

Outer science meets inner science

How to apply mindfulness and compassion in health care

A dialogue between
Lama Michel Rinpoche
&
prof. dr. Anne Speckens

Moderated by dr. Rogier Hoenders



15 november - De Lindenberg - Nijmegen
20:30-22:00
zaal open vanaf 19:45

Vrij entree
Inschrijven is noodzakelijk via:
www.lamamichel.nl

Lama Michel Rinpoche was born in 1981 in São Paulo, Brazil. At the age of five he met Lama Gangchen Rinpoche, a Tibetan Buddhist Lama. At the age of twelve he decided to become a monk and went off to India to study at the Monastic University of Sera Mey. There he studied Buddhist philosophy and various meditation practices for twelve years. In 2006, he started post-graduate studies at Tashi Lhunpo in Shigatse, Tibet-China, where he continued his studies of philosophy, meditation, and medicine. Lama Michel shares his knowledge and experience on mindfulness, meditation, and Buddhist philosophy since 2006 by teaching and lecturing and attending conferences all over the world.

prof. dr. Anne Speckens is a psychiatrist and cognitive behavioural therapist. She is the founder and clinical director of the Radboudumc Centre for Mindfulness at the Radboud University in Nijmegen and an internationally acknowledged expert on Mindfulness Based Interventions (MBIs) for both psychiatric and somatic conditions. She has been Principal Investigator of several large-scale national randomized clinical trials on MBCT for depression, adults with ADHD, face-to-face and online MBIs for cancer patients and other somatic conditions, and MBIs for medical professionals.

Moderator: dr. Rogier Hoenders is a psychiatrist, researcher and head of the centre for integrative psychiatry, Lentis, Groningen.

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