

# 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

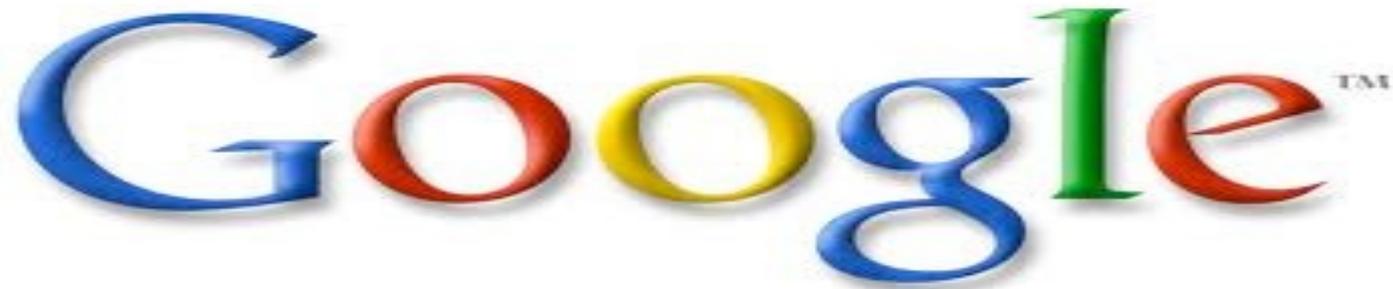
GREEN  
PARK  
MOUNTAIN  
STATE  
UNIVERSITY



Mindful Nation UK Report

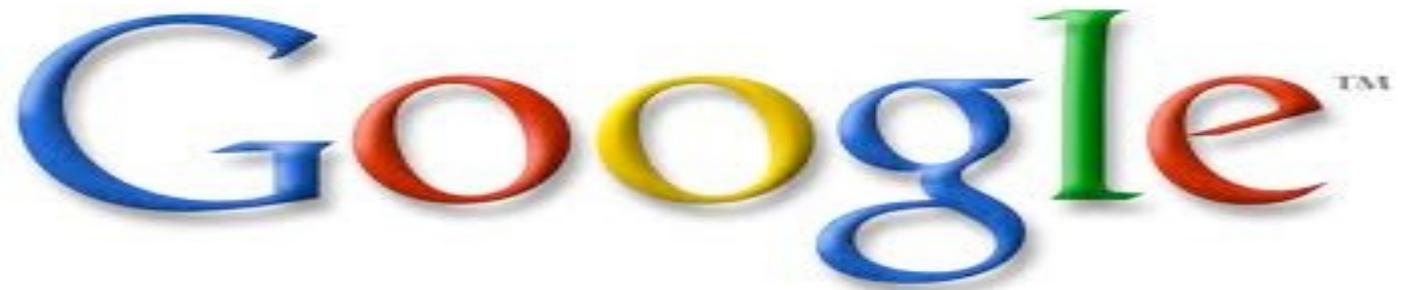
Rapport britannique *Mindful Nation*



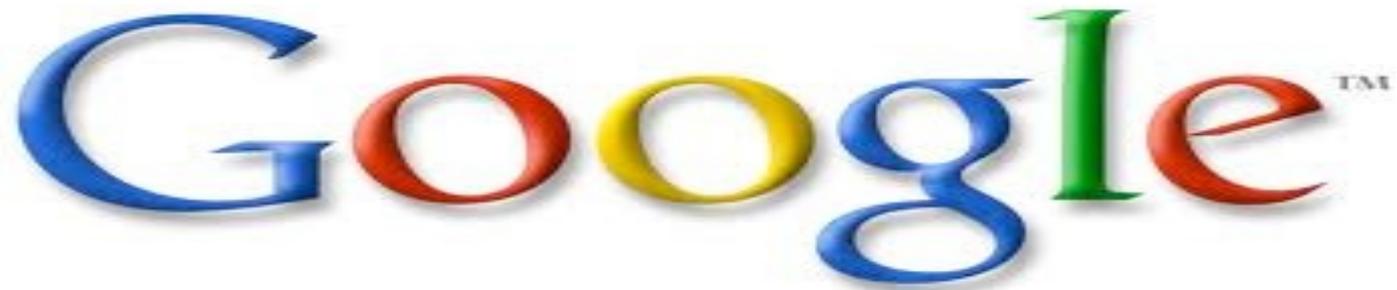


# of results for a search on  
"mindfulness"?

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

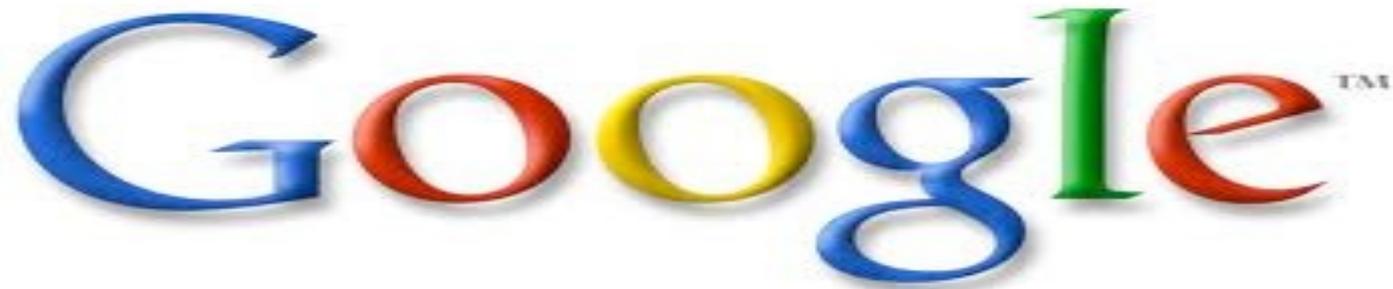


2013 - 1.5 million entries



2013 - 1.5 million entries

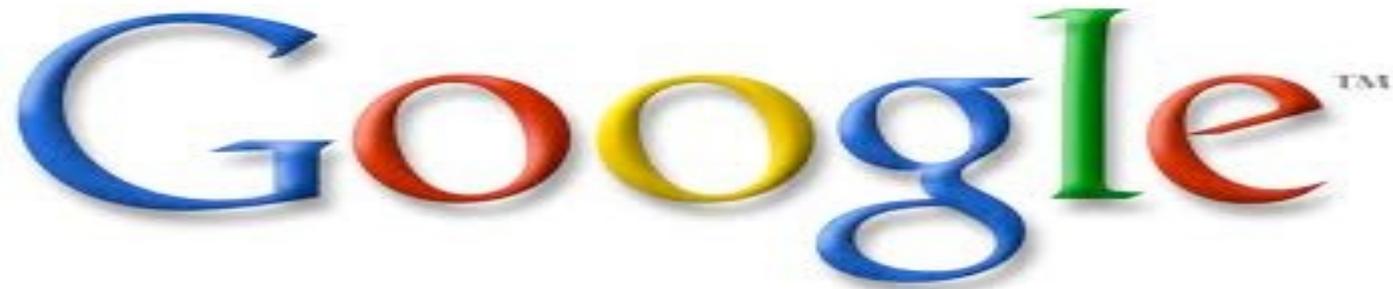
2015 - 31,000,000 entries



2013 - 1.5 million entries

2015 - 31,000,000 entries

2018 - 80,000,000 entries

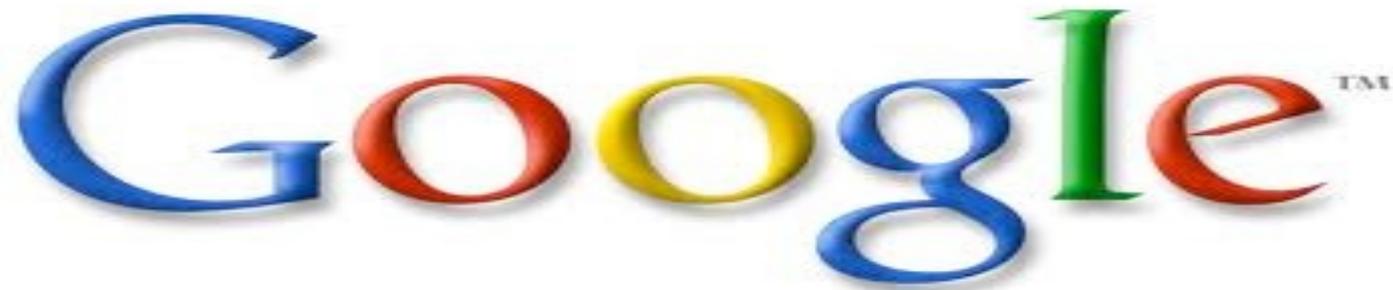


2013 - 1.5 million entries

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 text "amazon.com" in a bold, black, sans-serif font. Below the text is a yellow curved arrow that starts under the letter 'a' and points to the right, ending under the letter 'm'. A small registered trademark symbol (®) is located to the upper right of the text.

**amazon.com**<sup>®</sup>

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<sup>ère</sup> 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

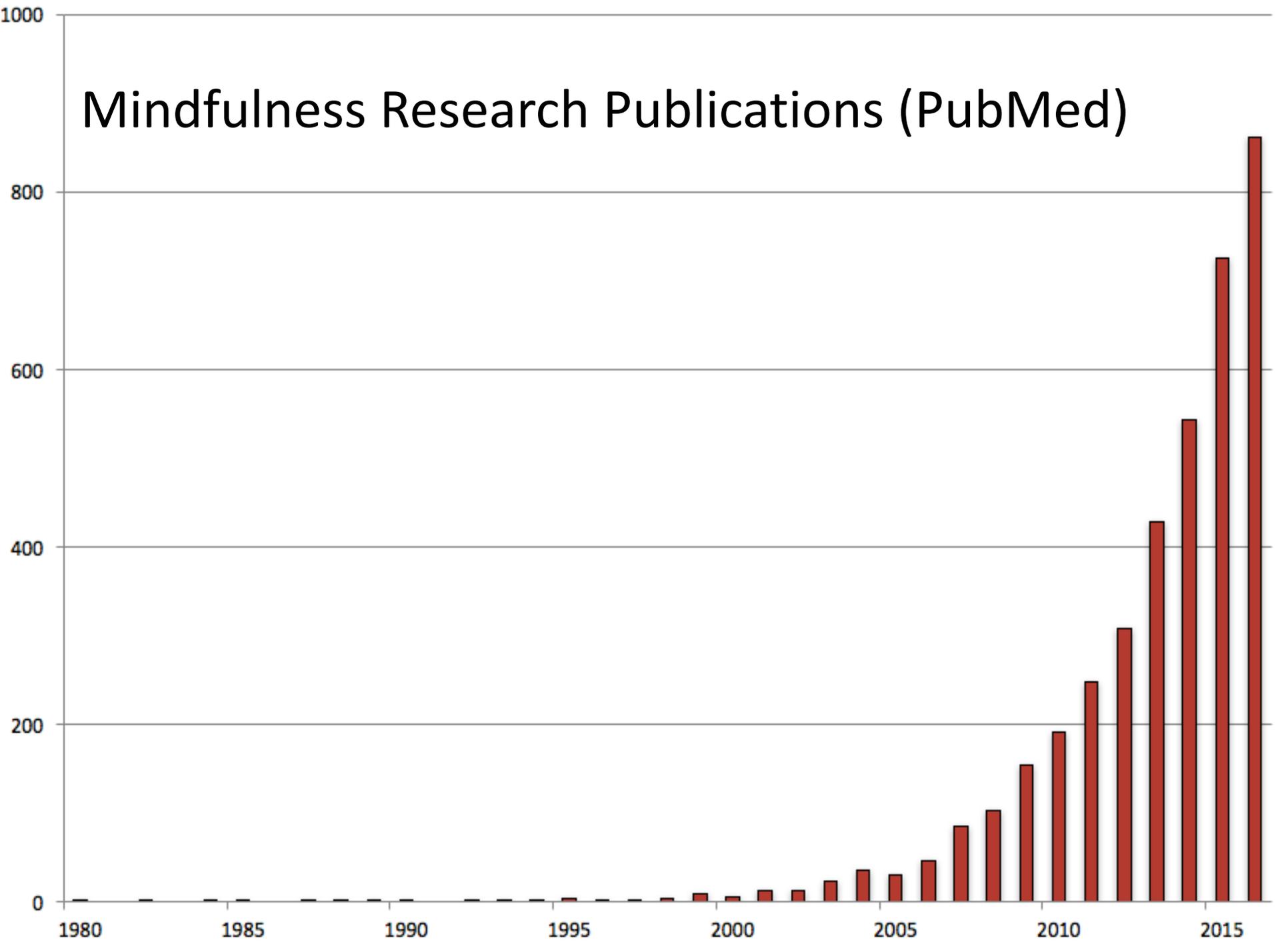
Mindfulness Without Borders / Mindfulness in schools Project

## 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 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**

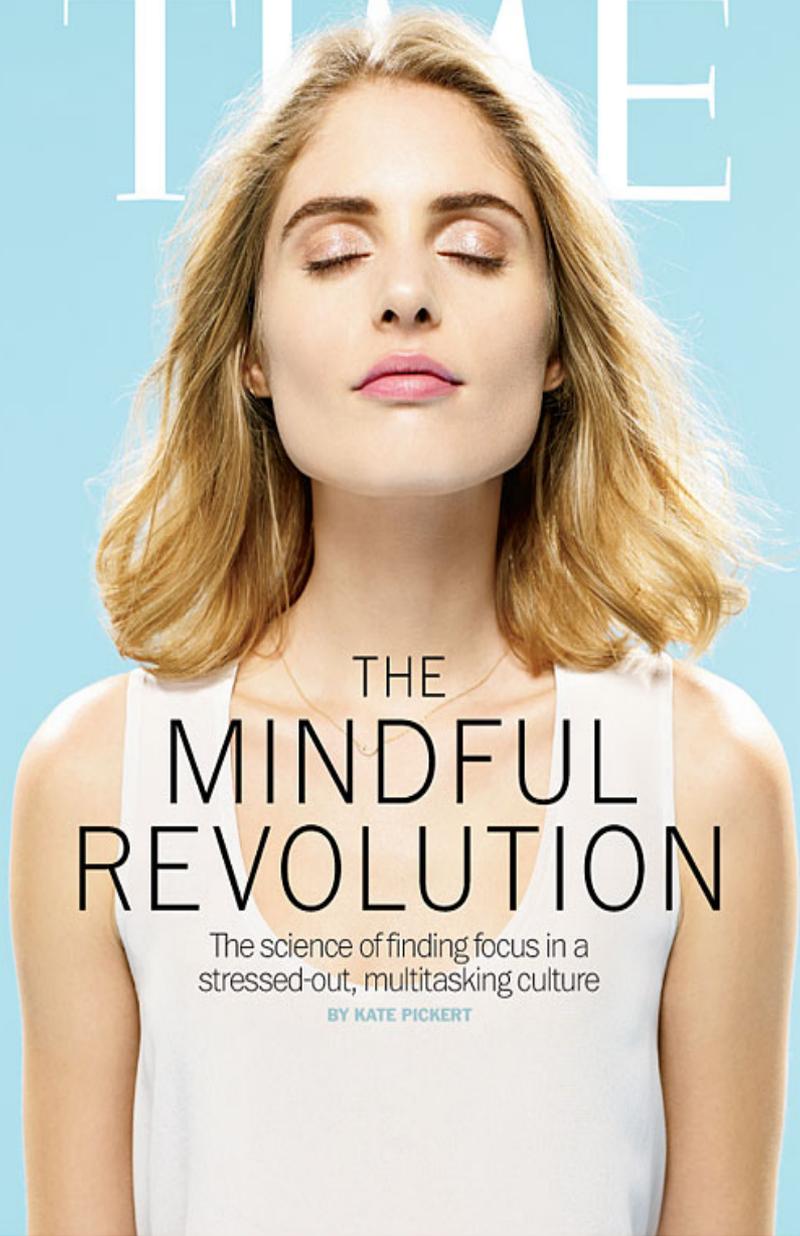
- Millions can access mindfulness practices
- Relieving suffering in society
- Strengthening focus, self-awareness, self-regulation
- Improve mental health/stress related illness
- Supporting social service / health care providers
- Stepping stone for people to enter deeper practice

# 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

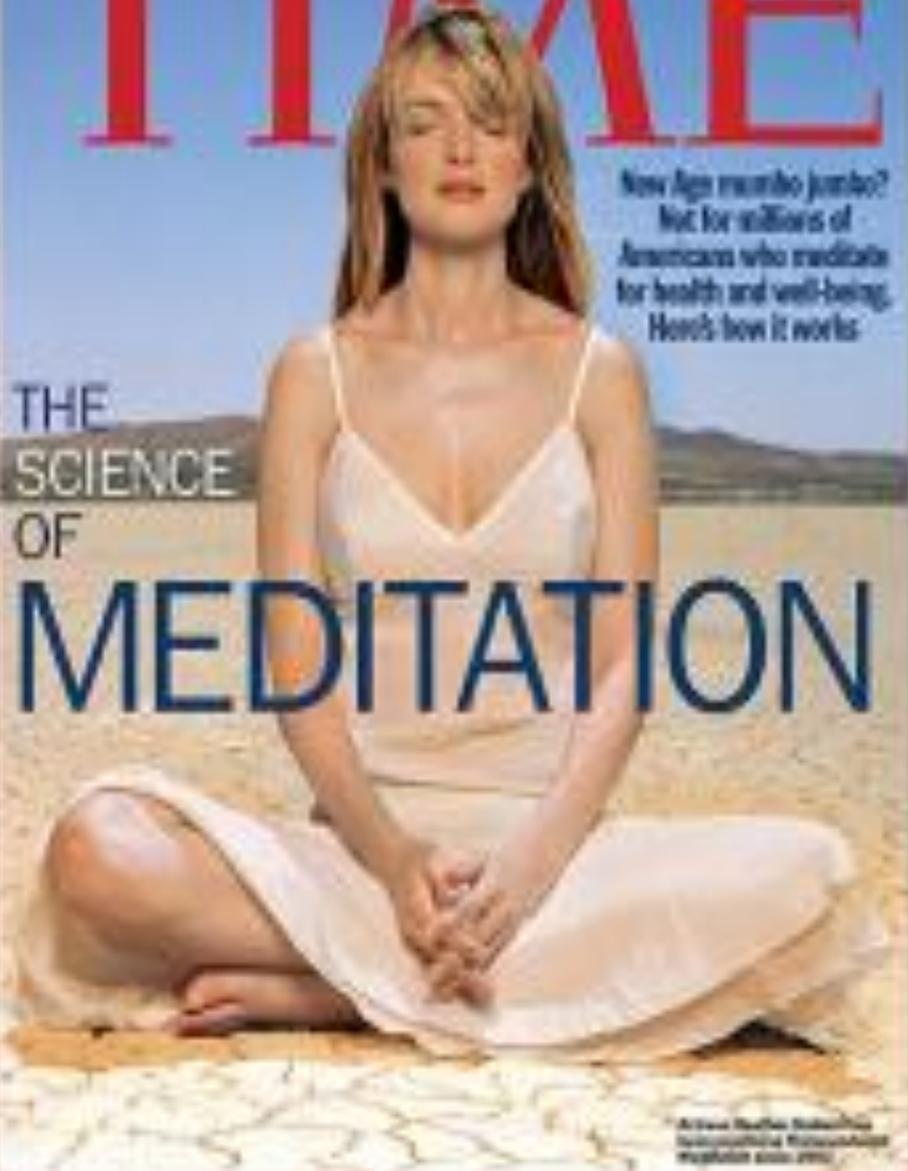


## THE MINDFUL REVOLUTION

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

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# 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 ?*

