

FABIO GIOMMI

Interpersonal Mindfulness The Interpersonal Mindfulness (IM) Program is a new program aimed to integrate mindfulness into everyday. It is currently in a pilot development stage at the Kabat-Zinn's Center for Mindfulness at UMass Medical School. IM is designed as an intensive six to eight week course that supports transformation in human relationships from reactivity to mindfulness and ease. The program is based upon the interpersonal meditation practice of Insight Dialogue, developed by Gregory Kramer, Ph.D and vipassana teacher. The meditation was adapted to a course format by a collaboration between Dr. Kramer and a group of MBSR teachers. Florence Meleo-Meyer, MS, MA, Director of Professional Education and Training at the CFM, has expanded the IM to include both the clinical offering and a professional training. The IM program is based on the simple facts that: stress is known to contribute to anxiety, general unhappiness and health problems; human relationships are a major source of stress; and positive change is possible by cultivating mindfulness and tranquillity in relationship. Like Mindfulness Based Stress Reduction, the basic dynamics of the Interpersonal Mindfulness Program are easy to understand but require careful training to master. This introductory and experiential workshop is aimed to favour in participants insights on the specific nature of the IM program. Some basic Insight Dialogue meditation instructions, that form the basis of the IM program, will be introduced, practiced in the group. In addition to the core instructions, dialogue topics are introduced that lead participants to contemplate essential aspects of the shared human experience, such as birth, aging, sickness, roles, and impermanence.