

Programme

Tuesday - 25/11/2008

16:00 - 20:00

Registration

Reception Desk (Main Hall SWPS)

Wednesday - 26/11/2008 8:00 - 9:30 Registration

Reception Desk (Main Hall)

ROOMA 9:00 - 9:30

Opening Ceremony

Paweł Holas and Julia Wahl

Letter of Support from Jon Kabat-Zinn [more]

His Excellency the Ambassador of India C.M. Bhandari [more] 9:30 - 10:30 Opening Address

Andrew Olendzki, PhD

A New Psychology for a New Era

[more]

ROOMAB 10:45 - 11:45 Alexander Berzin, PhD

Overview of Exercises for Developing Balanced Sensitivity Based on Buddhist Practices

[more] [handout]

12:00 - 13:00 Wojciech Eichelberger, MA

Buddhism - the Search for True Identity

[more]

13:00 - 14:00 Lunch break 14:00 - 15:00 Linda Myoki Lehrhaupt, PhD

An Introduction to Mindfulness-Based Stress Reduction (MBSR) and Its Applications

[more]

15:15 - 16:15 Discussion panel (Buddhist psychology, spirituality and psychotherapy) 17:45 - 19:15 Philip Weber, PhD, MD

Christoph Klonk, MD

Contemplative Healing

[more]

Alexander Berzin, PhD

A Buddhist Approach to Integrating the Various Aspects of One's Life

[more]

19:30 - 21:00 Welcoming Party - Concert

Slide Show - Speaker: Tanna Jakubowicz Mount - On the Path to Buddha's Heart Photos by: Izabela Jaroszevska

(European Photography Academy, Warsaw, Poland)

[more]

Thursday - 27/11/2008 Poster session 10:00 - 19:00

ROOMAB 9:00 - 10:00 Martin Ramstedt, PhD

Mindfulness and Space Awareness in Intercultural Communication

[more]

Joanna Rozycka, M.A.

Psychological Consequences of Self-regulation according to Vietnamese Zen

[more]

10:15 - 11:15 Dennis Morbin, MEd

A New Mindset - Seeing Change as an Ally

[more]

11:30 - 12:30 Paweł Holas, MD, PhD

Mindfulness and acceptance based therapies for anxiety disorders. New ways to enhance traditional cognitive-behavior approaches to anxiety

[more]

12:30 - 13:30 Lunch break 14:00 - 15:00 Caroline Brazier, PhD

Other-Centred Therapy: A Buddhist Paradigm

[more]

Dennis Morbin, MEd

Change management

Living awareness

[more]

15:15 - 16:35 James Low, PhD

Who are we when we are not who we think we are?

[more] [materials] 16:50 - 17:50 Discussion panel (Mindfulness and organisational psychology) 18:05 - 19:35 James Low, PhD

Who are we when we are not who we think we are?

[more]

Kishore Chandiramani, MD, PhD

Mixing Mindfulness with Psychotherapy: Opportunities and Obstacles

[more]

20:00 - 24:00 Reception (dinner)

Fabryka Trzciny (restaurant)

ul. Otwocka 14, Warszawa

OPEN TO ALL (fee 100PLN per person)

More info and the menu in "Social programme"

[reservation form]

Friday - 28/11/2008 9:00 - 10:00 Anna Twardon, MA

Speaking Other - Lacanian analysis and the Buddhist Self

[more]

ROOM A B 10:15 - 11:15 Philip Weber, PhD, MD [more]

Christoph Klöckner, MD

Contemplative Healing 11:30 - 12:30 Tanna Jakubowicz-Mount, PhD

From Homo Separatus to Homo Holos - The One Who Embraces the Universe with Tender Consciousness

[more]

12:30 - 13:30 Lunch break 13:45 - 14:45 William Karelis

Presenting Meditation in the Criminal Justice Environment

[more]

15:00 - 16:00 Linda Myoki Lehrhaupt, PhD

Workshop: An Introduction to the Practice of Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based

Cognitive Therapy for Depression (MBCT)

16:15 - 17:00 Andrzej Kokoszka, MD, PhD,

Fabio Giommi, PhD

Discussion

Future of Mindfulness: its roots and developments. Looking for integrative framework and international collaboration

[more]

17:15 - 18:30 (Mindfulness in psychotherapy and clinical practice) Discussion panel and take-home message 18:35 -

20:05 Kishore Chandiramani, MD, PhD

A Role for Mindfulness in the Regulation of Sexual Desire

[more]

Andrzej Twardon, PhD

Integrating Buddhist Meditation with the Treatment of Personality Disorders

[more]

RED = LECTURE, BLUE = WORKSHOP