



**The O'Brien Institute for Public Health &  
the Department of Community Health Sciences present:**

**Mindfulness - Lost in Translation? From efficacy to effectiveness, economics, implementation  
and dissemination in the science of mindfulness based interventions**

**Speaker: Graham Meadows**

**Friday, September 8<sup>th</sup>, 2017 - 12:00 to 12:50 p.m.**

**G500 - Health Sciences Centre, 3330 Hospital Dr NW**

This presentation will discuss the use of 'mindfulness' in practice with implementation into psychological clinical interventions. Dr. Meadows will give an overview of the challenges and controversies Mindfulness Based Interventions encounter in terms of translational research into Mindfulness Based Cognitive Therapy for depression.

**Graham Meadows**, MD, MPhil, MBChB, MRCP (UK), MRCPsych, FRANZCP, has international standing in epidemiology and health services research. He has led editorial teams on a major textbook for multidisciplinary mental health care published by Oxford University Press with three editions so far and a fourth in preparation. With a 30-year personal history of meditation practice and associated study, in 2003 Graham made the crossover between this personal practice and clinical and academic fields, beginning a local research program and training in Mindfulness Based Cognitive Therapy (MBCT).

**Objectives:**

1. Understand how the term 'mindfulness' has developed in usage in English from first coining in the 14th Century, including its relatively recent usage as a translation of the Pali term 'Sati'
2. Understand some psychological theoretical bases for incorporation of mindfulness practices into psychological clinical interventions for mental health problems
3. Gain familiarity with the overall state of translational research into Mindfulness Based Cognitive Therapy for Depression, as an example of a Mindfulness Based Intervention, including awareness of some current challenges and controversies

**This event is a self approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada. This seminar is also available via an online AdobeConnect session:** To attend the seminar from another location via your computer, click on this link:

<https://connectmeeting.ucalgary.ca/oiph-sep08-17/>

Enter as a guest. You may join the session at any time. It is advisable to test your audio before the seminar starts. The AdobeConnect session will be archived and accessible for later viewing at:

<https://www.obrieniph.ucalgary.ca/events/chsobrien-institute-seminar-series>