



Development of novel Mindfulness-based approaches for mental health:

# From roots to the future

Thursday 9 June 2022 | 9:00 - 18:00



UNIVERSITÉ DE FRIBOURG  
UNIVERSITÄT FREIBURG



RÉSEAU FRIBOURGEOIS  
DE SANTÉ MENTALE  
FREIBURGER NETZWERK  
FÜR PSYCHISCHE GESUNDHEIT

# Introduction

Mindfulness-based interventions have been successfully implemented in field of mental health. Besides the well-established program of Mindfulness-based stress reduction (MBSR) and Mindfulness-based cognitive therapy (MBCT), new concepts show promising results.

## Aims

- Provide an overview on the effects of mindfulness interventions in mental health
- Present new developments in Mindfulness:
  - *Mindfulness-Oriented Recovery Enhancement (MORE)*: grounded in affective neuroscience, MORE unites complementary aspects of mindfulness training, third-wave CBT, and principles from positive psychology into an evidence-based treatment for chronic pain, addictive behavior, emotion dysregulation, and psychosomatic conditions.
  - Compassion-focused therapy (CFT): based on CBT buddhist philosophy and neuroscience, CFT aims to help promote mental and emotional healing and is used in anxiety, depression, shame and self-criticisms for instance
  - *Mindful Self-Compassion (MSC)*: focuses on emotional resilience and is tested and implemented as self-care for (mental) health specialists and in the field of resilience.

# Program

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|---------------|---|
| 9:00 - 9:10   | <b>Welcome note from organization committee</b>   |
| 9:10 - 9:40   | <b>Prof. Dr. Guido Bondolfi</b><br>Psychiatry Department, University Hospital Geneva<br><b>Depression and anxiety: who can benefit of Mindfulness Based Interventions ?</b>   |
| 9:40 - 10:10  | <b>Prof. Dr. Eric Garland</b><br>Department of Social work, University of Utah, Salt Lake City (USA)<br><b>Mindfulness-Oriented Recovery Enhancement (MORE): an evidence-based intervention for chronic pain, addictive behavior, and emotion dysregulation</b> |
| 10:15 - 10:45 | <b>Break</b>  |
| 10:45 - 11:15 | <b>Prof. Dr. Paul Gilbert</b><br>Health and Social Care Research Center, University of Derby, Derby (UK)<br><b>Compassion-focused therapy (CFT): overview of the research</b>   |
| 11:20 - 11:50 | <b>Dr. Niina Tamura</b><br>Self-Compassion Center, Heidelberg, Germany<br><b>Mindful self-compassion: an overview of the research</b>   |
| 12:00 - 13:00 | <b>Lunch break and poster session</b>   |
| 13:00 - 14:30 | <b>Mindfulness-Oriented Recovery Enhancement: a short introduction to practice – Prof. Dr. Eric Garland</b>   |
| 14:30 - 14:40 | <b>Break</b>  |
| 14:40 - 16:10 | <b>Compassion-focused therapy (CFT) - a short introduction to practice Prof. Dr. Paul Gilbert</b>   |
| 16:10 - 16:20 | <b>Break</b>  |
| 16:20 - 17:50 | <b>Mindful Self-Compassion: a short introduction to practice Dr. Niina Tamura</b>   |
| 17:50 - 18:00 | <b>Closing remarks and end of meeting</b>   |

A one-day intensive training workshop for the MORE intervention will be given by Prof. Dr.E. Garland on June 10th 2022 (CE available)  
Registration can be done using the registration form on the flyer

## Our speakers



**Prof. Dr. Guido Bondolfi** is a full professor of psychiatry at the Faculty of Medicine of the University of Geneva and head physician of the Liaison Psychiatry and Crisis Intervention Service at the Geneva University Hospitals (HUG). Author and co-author of nearly 100 articles and five books, including "*Selfhood, Identity and Personality Styles*" with Dr. G. Arciero, Prof. Dr. Guido Bondolfi introduced mindfulness-based interventions at the HUG and has strongly contributed to the implementation of these methods in mental health and education in Switzerland.



**Prof. Dr. Eric Garland** is distinguished professor and associate dean for research in the University of Utah College of Social Work, as well as the director of the Center on Mindfulness and Integrative Health Intervention Development. Prof. Dr. Eric Garland is the founder of the *Mindfulness-Oriented Recovery Enhancement (MORE)*, an innovative, multimodal mindfulness-based therapy. In addition to his clinical research experience (he has over 195 publications), Professor Garland is a licensed psychotherapist and was elected a Distinguished Fellow of the National Academies of Practice in the USA in 2015.

## Our speakers



**Prof. Dr. Paul Gilbert** is a professor of clinical psychology at the University of Derby in the UK and visiting professor at the University of Queensland. In addition to his work as a clinical psychologist, over the past 40 years Prof. Dr. Gilbert has researched evolutionary approaches to psychopathology and has published over 300 academic articles and 22 books, such as *"The Compassionate Mind: A New Approach to Life's Challenges"* and *"Overcoming Depression"*. Furthermore, Prof. Dr. Gilbert is the founder of *Compassion Focused Therapy (CFT)* and the creator of the Compassionate Mind Foundation which was established as a charity in 2006.



**Dr. Niina Tamura** is a licensed child and adolescent psychotherapist at the Center for Psychological Psychotherapy in Heidelberg (University of Heidelberg) and at the Center for Mental Health in Mannheim. After receiving her doctorate and working as a researcher in developmental psychology at the University of Oxford, Dr. Niina Tamura trained in *Mindful Self-Compassion (MSC)* with Dr. Chris Germer, the co-creator of this program. In addition, Dr. Niina Tamura has also specialized in the MSC program for teens (*MSC-T*) under the guidance of Lorraine Hobbs.

# Informations

## Date

June 9, 2022, 9:00 – 18:00

## Place

PER21, A140, University of Fribourg,  
Boulevard de Pérolles 90, 1700 Fribourg.  
An online participation is also possible.

## Audience

Mental health specialists, medical doctors, psychologists, psychotherapists, nurses, social workers, students, scientists

## Organisation committee

- Prof. Dr. Chantal Martin Soelch, University Fribourg
- Msc Florence Guenot, RFSM
- Dr. Virginie Salamin, RFSM

## Costs

180 CHF all day

120 CHF for psychologists in postgraduate training and RFSM staff

50 CHF for BA, MA, and PhD students upon availability

## Credits

Continuing education (CE) credits available

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It is possible for young researchers to submit a poster abstract on a topic related to the symposium until May 9, 2022. Participation for young scientists presenting a poster, after acceptance of the abstract, is free.

## Guidelines for the submission of a poster abstract

- The abstract should be written in English and submitted as word or pdf file.
- The poster should provide the background, the methods, the results (if available) and a discussion of the research project in a maximum of 250 words
- No limitation on posters already presented at international conferences (please indicate conference).
- Confirmation of abstract acceptance at the latest May 20<sup>th</sup>, 2022.

## **Registration - Until May 30<sup>th</sup> 2022**

Please fill the following form:

<https://bit.ly/3ves1u4>



Contact person for registration: [chantal.rodriquez@unifr.ch](mailto:chantal.rodriquez@unifr.ch)

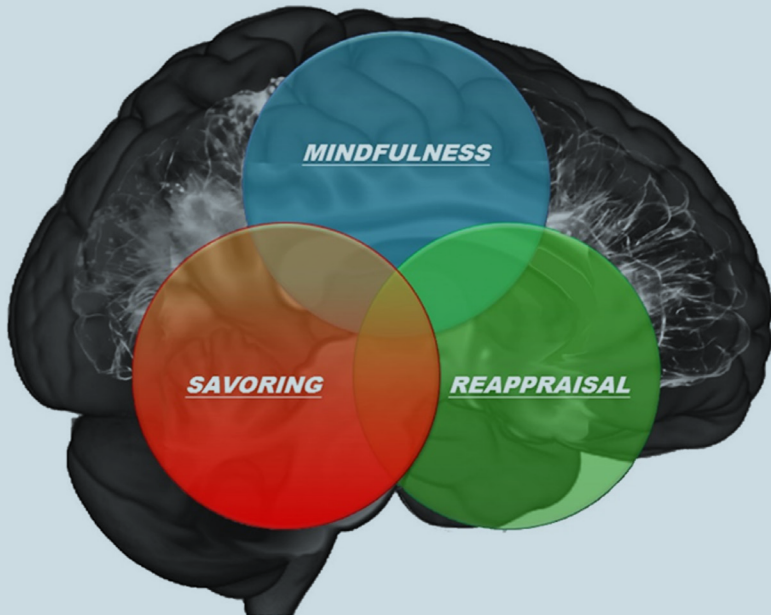
**Thank you for paying your registration fee before June 7<sup>th</sup>, 2022**

Banque Cantonale de Fribourg, 1700 Fribourg

Bénéficiaire: Université de Fribourg, Administration, 1700 Fribourg

IBAN: CH56 0076 8011 0040 1760 0

Référence de paiement: 20040604



Intensive one-day training workshop for the

# Mindfulness-Oriented Recovery Enhancement (MORE) intervention

June 10<sup>th</sup>, 2022, 9:00 - 16:00

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RÉSEAU FRIBOURGEOIS  
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## Introduction

Grounded in affective neuroscience, *the Mindfulness-Oriented Recovery Enhancement (MORE)* is an innovative, multimodal mindfulness-based therapy. MORE intervention unites complementary aspects of mindfulness training, third-wave CBT, and principles from positive psychology into an evidence-based treatment for chronic pain, addictive behavior, emotion dysregulation, and psychosomatic conditions.

The workshop will be given by **Prof. Dr. Eric Garland**, the founder of the MORE Intervention. Prof. Dr. Garland is distinguished professor and associate dean for research in the University of Utah College of Social Work, as well as the director of the Center on Mindfulness and Integrative Health Intervention Development. Prof. Garland initiated large clinical trials USA-wide that showed the efficacy of MORE in reducing pain symptoms and opioid dependence, and has published more than 195 scientific articles, the majority of which are focused on mindfulness. In addition to his clinical research experience, Professor Garland is a licensed psychotherapist and was elected a Distinguished Fellow of the National Academies of Practice in the USA in 2015.

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### Date

June 10<sup>th</sup>, 2022, 9:00 – 16:00

### Place

University of Fribourg  
Rue P.-A.-de-Faucigny 2  
1700 Fribourg  
Room C-0-101

### Audience

Mental health specialists and health professionals (e.g. medical doctors, psychologists, psychotherapists, nurses, social workers, ...). The workshop will be open for students upon availability.

### Costs

250 CHF  
9 AM to 4 PM with an hour for lunch

### Credits

Continuing education (CE) credits available

### Registration

[chantal.rodriquez@unifr.ch](mailto:chantal.rodriquez@unifr.ch)