

Centre for Studies in Religion and Theology and Monash Asia Institute

Mindfulness Counselling: Buddhist Traditions and Mental Health

Sunday 15 March 2009

Free public seminar

2.00pm-4.00pm Monash Caulfield K309

See Melways p. 68 F1 and p. 576 for the Caulfield Campus, building K. Access via Sir John Monash Drive or Princes Ave and across the Central Common. Parking available on the street or in the Multilevel Carpark (building J). Easiest access is to go into building K on ground floor via Princes Ave (cul de sac), and take the lift to the 3rd floor.

Program

- 2.00pm Welcome--Prof. Constant J. Mews, Director, Centre for Studies in Religion and Theology, and Dr Ian Mabbett, Monash Asia Institute
- 2.05pm Ven. Vijitha Thero: Buddhism, Mindfulness & Mental Health
- 2.30pm Responses by Ven. Ayya Sucinta (Sanghamittarama, East Bentleigh) and Prof. Padmasiri de

Padmasiri de Silva

- 2.45pm Public discussion
- 3.05pm-3.15pm short break
- 3.15pm Launch of Padmasiri de Silva, *An Introduction to Mindfulness-Based Counselling: The Magic of the Ordinary & the Elegance of Small Things* (Sarvodaya Vishvalekha Publication, Ratmalana, Sri Lanka), by Dr Craig Hassed (Dept of General Practice, in the Faculty of Medicine, Nursing and Health Sciences Monash University)
- 3.30pm Response by Padmasiri de Silva
- 3.40pm Refreshments and book signing, outside in foyer