

הזמנה למפגש עם ד"ר שינזן יאנג בנושא

Mindfulness vs. Psychotherapy: Similarities and Differences

יום ראשון, 4 למרץ 2012, י' באדר תשע"ב, 16:00-19:00
מצפור ע"ש סמי ואביבה עופר, אוניברסיטת חיפה

המפגש יהיה בשפה האנגלית | הכניסה חופשית

לפי המסורת הבודהיסטית התשלום למורה הינו על בסיס דאנא - נתנה מרוחב הלב כביטוי של הכרת תודה והערכה. בסיום המפגש תהיה אפשרות לתרום למרצה.

Mindfulness has its origin in ancient Buddhist practices. But it can be readily extracted from that cultural matrix and presented as a secular, clinical skill. Mindful awareness practices are becoming increasingly prominent in the fields of pain management, stress management, addictions recovery, and psychotherapy.

On the surface, it would seem that the principles of mindfulness practice and those of psychotherapy are similar. Both mindfulness practice and many forms of therapy emphasize - getting in contact with what you're feeling, fostering positive behavior change, developing a healthy sense of separation and so forth.

Despite these similarities, the methods employed in the two disciplines and the ultimate goals would seem to be quite different.

The purpose of this talk is three fold:

1. Present a clear description of what Mindful Awareness is and the specific mechanisms by which it leads to reduced suffering, elevated fulfillment, insight, positive behavior change, and a spirit of loving service.
2. Elucidate the ways in which mindfulness and therapy are quite different from each other.
3. Discuss how that difference could become the basis of a productive collaboration.

Shinzen Young Ph.D. did extensive training in Asia in each of the three major Buddhist traditions: Vajrayana, Zen and Vipassana. Upon returning to the United States, his academic interests shifted to the burgeoning dialogue between Eastern meditation and Western science. Shinzen is known for his innovative "interactive, algorithmic approach" to mindfulness, a system specifically designed for use in pain management, recovery support, and as an adjunct to psychotherapy.

He leads meditation retreats throughout North America and has helped establish numerous mindfulness centers and programs. He also consults widely on meditation-related research, in both the clinical and the basic science domains.

He often says: *"My life's passion lies in exploring what may arise from the cross-fertilization of the best of the East with the best of the West"*.