



UNIVERSITY OF  
CAMBRIDGE

Mindfulness at Cam

## Mindfulness Bulletin

### Termly updates on Cambridge University's Mindfulness Pilot

**December 2014**

The mindfulness pilot starts in Lent Term, 2015. Read on for our first bulletin about the pilot, or visit our new webpages for more:

[Website pages - click here](#)

A three-year mindfulness pilot began this November as the University's first Mindfulness Practitioner, Dr Elizabeth English, arrived in post. Her first task was to offer an eight-week mindfulness courses to colleges in Lent Term and beyond. Over 20 colleges responded warmly, and courses are now in place in seven colleges, for students attending those colleges.

As soon as we can, we will move to an open, centralised booking system, to make the courses available to students from more colleges.



[Click here to see our Lent Timetable](#)

[Visit our website in the Student Gateway: Click here](#)

#### About the pilot

The mindfulness pilot aims to increase wellbeing among students at Cambridge University, supporting them to study and thrive. The delivery and impact of providing mindfulness to the student body will be evaluated by the Department of Psychiatry in collaboration with the Counselling Service .

More about the research pilot will follow in future updates.



### About the team

The mindfulness initiative is based in the University Counselling Service, headed by Geraldine Dufour. Alice Benton, Head of the Educational and Student Policy, is also playing a key role.

We are also grateful to the college nurses for all the help and support in the first phase of delivery.

The new Mindfulness Practitioner is Elizabeth English, BA (Hons), M.Phil, D.Phil (Oxon). Elizabeth has practised and taught meditation for over 30 years.

### About Mindfulness



What is Mindfulness?

This 5 minute clip shows Jon Kabat Zinn describing mindfulness. It is Kabat Zinn's research into the efficacy of mindfulness in healthcare that brought this form of meditation to public awareness.

Kabat Zinn is

Professor of Medicine Emeritus and creator of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School.