



ATLANTIC CONTEMPLATIVE CENTRE ANNUAL REPORT 2015

We are very pleased to share with you the exciting activities that have arisen in 2015 from the work of the Atlantic Contemplative Centre (ACC) and our faculty. As you can see in the accompanying list of activities, 2015, our fifth year, included programs (a) directly supporting contemplative practices (the Open Mindfulness Groups, the Healthcare Provider retreats and the Contemplative Compassion Training workshops), (b) providing education about contemplative practice and related issues (our 5th annual conference, the 1st annual ACC public lecture on Mindfulness and Society, the education series at the Halifax Central Library, (c) support for program and policy development by government and other organizations and (d) research.

This year we were also able to upgrade our website so that it can provide user friendly access to information about our activities and programs as well as educational resources. Thanks to Maria Torti for her professional skills and to Katie Hanczaryk for the lovely logo.

Looking ahead to 2016 it appears all our areas of activity are expanding and we will also be launching an exciting new education program entitled ADVANCED MINDFULNESS STUDIES.

Please contact us directly with any ideas or questions you have about how the ACC can further support the integration of genuine contemplative practice into all aspects of society.

With warm regards,

Jim Torbert and David Whitehorn, Directors

www.contemplativecentre.ca

Summary of Current Atlantic Contemplative Centre Programs Jan-Dec 2015

1. Approximately 60 faculty members who are applying secular mindfulness through their workplaces representing healthcare, education, business, sports and the arts.
2. Open Mindfulness Group – Community Health Centre, Dartmouth: Every Thursday from 4:00-5:00 PM. 8-20 people attending weekly. 48 sessions in 2015. 2016 will be our sixth year providing this service.
3. Open Mindfulness Group – Great Hall, All Saints Cathedral, Halifax: Every Wednesday from 12:00-1:00 PM. 7-20 people attending weekly. 47 sessions in 2015. 2016 will be our third year providing this service.
4. Open Mindfulness Group – Bedford coordinated with the Community Health Team. Recently begun in 2016 with 8-10 attending.
5. Mindfulness for First Year Medical Students, Dalhousie University. Series of 3 hours sessions during the school year, started Fall of 2015. 12-15 attending.
6. Annual Lecture Series on Mindfulness – May 2015 at the Halifax Central Library. 30 people attended.
7. 3 Tuesday night sessions at the Halifax Central Library on Mindfulness, July 2015. 90 attended the first evening, 68 the second and 60 the third evening. A second series is scheduled for March 2016.
8. Compassion Training program with an integrated mindfulness component – 3 hours. 4 sessions provided with 106 attending.
9. All Day Compassion Training program with an integrated mindfulness component – September 2015. 13 attended.
10. Introduction to Compassion Training to Organizations: a) Transition Bay St Margaret's Nov 2015. 25 attending with 3 hour session to be provided in the spring of 2016, b) Community Justice Society – with 2 hour session scheduled for the staff in Feb 2016.
11. All Day Mindfulness Retreat – November 2015. 14 attended.
12. All Day Mindfulness Retreat for Healthcare Professionals. 3 in 2015 with 33 attending.
13. Introduction to Mindfulness to Organizations: a) Dal Professional and Managerial Group Conference June 2015. 50 attending. b) RBC Wealth Management Group March 2015 20 attending, and c) conversation underway with Citadel High School.
14. Six month individual Mentorship Program – 4 participants in 2015.
15. Annual Conference for Mindful Professionals, November 2015. 39 participating.
16. Atlantic Mindful Network with 310 on our email list who want to keep in touch with the programs offered.
17. Year-long program supporting mindfulness practice for mental health professionals in the Annapolis Valley.

18. Funding and Ethics approval for a research study, in collaboration with the Dalhousie University Department of Psychiatry, exploring the experience of contemplative practice among people who have a major psychiatric diagnosis.
19. Participation on a working group requested by the Nova Scotia Department of Health and Wellness to make recommendations on mindfulness programs to support the public.
20. Contributions on mindfulness to the Fountain of Health Optimal Aging Initiative of which the ACC is an organizational member.
21. ACC became an organizational member of the newly created Association for Positive Psychiatry.
22. Planning for a new ADVANCED MINDFULNESS STUDIES program to be offered beginning in September 2016 for people with an established contemplative practice who want to deepen their personal practice and systematically study the many issues involved in offering mindfulness more widely in society.

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