



PRIFYSGOL
BANGOR
UNIVERSITY

**Centre for Mindfulness
Research and Practice**
Connection: Curiosity: Care:



Cognitive Neuroscience of Mindfulness

5 day programme (1 x 3 day + 1 x 2 day) in Bangor
Developing understanding of the cognitive neuroscience of
mindfulness for teachers of mindfulness-based approaches.

*This new programme can be studied as a CPPD course or as an optional module on
CMRP Post graduate programme*

The module will explore:

- the contribution of research in cognitive neuroscience of mindfulness to the theory, teaching and practice of mindfulness-based approaches
- basic concepts and challenges of research in cognitive neuroscience of mindfulness in relation to inferences about neural plasticity underlying the beneficial effects of mindfulness-based approaches
- the general body of research in cognitive neuroscience of mindfulness
- different methods used in research in cognitive neuroscience of mindfulness with their advantages and limitations
- how research in cognitive neuroscience of mindfulness can inform and enhance students' own teaching and practice of mindfulness-based approaches.

Teacher: Dusana Dorjee, Ph.D.

Dusana Dorjee is a cognitive neuroscientist, lecturer and research lead at the Centre for Mindfulness Research and Practice in the School of Psychology, Bangor University. Her research investigates how mindfulness enhances well-being and modifies the mind and brain. Dusana has been examining the impact of mindfulness practice on systems of cognitive control, attention, emotion regulation and conceptual processing. She is particularly interested in possible preventive effects of mindfulness on mental and physical health in children and adolescents and corresponding developmental neurocognitive changes. Her book titled 'Mind, Brain, and the Path to Happiness: A Guide to Buddhist mind training and the neuroscience of meditation' will be published by Routledge in August 2013.

For further information about our teachers please visit

www.bangor.ac.uk/mindfulness/staffmembers

For booking forms and information on the dates, costs and teachers please visit

www.bangor.ac.uk/mindfulness/calendar or contact our admin. team - 01248 382498