

Sussex Mindfulness Centre Annual Conference 2017

A CRITICAL LOOK AT MINDFULNESS: SAFETY, ETHICS AND INTEGRITY

Friday, June 30th 2017

9.30AM-4.30PM

Friends' Meeting House,
Ship St, Brighton, BN1 1AF

Keynote speakers: Ruth Baer and Willoughby Britton

To find out more and to request a booking form please
contact: smc@sussexpartnership.nhs.uk

Cost: £110 or FREE for all SPT staff, SMS mindfulness
advocates and trainers and service users (who have used
the service in the last year)



Ruth Baer

Ruth Baer is Professor of Psychology at the University of Kentucky, where she conducts research on mindfulness and teaches and supervises several mindfulness-based interventions. Her scholarly work focuses on assessment and conceptualization of mindfulness, effects of mindfulness-based interventions, mechanisms of change in mindfulness training, and professional training and ethics in the mindfulness field. She has contributed to the development several self-report instruments for assessing mindfulness and related skills, has edited three books for professionals on mindfulness-related topics, and written a book on mindfulness for the general public. She recently spent a sabbatical year at the Oxford Mindfulness Centre at the University of Oxford and is collaborating with colleagues at Oxford and the University of Sussex on a variety of mindfulness-related projects.



Willoughby Britton

Willoughby Britton is an Assistant Professor of Psychiatry and the Director of the Clinical and Affective Neuroscience Laboratory at Brown University Medical School.

As a clinician, she has been trained as an instructor in Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-based Cognitive Therapy (MBCT), and has taught mindfulness to both clinical and non-clinical populations, and in federally-funded clinical trials.

As a researcher, she has been studying the effects of contemplative practices on the brain and body for more than a decade, with a special emphases on practice-specific effects, or in other words “Which practices are best or worst suited for which types of people or conditions and why”. For last 6 years, she has been conducting a study called “The Varieties of Contemplative Experience” which investigates the full range of experiences that can arise as a result of contemplative practice, including experiences that could be considered difficult, challenging or adverse. She also just completed a 5-year NIH-funded clinical trial of MBCT entitled “Dismantling Mindfulness” where she investigated moderators of treatment outcome. Her aim is to share the knowledge she has gained as a researcher and clinician to make mindfulness-based interventions both safe and maximally effective.

