

TiM2018

trends in Mindfulness

*InToBrain Association, AIM (Associazione Italiana per la Mindfulness) and CMC (Consciousness Mindfulness Compassion) International Association are glad to announce **TiM 2018 – Trends in Mindfulness 2018**, to be held in Turin, Italy, from Friday 9th to Sunday 11th November 2018.*

The title of the conference, in its first edition, is *“From modeling consciousness to rethinking dissociative and psychotic mental states”*.

Over the last few years, a great deal of attention has been paid to Mindfulness (Insight) Meditation and, consequently, Mindfulness-Based Interventions have become a hot, and often misunderstood, trending topic for psychology, psychiatry, neuroscience and philosophy. The aim of the conference will be to provide an interactive arena, selecting and focusing on emerging topics, new directions, unattended or critical issues in the clinical applications and in the theoretical and scientific research on Mindfulness.

The leading concept of TiM is to identify two main topics and to invite a few selected leading and innovative experts to discuss them. TiM aims to go deep: to allow some depth in the sharing and discussion, the keynote presentations will last a hour and a half. Following every keynote speaker’s intervention, the audience will be divided into small groups: participants will have the possibility to briefly discuss the topic of the intervention and identify few questions to be asked to the keynote speaker. Moreover, there will be a panel discussion with time to foster some substantial exchanges, and a mutual dialogue between researchers and the audience.

The two selected topics of TiM 2018 are:

“Science from a first-person perspective. Third-person scientific models of consciousness, mind and meditation developed with the contribution of a first-person advanced meditation perspective”

The scheduled keynote speakers invited to share and discuss are:

- **Henk Barendregt**, Radboud University (NL) – Mathematical Logician & Vipassana meditation teacher
- **Peter Malinowski**, Liverpool John Moores University, Liverpool (UK) – Cognitive Neuroscientist & meditation teacher in the Karma Kagyu lineage of Tibetan Buddhism

– **Thomas Metzinger**, Johannes Gutenberg Universitat, Mainz (DE), Philosopher of Mind & long-term meditator

*“Mindfulness and trauma in dissociative and psychotic mental states.
Mindfulness-based interventions for early and severe trauma in
children and adolescents”*

– **Thorsten Barnhofer**, Exeter University (UK) – Psychologist, psychoterapist, Yoga teacher and Mindfulness-based interventions teacher (MBCT and MB/R)

– **Tanya Lecchi**, Northampton University and Anna Freud Center/UCL, London (UK)
– Psychologist, psychoterapist and Mindfulness-based interventions teacher (MBCT and MB/R)

*Final panel sharing and inquiring: “Mindfulness and consciousness:
rethinking psychiatric mental states”*

At the end of the second day, all keynote speakers will join a panel discussion that will combine and further explore the two main topics and their mutual connections. The aim of this panel will be to inquiry and critically rethink psychopathological mental states from the perspectives offered by scientific models of mind that are oriented by contemplative knowledge and insights.

Please, check the conference website for more details on conference, topics, scientific programme, abstract submission, location, scientific & organizing committee:

<http://www.intobrain.it/en/tim-2018-2/>

For information: info@intobrain.it

CALL FOR POSTER

We invite submission for the posters sessions. Please e-mail an abstract no longer than 500 words with the subject "TIM submission" to abstracttim@intobrain.it

DEADLINE: 15th July 2018

We look forward to welcoming you in Torino! The [InTo Brain](#) Team

InTo Brain



aim
ASSOCIAZIONE
ITALIANA
PER LA
MINDFULNESS



UNIVERSITÀ
DEGLI STUDI
DI TORINO