?
One day we wake up. What about you?
Such a question disturbs our peace.
What about you?
The world spins on its axis.

Rob Foxcroft

Despite the mindfulness explosion, meditators are a minority. Think about it, how many people, you know, meditate? A meditators life is likened to that of a small turtle swimming against the tide. The contemporary tide of consumerism, productivity, growth, speed and 24/7 connectedness. A tide that leaves little time for community.

We need friends, like-minded others to share the joys and sorrows, to strengthen and deepen our practice. As poet, cleric John Donne said, 'no-man is an island'. As a gardener cultivates the conditions for plants to grow, we cultivate the attitudinal foundations; non-judgment, acceptance, beginners mind, patience, letting-go/be and non-striving in our practice. In our community. Circling out in widening circles. We recognise, that we need each other, that each of us is 'fighting a great battle'.

Rosalie Does is a mindfulness teacher, supervisor and trainer. www.optmalliving.co.uk

MINDFULNESS & COMPASSION

- The Unfolding of Our Practice



I am a mindfulness teacher in the Bournemouth area on the south coast and completed an MSc in Mindfulness Based Approaches with Bangor University in 2015. My thesis investigated the effects of shortened mindfulness courses on self compassion and attention. It was a very small study in terms of number of participants but it did show a significant change in self compassion (measured with Neff's Self Compassion Scale) after just four weeks of practicing mindfulness. In recent years it seems that the subject of compassion has been increasingly coming to the fore and its intriguing how mindfulness practice can positively affect our self compassion.

Psychologist and founder of the Insight Meditation Community of Washington, Tara Brach, describes mindfulness and compassion as the unfolding wings of acceptance. Intrinsically linked and yet interdependent like the wings of a bird. Mindfulness practice can bring moment to moment awareness and then somehow (in this space?) self compassion and even general compassion is increased. There is good empirical evidence that mindfulness practice makes us more compassionate and there is current research attempting to unravel which parts of MBSR are effecting the most change. However, studying and quantifying individuals' levels of mindfulness and compassion is often down to self reported questionnaires. Not exactly hard science! Certainly subjective rather than objective. In time the underlying neuroanatomy will be better understood, the 'what is actually physically changing in the brain'.

We all have differing views and preferences with our mindfulness practice. How many of us do a similar practice every day? Maybe just sitting for a set time in silence, open awareness, body and breath awareness? Doing a guided practice with a recording or online or with an app? Practicing with background music or regular bells? Do we mix it up and try new practices and do we include mindful compassion based practices? I personally like to just sit in silence for formal practice and can honestly say that after more than twenty years of meditation practice that I still find every practice different. Some of us think we are good or bad at 'visualisation' type practices and others of us feel we prefer practice with movement.

Metta practice (lovingkindness or befriending) has been described as a practice of 'inclining the mind towards kindness' and this is akin to cultivation. What are we cultivating in our formal practice? And by extension taking into our everyday lives. I guess that no matter where we are on our personal journeys; whether we feel we have little self compassion or maybe find compassion practices feel inauthentic or whether we love compassion based practices it is clear that its inclusion is beneficial. This can be as straightforward as setting intention at the outset of practice or spending few moments repeating a word such as 'love' or 'care'. Compassion practice can be as simple as a stated wish for ourselves and others to be well. And so I wish you well, may you be inspired and motivated to practice often and with your heart and mind fully engaged.

Vicky Walduck

Mindfulness teacher and supervisor

Friends of Bangor Committee Member

www.facebook.com/bournemouthmindfulness

www.bournemouthmindfulness.org



The Centre for Mindfulness Research and Practice (CMRP) presents the:

Mindfulness in Society Conference



The Crowne Plaza Chester, UK

8th - 10th July 2017

Pre-conference workshops July 7th
Post-conference workshops July 11th

Friday highlights:

Full day with Kate Malleon and Colleagues exploring accessibility and diversity
Full day with John Teasdale exploring the understanding of the difference between mindfulness and awakening
Half day with Ken Lunn exploring record keeping and data management
Evening activities: Research Presentations

Saturday highlights:

Keynote from Larissa Duncan - The Heart of the Mindfulness Movement: Cultivating Caring and Connection from Families to Society
Keynote from Willoughby Britton - Meditation-Related Difficulties: Building Competency
Evening activities: Celidh Music and Dance

Sunday highlights:

Day of Practice with Rebecca Crane and Willem Kuyken Evening activities: Welsh Choir followed by pre-dinner talk from Jon Kabat-Zinn (via video link)

Monday highlights:

Keynote from Gregor Henderson - Public Policy and Mindfulness Keynote Symposium by Willem Kuyken and Paul Gilbert - Mindfulness & Compassion Evening activities: Research Poster Evening Cultivating well-being: Perspectives from affective and contemplative neuroscience by Richie Davidson (via video link)

Tuesday highlights:

Full day with Paul Gilbert exploring evolutionary models underpinning compassion focused therapy
Full day with Diane Reibel & Don McCown exploring the pedagogy in the MBIs
Full day with Willoughby Britton exploring meditation-related difficulties: building competency



01248 38 2498
mindfulness@bangor.ac.uk

To register: cmrpconference.com

CMRP News

Dear Friends of Bangor,

We are delighted to be invited include our congratulations on the first Friends of Bangor newsletter. We are excited at this new development and deeply grateful for the work put in by the enthusiastic and dynamic Friends of Bangor team. Our wish is that this group will go from strength to strength, providing information and networking for all our students, colleagues and course participants, both past and those yet to come. This is a 'grass roots' initiative and that makes it a unique and exciting departure, from our traditional flow of information. We sincerely hope it will grow and become a continuing forum for information and connection from the mindfulness community inwards to CMRP, and CMRP outwards to the community.



Hearty congratulations

to our first 2 graduates of the CMRP Teacher Training Pathway, (TTP), Rob Collet and Anthony Keane. Completion of the TTP represents an enormous amount of work and a rigorous assessment of teaching competence. Rob and Anthony many congratulations on receiving your Certificate of Teaching Competence and completing the TTP .

The whole CMRP team.

Heather joins the FoB team as the CMRP admin

"I work for the CMRP at Bangor University, excited and happy to be on board as administration support for 'Friends of Bangor' helping teachers connect in a new way."

Heather Cayzer



CMRP News

Workplace Masterclasses:

We are delighted to be collaborating with the Oxford Mindfulness Centre in the delivery of a series of masterclasses for those delivering mindfulness-based teaching in workplaces. The collaboration is part of an important endeavour to build clarity about good practice and standards into this area of work. It offers a pathway for those who have completed teacher training with us or another organisation to receive a certificate of readiness to teach in workplace contexts. Following this participants can move towards an award of teaching competence in workplace mindfulness teaching.

Our new Masterclass series:

We are delighted to announce six new masterclasses in Chester in 2017 and 2018:

A Day of Exploring Human Stress with Dr Bill Young on 6th October

Showing Up and Choosing to Be Present: Mindful Practice in Palliative Care
with Dr Trish Luck on 3rd November

Mindfulness-Based Relapse Prevention (MBRP) for addictive behaviours
with Devin Ashwood on 12th January

Mindfulness for adults working with children aged 3-11 :
Introducing "The Present" curriculum

with Sarah Silverton on 2nd February

Exploring Communication and Relationship as a Core Theme in Teaching MBSR
with Sarah Silverton on 2nd March

**Attaching or non-attaching: The meeting of mindfulness, emotional development,
the brain and attachment theory**
with Graham Music on 1st June

These are wonderful one off opportunities to spend a day with experts in the field developing skills and knowledge in a specialist area.

Research:

We are delighted to announce the publication of the results of the ASPIRE research. Many of you participated in this project by sharing your experiences of implementing MBCT in the NHS. The report is a gathering of all these experiences into a systematic narrative that enables us to see what factors support and hinder successful implementation. The results are relevant to your implementation work whatever setting you work within.

Rycroft-Malone J, Gradinger F, Griffiths HO, Crane R, Gibson A, Mercer S, Kuyken, W (2017) Accessibility and implementation in the UK NHS services of an effective depression relapse prevention programme: learning from mindfulness-based cognitive therapy through a mixed-methods study. *Health Serv Deliv Res* 2017;5 (14).

Rebecca Crane is a consultant in an American led study on mindfulness-based teacher effects. Dr Jud Brewer (Center for Mindfulness, University of Massachusetts Medical School) and Dr Rick Hecht (University of California San Francisco) are leading a project which involves training a group of experienced teachers to assess teaching competence, and then examining the links between teacher competence and participant outcomes in Mindfulness-Based Stress Reduction classes. We will update you on the progress of this project in the future.

Staff Changes at CMRP:

Some of you may be a bit surprised to hear that CMRP is going to be saying goodbye to Sharon Hadley our Business and Finance lead and all round manager within CMRP. There is no doubt that Sharon has played a huge role in our development and growth and we are extremely grateful for all that she has contributed, and we are very sorry to see her go. However, Sharon is leaving to develop her own dreams and it is hard to remain sad when someone is following their heart. We wish her joy and every success in all that she moves on to. Sharon will be with us until after our conference in July.

And with a loss comes gains; we are delighted that much of Sharon's role has been taken over by Gary Smith our new Office and Data Manager, who arrived in November. Gary has worked with us in the background for some time, helping Sharon develop our online management systems, so he is well placed to step into Sharon's shoes. He is already making himself indispensable and we are looking forward to our continuing working together.

Useful Links...



https://www.bangor.ac.uk/mindfulness/	Bangor University Mindfulness Centre
http://oxfordmindfulness.org/	Oxford University Mindfulness Centre
http://cedar.exeter.ac.uk/mindfulness/	Exeter University Mindfulness Centre
http://www.breathworks-mindfulness.org.uk/	Breathworks
http://www.mindfulnessassociation.org/	Mindfulness Association
http://www.cmrpconference.com/	CMRP Conference
http://www.mindfulnesssteachersuk.org.uk/	UK Mindfulness Teacher Network
https://bemindful.co.uk/	BeMindful
http://www.themindfulnessinitiative.org.uk/	The Mindfulness Initiative

Research Links

http://meditation-research.org.uk/	Meditation Research UK
https://goamra.org/	American Mindful Research Association
http://www.mindful.org/research-roundup/	Mindful.org

Retreats

http://www.trigonos.org/	Trigonos
http://gaiahouse.co.uk/	Gaia House
https://www.mindfulness-network.org/retreats.php	Mindfulness Network retreat offerings
http://www.amaravati.org	Amaravati

Bangor University Links

https://www.bangor.ac.uk/mindfulness/calendar.php.en	calendar of courses/events
https://www.bangor.ac.uk/mindfulness/cmrpnewsletter.php.en	past newsletters
https://www.bangor.ac.uk/mindfulness/cmrp-blog-intro.php.en	CMRP blog
https://www.mindfulness-network.org/our-supervisors.php	Supervision
https://www.bangor.ac.uk/mindfulness/fobsurvey.php.en	FoB Survey