

Masterclass: in search of mindfulness

The Centre for Qualitative Research presents a two day masterclass on mindfulness with keynote speaker **Reverend Dr. Je Kan Adler-Collins** from the **Fukuoka Prefectural University** in Japan.

Delivered over a series of two days, you will participate in a wide variety of experiences to reflect on Western interpretations on mindfulness based interventions. In recent years, the value of mindfulness-based interventions in health and social care has attracted increasing attention and has been used in response to a wide variety of clinical conditions including substance use, stress, depression and cancer.

Thursday 11 - Friday 12 September 2008

Delivered at:

Kingston Maurward House
Dorchester
West Dorset
DT2 8PY
UK

www.bournemouth.ac.uk/cqr

Sponsored by:



Course Details

This two day workshop will appeal to a wide variety of practitioners, postgraduate students and academics in health and social care; from those who are at the very beginning of exploring mindfulness-based interventions to those who want to deepen their understanding of it. It will be a rare opportunity to immerse yourself in the subject, and also the glorious surroundings of Kingston Maurward House, a country estate in the heart of the Dorset countryside, with its lakes and Japanese garden.

You will also be able to experience good Asian-inspired vegetarian food, to reflect on the Western interpretations of mindfulness-based interventions and most of all, under the guidance of the Reverend Dr. Je Kan Alder-Collins, a nurse and fully ordained Koyasan Shingon monk, to hear and experience culturally authentic mindfulness-related Japanese Shingon teachings and practices.

Participate in a wide variety of experiences:

- Opening and closing ceremonies led by Je Kan
- Experience quiet meditation
- Mass singing bowl experience (bring your own Tibetan singing bowl)
- Academic discussions about mindfulness
- Conference dinner with classical guitar duo **Eden Stell** recital

Cost

The fee for the two-day masterclass is £99. The fees include refreshments and all class materials. This event is non-profit making and has been kindly sponsored by the Great Britain Sasakawa Foundation.

Workshop programme

Day 1	Time
Registration	10.00
First session	10.30
Lunch	13.00
Second session	14.00
Optional dinner and recital	19.30
Day 2	Time
First session	10.30
Lunch	13.00
Second session	14.00
Day ends	15.00

Places are limited and operate on a first come first served basis

Speakers:

Reverend Dr Je Kan Aller-Collins



Ordained as Shingon monk, and born in England, Dr Adler-Collins joined the army at 17 and trained as a registered nurse in the Royal Army Medical Corps. He specialised in combat emergency nursing and the treatment of the effects of nuclear, biological and chemical warfare. After serving 14 years in a variety of hospitals and regiments, he was medically discharged from the military in 1990. His journeys to self heal lead him to qualify in several alternative and complementary therapies. He was ordained as a Japanese Buddhist monk in 1995 and moved to Japan in 2000 where he studied Koyasan Shingon teachings and built his own hill-top temple and hospice. In 2003 he was appointed to the faculty of nursing at Fukuoka Prefectural University in southern Japan where he is an Associate Professor in the Health Promotion Centre, and runs a community therapist training programme.

Dr Francis C Biley



Fran is a registered adult and mental health nurse with an eclectic background and range of interests that perhaps centre on exploring ways in which the arts and humanities can be usefully and therapeutically employed in health care. In 2007 he was the recipient of a Great Britain Sasakawa Foundation grant that enabled him to visit Japan in order to explore the authentic cultural origins of mindfulness.

Caroline Hoffman



Caroline is the Clinical Director and Research Co-ordinator of London-based Breast Cancer Haven. She has a degree in Social Work from the University of Melbourne, and later trained as a registered general nurse. Having specialiseB61YYMd in Intensive Care in Australia, she pioneered the use of complementary therapies in that setting at the Middlesex Hospital in London in the 1980s, was former Chair of the Royal College of Nursing Complementary Therapies in Nursing Forum as well as Deputy Editor of the journal Complementary Therapies in Clinical Practice.

Caroline was the first Macmillan Clinical Nurse Specialist in Complementary Cancer Care at the Royal London Homoeopathic Hospital in the 1990s and more recently spent two years as the first Nurse Consultant in Cancer Rehabilitation at The Royal Marsden NHS Trust. Caroline has professional level training and experience in a range of alternative and complementary therapies and has also trained in the USA as a Mindfulness-Based Stress Reduction teacher.

Booking form

Masterclass: In search of Mindfulness

School of Health & Social Care, Bournemouth University

Delegate details			
Name:			
Job Title:			
Organisation:			
Address:			
Post Code:			
Phone No:		Email:	
Special dietary or access requirements:			
Booking Details: (please circle the relevant date / dates)	<input type="checkbox"/>	£99.00 – two day Masterclass (includes conference dinner and recital)	
	For multiple bookings please photocopy this form and return to the address below stating primary contact name.		

Payment methods		
Cheque: Payable to Bournemouth University		
Credit or Debit Card - please supply the following details:		
Card type & number:		
Valid from:	Expiry date:	Switch issue no:
Cardholder name:		Card Security Code:
Signature:		Date:

Please email, post or fax your completed booking form (and cheque if applicable) to:	
Clare Cutler Centre for Practice Development Bournemouth University R701, Royal London House Christchurch Road Bournemouth, BH1 3LT Tel: + 44 (0) 1202 962115 Email: ccutler@bournemouth.ac.uk	Cancellations must be made in writing six weeks before the masterclass, and will be subject to a 25% administration fee. No refunds can be processed after this time. Substitute delegates are welcome at no extra charge but must be confirmed by email or fax before the event. Confirmation and joining instructions will be sent on receipt of booking form .
Office Use only	Account Code
	Activity Code