You are cordially invited by the Center for Excellence Generalization in Health and Psychopathology and the Research Group of Quantitative Psychology and Individual Differences to the following Symposium @ KU Leuven

“Mindfulness: recent advances and applications”
Friday December 15th
Justus Lipsius Zaal
Blijde Inkomstraat 21, 3000 Leuven

Edel Maex, Psychiatrist, and expert in Mindfulness will start the symposium with an introduction on the evolution and application of mindfulness in Flanders. He will introduce two world-leading mindfulness scientists.

Anne Speckens is the founder and clinical director of the Radboud University Medical Centre for Mindfulness. Prof. Anne Speckens’ research focuses on cognitive processes and interventions in anxiety and depressive disorders. She is particularly interested in the effectiveness and working mechanism of mindfulness based interventions in patients with either psychological or somatic disorders and health care professionals.

Willem Kuyken is Professor of Clinical Psychology at the University of Oxford, and Director of the Oxford Mindfulness Centre. Professor Kuyken’s work is focussed on mood disorders and their evidence-based approaches. His research and teaching focus primarily on mindfulness-based approaches and compassion.

Program:

14:00-14:30: “Evolution and application of Mindfulness-based Programs in Flanders”
by Edel Maex

14:30-15:15: “Research and applications of Mindfulness-based Programs @ Radboud University Medical Centre for Mindfulness”
by Anne Speckens

15:15-16:00: “Mindfulness across the lifespan”
by Willem Kuyken

Attendance is free but please preregister by sending an email before 10-12-2017 to katleen.vandergucht@kuleuven.be

Organiser: Katleen Van der Gucht, together with Filip Raes and Peter Kuppens