

KU LEUVEN



MINDFULNESS FRAME BY FRAME WITH PROF. MARK WILLIAMS

Leuven Mindfulness Centre

15-16-17 June 2022
Leuven

Public seminar

During this one day seminar Mark Williams will offer a taste of his new course “Mindfulness Frame by Frame”. We will learn recent psychological findings that reveal that every waking moment, our understanding of the world is dominated by imagining how we can take action within it, coloured by what is called ‘feeling tone’. Feeling tone is the moment-by-moment ‘read-out’ of how much a sensation, thought or emotion feels pleasant, unpleasant, or neither. Based on this moment-by-moment ‘read out’, the body allocates its resources as it gears up for real or imagined action. This can prepare us well for action, but it can also put us at risk of becoming exhausted without our realising it. We will learn some practices to help us become aware of feeling tone.

PRACTICAL INFORMATION

- **Participants:** all interested in mindfulness
- **Date:** 15 June 2022
- **Programme:** 10h-16h (followed by reception)
- **Venue:** KU Leuven (to be specified)
- **Investment:** €100 (payment using KMO-portefeuille possible)
- **Registration:** before 31 May 2022



www.ppwcontinuo.be/mindfulness-frame-by-frame



Prof. Em. Dr. Mark Williams

Mark Williams is Emeritus Professor of Clinical Psychology and Honorary Senior Research Fellow at the University of Oxford Department of Psychiatry. He is the founder of the Oxford Mindfulness Centre and together with John Teasdale and Zindel Segal he developed Mindfulness-based Cognitive Therapy (MBCT) for prevention of relapse and recurrence in depression. MBCT is now recognized as an evidence-based treatment for depression and is implemented in health care centers in many different countries.

Two day workshop for professionals

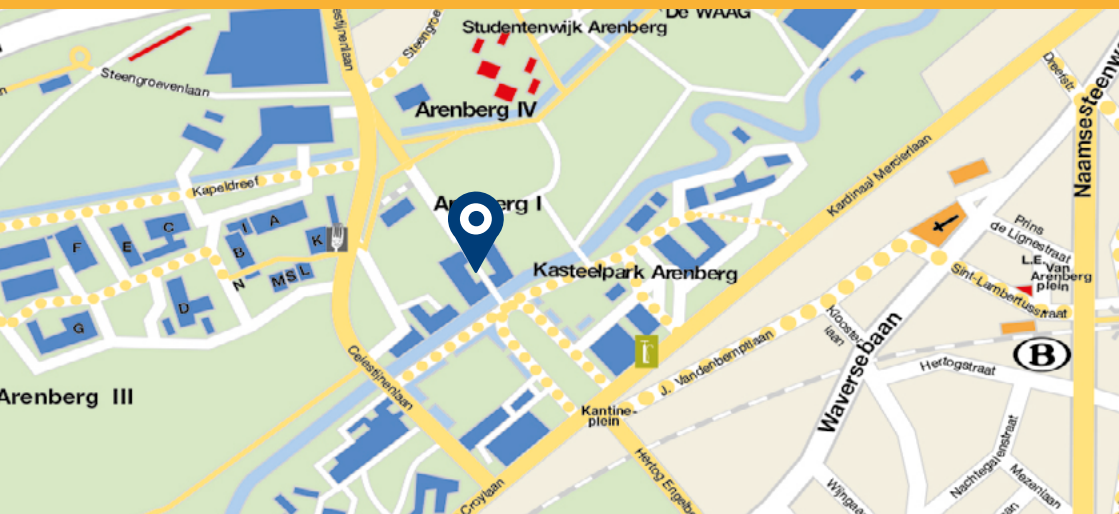
During the two day workshop Mark Williams will offer new insights based on his recently developed course “Mindfulness Frame by Frame”. Ancient traditions saw feeling tone (vedana) as a fundamental element of every moment of experience and a central aspect of mindfulness practice. Learning specific practices to help us become aware of feeling tone allows us to see clearly the very instant where we become caught up in pursuing or rejecting something and become entangled in a web of emotional distress. During these two day workshop you will learn meditations that prepare you for, then help you tune in to feeling tone frame by frame. This provides an opportunity to see more clearly both the tipping points for distress and exhaustion.

PRACTICAL INFORMATION

- **Participants:** mindfulness trainers
- **Date:** 16 & 17 June 2022
- **Programme:** 9h-17h
- **Venue:** KU Leuven (to be specified)
- **Investment:** €230 (payment using KMO-portefeuille possible)
- **Registration:** before 31 May 2022



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The Leuven Mindfulness Centre engages to provide innovative high quality research on mindfulness, and to develop adjusted mindfulness-based inventions to be used in specific contexts and populations. All research initiated by the Leuven Mindfulness Centre is funded through grants and donations. Please consider to donate. For more information visit the website.

www.ppw.kuleuven.be/leuven-mindfulness-centre



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