



1. Nouvelles du Centre

■ Le site web : www.CentrePleineConscience.fr

Le nouveau site du Centre de Pleine Conscience depuis décembre est : www.CentrePleineConscience.fr

■ Le cycle d'initiation de huit semaines et des nouveaux formats de stages

- J'ai eu grand plaisir à animer, depuis septembre à Viroflay et à Paris, les cycles d'initiation à la Pleine Conscience de huit semaines.
- En supplément, un nouveau format d'**une demi-journée** est prévu prochainement pour ceux qui sont déjà familiarisés avec la pleine conscience. Les cours intégreront des éléments de psychologie positive et des aspects pratiques d'utilisation de la Pleine conscience. Nous vous tiendrons au courant !
- Les anciens des cycles peuvent aussi bénéficier d'une **réunion hebdomadaire de pleine conscience** tous les jeudis soir à Viroflay. Ces soirées permettent d'entretenir dans nos vies la beauté et la profondeur propres au regard de la pleine conscience.

2. Comment y voir plus clair dans les différents types de méditation et leurs effets ?

Les médias français commencent à parler des effets positifs de la méditation. Parfois de nombreuses confusions sont faites au passage, ce qui est normal compte tenu de la diversité des méthodes et du fait qu'il soit difficile de bien parler de la pleine conscience sans l'avoir goûtée par soi-même.

...Suite de l'article : <http://www.centrepleineconscience.fr/10.html>

3. Quelques échos de la Pleine Conscience dans le monde

In English :

■ Article dans le New York Times : "*When the Mind Wanders, Happiness Also Strays*"

http://www.nytimes.com/2010/11/16/science/16tier.html?_r=1

■ Au sommaire de La revue "*Mindfulness*" : la cigarette, le « Parenting »... (<http://www.springerlink.com/content/1868-8527/>) :

- ✓ Coping with Cigarette Cravings: Comparison of Suppression Versus Mindfulness-Based Strategies. Jenny Rogojanski, Lisa C. Vettese and Martin M. Antony
- ✓ Changes in Ruminative Thinking Mediate the Clinical Benefits of Mindfulness: Preliminary Findings. Alexandre Heeren and Pierre Philippot
- ✓ Parent Mindfulness and Child Outcome: The Roles of Parent Depressive Symptoms and Parenting. Justin Parent, Emily Garai, Rex Forehand, Erin Roland and Jennifer Potts, et al.
- ✓ Deconstructing Mindfulness and Constructing Mental Health: Understanding Mindfulness and its Mechanisms of Action. Kimberly A. Coffey, Marilyn Hartman and Barbara L. Fredrickson
- ✓ Mindfulness and Health Behaviors. Desleigh Gilbert and Jennifer Waltz
- ✓ Dispositional Mindfulness, Meditation, and Conditional Goal Setting. Catherine Crane, Danka

Jandric, Thorsten Barnhofer and J. Mark G. Williams

- ✓ Susan K. Greenland: The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate

Quelques résumés :

Coping with Cigarette Cravings: Comparison of Suppression Versus Mindfulness-Based Strategies

<http://www.springerlink.com/content/kj204130784w6053/fulltext.pdf>

Mindfulness- and acceptance-based therapies have been explored within the context of addiction treatment, with some preliminary success. The current empirical study investigated the effectiveness of a brief suppression versus mindfulness-based strategy for coping with cigarette cravings. Participants ($N = 61$; M age = 40.34 years, $SD = 12.42$) were randomly assigned to using one of the two coping strategies to help them manage cravings during an experimental cue exposure to cigarettes. Participants completed self-report measures of self-efficacy, craving, negative affect, depression, and nicotine dependence before and after the cue exposure and at a 7-day follow-up assessment session. Participants in both conditions reported significantly reduced amount of smoking and increased self-efficacy in coping with smoking urges at the 7-day follow-up. However, only participants in the mindfulness condition demonstrated reductions in negative affect, depressive symptoms, and marginal reductions in their level of nicotine dependence. These findings suggest that, although both conditions were associated with improvements on smoking relevant outcomes, only mindfulness had beneficial effects on reported nicotine dependence and emotional functioning over the course of the study. These findings provide preliminary support for the use of mindfulness-based strategies for coping with smoking urges, as these strategies appear to provide some additional benefits not obtained when coping with smoking cravings through suppression.

Mindful Parenting in Mental Health Care

“Mindfulness is a form of meditation based on the Buddhist tradition, which has been used over the last two decades to successfully treat a multitude of mental health problems. Bringing mindfulness into parenting (“mindful parenting”) is one of the applications of mindfulness. Mindful parenting interventions are increasingly being used to help prevent and treat mental disorders in children, parenting problems, and prevent intergenerational transmission of mental disorders from parents to children. However, to date, few studies have examined the hypothesized mechanisms of change brought about by mindful parenting. We discuss six possible mechanisms through which mindful parenting may bring about change in parent–child interactions in the context of child and parent mental health problems. These mechanisms are hypothesized to be mediated by the effects of mindfulness on parental attention by:

- (1) reducing parental stress and resulting parental reactivity;
- (2) reducing parental preoccupation resulting from parental and/or child psychopathology;
- (3) improving parental executive functioning in impulsive parents;
- (4) breaking the cycle of intergenerational transmission of dysfunctional parenting schemas and habits;
- (5) increasing self-nourishing attention; and
- (6) improving marital functioning and co-parenting.”

Article complet sur <http://www.springerlink.com/content/b848650785357731/> ou <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2987569/>

Extrait :

“Loving kindness meditation is a form of mindfulness practice which specifically aims to increase positive attention to the self. Within the Buddhist tradition, the goal of this meditation is to increase awareness of, and compassion for, the suffering of others; however, the assumption is that self-compassion is the necessary first step. The participant directs statements of compassion and well-wishes toward the self, towards a loved one, towards an emotionally neutral person, towards a difficult person, and finally towards all living beings

(Salzberg 1995). Loving kindness meditation is hypothesized to increase self-nourishing attention in several ways. First, it may counteract negative biases by having participants deliberately attend to compassionate feelings towards themselves. Second, the assumption behind loving kindness meditation is that all individuals are worthy of compassion and unconditional love. Parents are taught to cultivate the intention to be compassionate and unconditionally loving towards themselves and others, regardless of how they feel about themselves or others in that moment. In this way, the practice reinforces the idea that compassion and caring for self are a given and do not have to be earned. A further assumption is that all individuals have the capacity to love and can choose to direct that love towards themselves and others.”

CONTACT

Pour tout renseignement ou pour nous signaler des actualités liées à la Pleine conscience: CentrePleineConscience à gmail.com

Pour se désabonner, répondez à ce courriel avec « désabonnement » dans l’objet.

© 2010, Fabien Devaugermé, Centre de Pleine Conscience.