

Contemporary Mindfulness Approaches

Approches contemporaines de la Pleine Conscience

Challenges & Opportunity

Défis & Opportunité

Origins of Mindfulness / Les origines de la Pleine Conscience





Burmese Ledi Sayadaw

Ledi Sayadaw de Birmanie



British Colonialism

Colonialisme anglais



Origins of Vipassana

Origines de Vipassana



Mindfulness
is
everywhere

La Pleine
Conscience
est partout



Why now?

Pourquoi maintenant ?







WE WILL
NOT BE
SILENT.

BLACK
LIVES
MATTER

BLACK
LIVES
MATTER

URS
TEN
0
6

GREEN
MOUNTAIN
STATE
UNIVERSITY



Mindful Nation UK Report

Rapport britannique *Mindful Nation*





of results for a search on
"mindfulness"?

Combien de résultats pour la recherche du mot
« mindfulness » ?



2013 - 1.5 million entries



2013 - 1.5 million entries

2015 - 31,000,000 entries



2013 - 1.5 million entries

2015 - 31,000,000 entries

2018 - 80,000,000 entries



2013 - 1.5 million entries

2015 - 31,000,000 entries

2018 - 80,000,000 entries

2020 - 237,000,000 entries



2013 - 1.5 million entries

2015 - 31,000,000 entries

2018 - 80,000,000 entries

2020 - 237,000,000 entries

2021 - 2,980,000,000 entries



Number of book titles for mindfulness?

Combien de livres parlent de mindfulness ?

The logo for amazon.com, featuring the word "amazon.com" in a bold, black, sans-serif font. A yellow curved arrow is positioned below the text, starting under the letter 'a' and ending under the letter 'n', pointing to the right. A registered trademark symbol (®) is located at the top right of the text.

amazon.com[®]

2013 - 4,000 results

2015 - 13,500 results

2018 - 30,000 results

2020 - 70,000 results

Where is mindfulness being taught?

Où la mindfulness est-elle enseignée ?



Mindfulness in Health Care

Pleine Conscience dans la Santé



Mindfulness in Health Care

Pleine Conscience dans la Santé

1st taught at UMass Medical Center 1978

Enseignée pour la 1^{ère} fois au Centre médical de Umass 1978

Now millions participants worldwide

Aujourd'hui des millions de participants dans le monde

Mindfulness Practice offered in clinical settings for :

Chronic pain

Lowering blood pressure, heart rate, cortisol

Anxiety

Sleep / insomnia

Psoriasis

Stress / Burnout

Mindfulness in Education



Mindfulness in Education

Organizations:

Mindful Schools / .be / Ibme / Missionbe

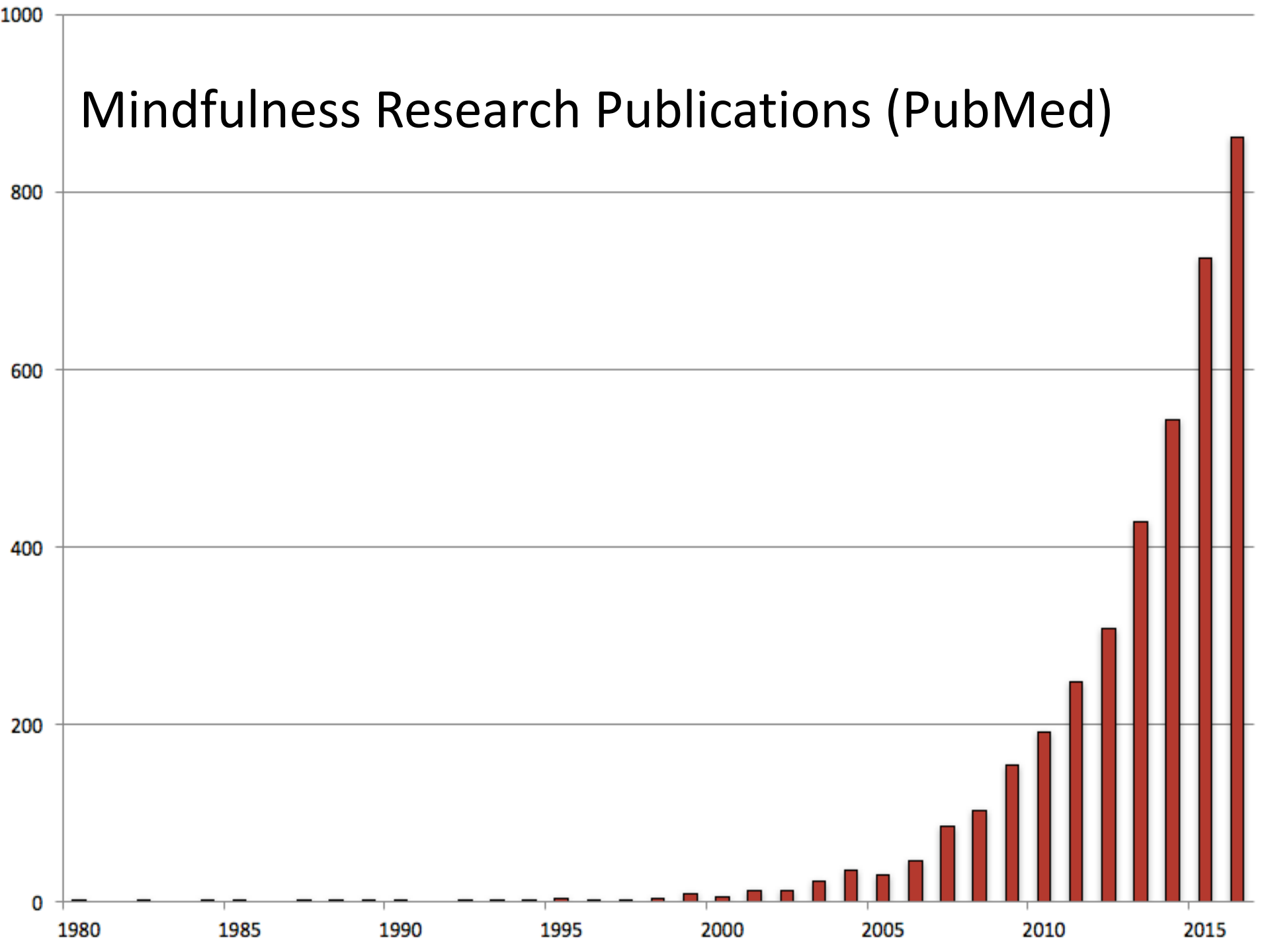
Mindfulness Without Borders / Mindfulness in schools Project

Certifications

MA / M.Ed in mindfulness – U.K. / US / Europe

Research.....

Mindfulness Research Publications (PubMed)



Mindfulness in Psychology



Mindfulness Based Programs

Programmes basés sur la Pleine Conscience

Mindfulness Based Cognitive Therapy (MBCT)

Dialectical Behavioral Therapy (DBT)

Acceptance and Commitment Therapy (ACT)

Hakomi - Body Centered Therapy

Mindfulness-Based Eating Awareness Training (MBEAT)

Mindfulness-Based Relapse Prevention (MBRP)

Somatic Experiencing (SE)

Trauma Informed Mindfulness Therapy

Mindfulness applications in mental health?



Mindfulness applications in mental health

Depression

Anxiety / Anxiété

Phobias / Phobies

Stress

ADHD / TDAH

Bi-polar disorder / Troubles bipolaires

Emotional reactivity / Réactivité émotionnelle

Anger management / Gestion de la colère

Eating disorders / TCA

Mindfulness
at Work

Au travail





Mindfulness in Business:

- Tech

SAP, Google, LinkedIn, Salesforce, AOL, SAP, Air France, British Airways.....

- Finance

Deutsche Bank, Barclays, Lloyds, Prudential.....

General

Glaxo-Smith-Kline, Bayer, Ford, Accor Hotels, Genentech.....

- Business Schools

Harvard, Stanford, Insead,.....

Mindfulness programs in organizations

Leadership development

Emotional intelligence

Resilience

Sustainability / Développement durable

Communication

Well-being

Empathy / compassion

Stress management

Creativity

Mindfulness in Criminal Justice System



Mindfulness in Sports



Mindfulness in the military





Mindfulness in Bhutan!

How do Buddhist and Mindfulness teachings intersect?

Où se rejoignent les enseignements bouddhistes et la Pleine Conscience ?

Maître, un moine peut-il se servir des e-mails ?

*O Master,
is it proper
for a monk
to use email?*



*Sure...
as long as
there are no
attachments!*

Bien sûr tant qu'il n'y a pas d'attachement ! (pièces-jointes)

Benefits of
contemporary
mindfulness
approaches



● **Benefits of Contemporary Mindfulness Approaches**

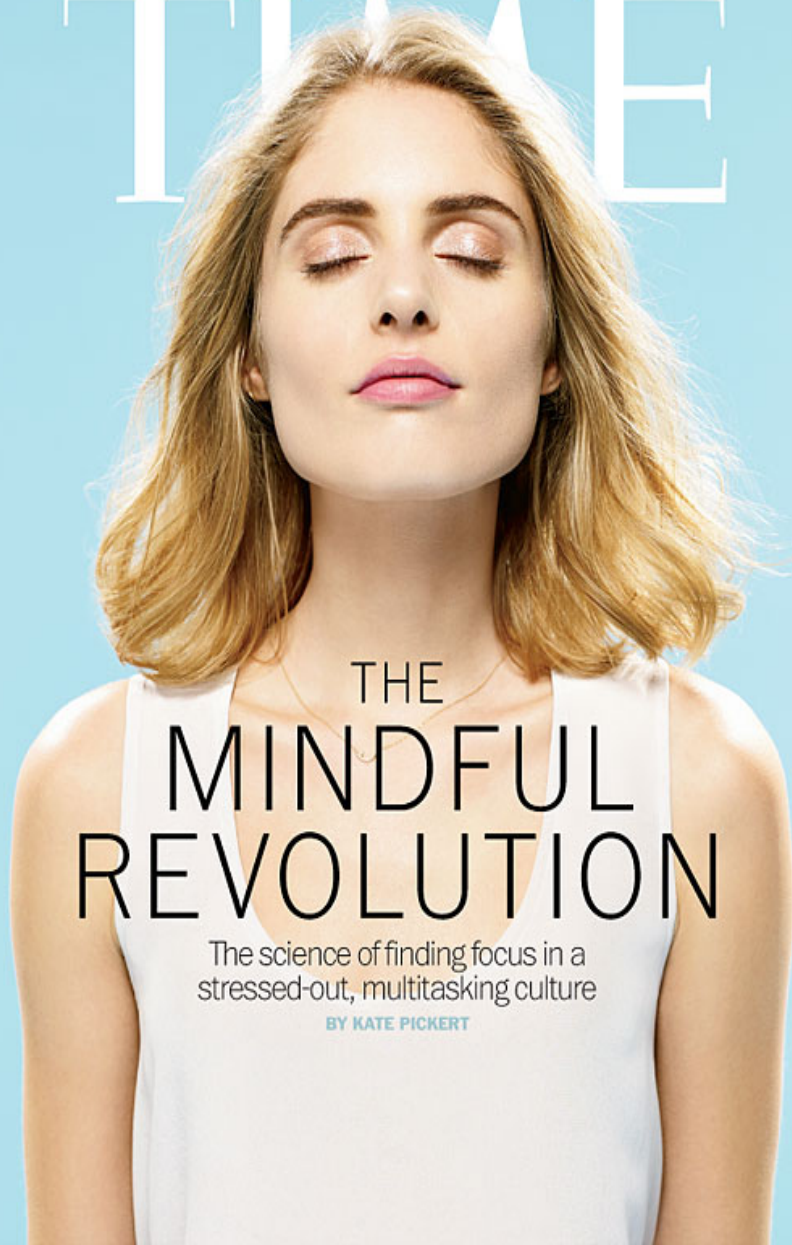
- Millions can access mindfulness practices
- Relieving suffering in society
- Strengthening focus, self-awareness, self-regulation
- Improve mental health/stress related illness
- Supporting social service / health care providers
- Stepping stone for people to enter deeper practice

Concerns about the popularization of mindfulness?

Préoccupations quant à la popularisation
de la pleine conscience ?

Fleeing Syria Photographs by James Nachtwey / Peyton Power / Steve McQueen

TIME



THE MINDFUL REVOLUTION

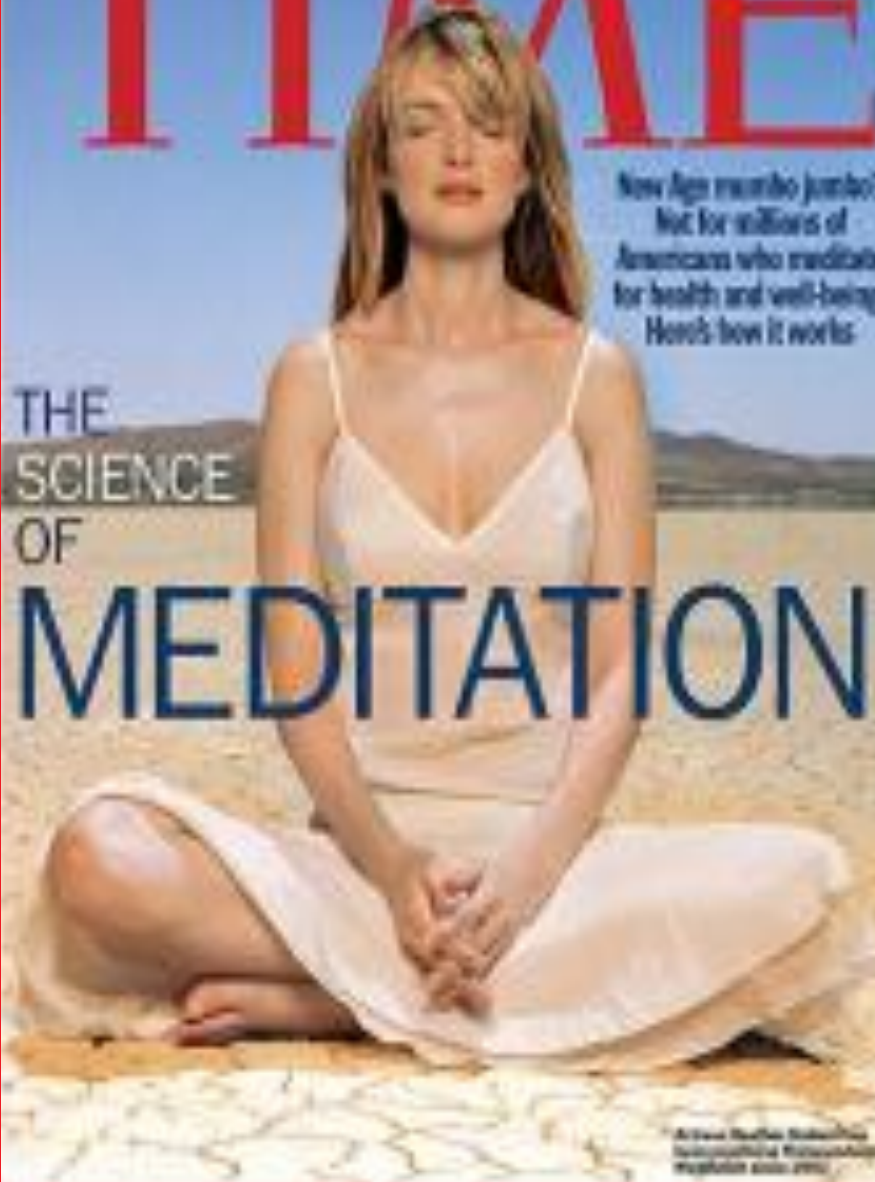
The science of finding focus in a stressed-out, multitasking culture

BY KATE PICKERT

TIME

New Age mumbo jumbo? Not for millions of Americans who meditate for health and well-being. Here's how it works

THE SCIENCE OF MEDITATION



Arissa Waller Meditating
Illustration: Christopher
Reagan 2014, 2011

Concerns / *Préoccupations*

Depth of original context of Mindfulness lost

Perte de la profondeur des origines de la Pleine Conscience

Commercialization of Mindfulness practices

Commercialisation des pratiques de Pleine Conscience

Quality control of teachers / trainings

Maîtrise de la qualité des enseignants / formations

Lack of ethics in modern mindfulness teachings

Manque d'éthique dans les enseignements modernes de Pleine Conscience

Over promising of benefits

Promesses exagérées concernant les bienfaits

Lack of diversity / inclusivity.....

Manque de diversité, d'inclusivité

Wisdom Mind Network Hosts Historic Black Wisdom Online Summit

By Nina Müller

Buddhistdoor Global

| 2019-09-17



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Reflections for Teachers

Réflexions pour les enseignants

What is your responsibility to cultivate your own practice

Quelle est votre responsabilité à cultiver votre pratique personnelle

How do you guide students to greater depth?

Comment accompagnez-vous vos élèves vers plus de profondeur ?

How much do you point to the origin of mindfulness?

Combien mettez-vous l'accent sur les origines de la Pleine Conscience ?

How do you make practice accessible / relevant to today?

Comment rendez-vous la pratique accessible / pertinente à l'époque actuelle ?

Possible next steps

Prochaines étapes possibles

- Understand historical context of mindfulness / Comprendre le contexte historique de la Pleine Conscience
- Learn from the research on mindfulness / Apprendre des recherches sur la Pleine Conscience
- Study contemporary mindfulness applications / Etudier les applications contemporaines de la Pleine Conscience
- Develop teaching skills / tools / practices / Développer compétences / outils / pratiques d'enseignement
- Reach diverse / under-served populations Toucher des publics diversifiés et moins exposés

What inspires you to teach ?

Qu'est-ce qui vous meut dans l'enseignement ?

