



Invitation til 1-dagsseminar om Mindfulness

Onsdag den 15. august 2007 afholder lektor i filosofisk vejledning, Ph.d, Finn Thorbjørn Hansen fra Aarhus Universitet i samarbejde med konsulentfirmaet Epoke Consult et 1-dagsseminar om Mindfulness. Dagens hovedtaler og workshopleder er den canadiske specialist i mindfulness og filosofiprofessor Heesoon Bai fra Simon Fraser University i Vancouver. Hun vil blive assisteret af sin mand, Dr. Avaraham Cohen, som er trænet i humanistisk psykoterapi og har praktiseret og undervist i meditation siden 1973.

Mindfulness er blevet et ord, der i stigende grad dukker op inden for så forskellige områder som nyere innovations- og læringsteori, ledelse, filosofisk vejledning, HR, mentoring, kognitiv behandling af stress og smerte samt som generel opmærksomhedstræning. Problemet ved en del af disse tilgange til mindfulness er, at der ofte sker en instrumentaliserings eller terapeutiserings af noget, der i bund og grund ikke lader sig kontrollere eller strategisk udnytte. Mindfulness har et langt større slægtskab med de kunstneriske og filosofisk-undrende værensformer end med mange managementteknologier og psykologiske behandlingsformer, fordi kunsten og filosofien sætter skønhedserfaring og undren i centrum. Med udgangspunkt i mange års træning inden for Zen-meditation og Daoisme samt kunstneriske og filosofiske studier vil professor Heesoon Bai gennem praktiske øvelser og dialog fortælle om og vise, hvad mindfulness er. (For en nærmere præsentation af dagen se næste side).

Seminaret vil blive afholdt i et meget naturskønt område ved Vejle Fjord Kursuscenter (www.vejlefjord.dk). Forløbet varer fra kl. 10.00 til 16.00. Inkluderet i prisen er frokost med en øl/vand samt formiddags- og eftermiddagskaffe og frisk frugt.

Der vil max. kunne være 22 deltagere og de inviterede vil hovedsagelig være folk, der har en særlig interesse og kendskab til feltet allerede. Men det er også muligt at deltage, selvom du ikke har nogen baggrundsviden eller erfaring i mindfulness-tilgangen. Undervisning foregår på engelsk.

Pris: 1.275 kr. Tilmelding senest den 6. august, men gerne før!

Vel mødt den 15. august på Vejle Fjord Centret. Tilmelding skal ske via Ann Charlotte Thorsed, Epoke Consult, tlf. 20662773 eller act@epoke-consult.dk og for yderligere info er man velkommen til at kontakte Finn Thorbjørn Hansen, fth@dpu.dk (www.detfilosofiskeliv.dk)

Med venlig hilsen

Ann Charlotte Thorsted, Epoke Consult, Finn Thorbjørn Hansen, Aarhus Universitet

Indholdsbeskrivelse for dagen:

The Gift of Presence: Theory and Practice of Mindfulness

August 16, 2007, Veje Fjord Centre, Denmark

This one-day intensive seminar in the theory and practice of mindfulness is designed for philosophical counselors, organizational leaders, and other practitioners working with ethical, existential, and value questions. Mindfulness, presented in our seminar simply as awareness and presence, does require careful and sustained cultivation. Our seminar approaches this cultivation first from understanding what mindful awareness is; and secondly from enacting a number of different practical activities. Depending on the composition and interests of our group, some possibilities of our day include sitting "meditation" of both guided and non-guided varieties, breath-work, still and moving practices of "centering," "Zen drawing" of Fredrick Franck, and dialogue.

Although 'mindfulness' is usually associated with Buddhist meditation, our approach is not religious but psychosomatic and energetic in the sense of working with embodied consciousness, and philosophical in the sense of guiding our work by inquiry and conceptual resources derived from Philosophy. Mindfulness or awareness/presence is not a theory, ideology, or even a skill. It is a way of accessing states of embodied consciousness for which we all have the capacity. These potentials emerge most strongly when we practice relaxed but alert, contemplative attention, deeply "listen" to our own body sensations and feelings without judgment, and shift our focus from the "content" of consciousness to the "container" and "process" that is, consciousness itself.

Existentially speaking, mindfulness practice connects us to the Being dimension (in contrast to the Having/Doing dimensions) of our existence that is the source of wonder, creativity, and vitality. Being manifests itself best for us when the usual patterns of reactivity and compulsiveness with respect to how we look at, feel, and respond to the world subside, and when we can look at the world anew and afresh through what Zen practitioners call "beginner's mind."

Most workshops on mindfulness approach the practice in a solipsistic framework as the traditional understanding is that "awakening" is an affair of the private self. However, our own approach is group-based as we see that actively attending (as we will) to the group's experience is a substantial and enlivened way to access this Being dimension.

Information om oplægsholder(e):

Dr. Heesoon Bai is an Associate Professor in the Faculty of Education at Simon Fraser University (SFU), Canada. Her undergraduate and graduate work was in Philosophy before moving into Education. She received her doctorate in Philosophy of Education for her work on moral perception and compassion that integrates the theoretical tenets of Aristotelian ethics with contemplative practices from Buddhism and Daoism. A long time student of Buddhism and Daoism, and a practitioner of Buddhist meditation, Dr. Bai is interested in bringing contemplative practices such as Mindfulness into various domains in Education, including, Environmental Education, Peace Education, Citizenship Education, Art Education, and Counselling. She sees Mindfulness practice as central to the cultivation of human presence in modern and post-modern educational practice that is subject to the constant threat of technicization and commodification. Her work has been widely disseminated through numerous journal articles, edited volumes, conference presentations, and public lectures. She is a recipient of Simon Fraser University's Excellence in Teaching Award, and various research grants, including, a major grant to study Ethics of Care amongst schoolteachers and administrators. Currently she is the Editor of *Paideusis*, an academic journal affiliated with the Canadian Philosophy of Education Society, and the Coordinator of the Philosophy of Education Doctoral Program at SFU.



In the Mindfulness Seminar/workshop, Dr. Bai will be assisted by her partner, Dr. Avraham Cohen who is a humanistic and process-oriented psychotherapist and instructor of graduate counselling students at City University of Seattle in Vancouver BC. Dr. Cohen has been practicing (and taught) various forms of meditation since 1973.