



MarkFest22: A Festschrift in Honour of Mark Williams

12th-13th September 2022. Lecture Theatre, MRC Cognition and Brain Sciences Unit

Day 1 Programme

10.00 **Registration opens**

10.30 **Tea and coffee**

11.00 **Welcome**

Tim Dalgleish, MRC Cognition and Brain Sciences Unit, Cambridge

11.10 **Cognitive-behavioural and mindfulness-based approaches to depression: The story so far and hopes for the future**

*Willem Kuyken, University of Oxford. **Morning Chair:** Tim Dalgleish*

11.55 **A research journey in mindfulness**

Ruth Baer, Universities of Oxford and Kentucky

12.40 **Bringing mindfulness to families: A developmental and relational perspective**

Susan Bögels, University of Amsterdam

1.25 **Buffet lunch**

2.30 **ONLINE: TITLE TBC**

*Jon Kabat-Zinn. **Afternoon Chair:** Willem Kuyken*

3.15 **Panel: Is mindfulness for mental health at a critical crossroads?**

4.00 **Tea break**

4.20 **Understanding suicide risk: the contribution of psychological science**

Rory O'Connor, University of Glasgow

5.05 **Do we need to leave or return to the Buddhist roots of mindfulness?**

Anne Speckens, University of Radboud

5.50 **Remarks**

Mark Williams

6.00 **Drink Reception at the CBU**

7.00 **Walk/taxi to Wolfson College**

7.30 **Dinner at Wolfson College**



Day 2 Programme

- 9.20 **Welcome to Day 2**
Tim Dalgleish
- 9.30 **A talk on autobiographical memory specificity ... to be specific**
Caitlin Hitchcock, University of Melbourne and MRC CBU.
Morning Chair: *Anna Bevan, MRC CBU*
- 10.15 **At the end of the day, all is approach and avoidance. Thus ... all we ever need is exposure**
Dirk Hermans, University of Leuven
- 11.00 **Tea and Coffee break**
- 11.30 **ECR SESSION.**
Mindfulness-based interventions and work performance – *Maris Vainre, MRC CBU*
Mindfulness in inpatient settings - *Pamela Jacobsen, University of Bath*
Title TBC – *Rachel Knight, MRC CBU*
MBCT-Finding Peace in a Frantic World' & 'MBCT for Life': Maximising accessibility to MBPs and impact on outcomes - *Jesus Montero-Marin, University of Oxford*
- 1.00 **Lunch break**
- 2.00 **ONLINE Cognitive Psychology and Emotional Disorders – An Empirical Approach to Operationalizing Latent Vulnerability Constructs in Depression**
Zindel Segal, University of Toronto.
Afternoon Chair: *Sarah-Jayne Blakemore, University of Cambridge*
- 2.45 **Projecting the past into the future: memory, prospection and emotional distress**
Andy MacLeod, Royal Holloway
- 3.30 **Tea break**
- 3.50 **Dampening of positive feelings: Don't get your hopes up too high... for this talk**
Filip Raes, University of Leuven
- 4.35 **Panel Discussion: Can translational cognitive science for mental health realise its potential?**
- 5.20 **Closing comments and farewell**
Tim Dalgleish