

# **Buddhism and Human Flourishing**

a one-day workshop at  
the Department of Theology and Religious Studies,  
**University of Chester**

as part of the AHRC Connected Communities  
**Philosophy and Religious Practices Network**

This network aims to reconnect philosophers of religion with religious practitioners and so to make the work of philosophers of religion more relevant to other contemporary research on religion.

**25<sup>th</sup> June 2013**

**10.30 – 15.30**

An opportunity to explore the vibrant contribution currently being made by Buddhism to a range of fields and disciplines across the well-being agenda. This day conference is for the non-specialist in Buddhism and introduces some basic Buddhist concepts and philosophies before exploring the ways in which Buddhist ideas have been adopted and adapted within a variety of contexts angled towards individual, community or global flourishing, as well as public policy debates.

**SPEAKERS include**  
**Professor Peter Harvey**  
**Caroline Brazier**  
**Ratnaguna**  
**Dr Mary Welford**  
**Dr Paramabandhu Groves**

**Cost:**

Waged : £25.00

Unwaged: £10.00

Conference booking is available online: <http://shopfront.chester.ac.uk/>  
under *Event Bookings*.

Any queries please contact [c.mcevoy@chester.ac.uk](mailto:c.mcevoy@chester.ac.uk)

01244 511031

## Speakers

**Caroline Brazier** is course leader of the Tariki Training Programme in Other-Centred Psychotherapy, an approach based on Buddhist psychology. Author of six books on Buddhism and therapy, she is a practicing psychotherapist and lives in The Buddhist House, Narborough; a training and therapeutic centre. She has a special interest in ecotherapy. Caroline is also involved in Buddhist healthcare chaplaincy in Leicester and runs chaplaincy training.

**Dr Harry Bunting** studied Philosophy at Queen's University, Belfast and the University of Exeter. Since the 1970s Harry Bunting has lectured in Philosophy in his native city of Belfast at the University of Ulster. His main teaching areas have been: ethics, political philosophy and epistemology. A frequent contributor to Philosophy Conferences he has published numerous articles, chiefly in the fields of ethics, political philosophy and the philosophy of religion.

**Dr Paramabandhu Groves** is a consultant psychiatrist working in Camden and Islington NHS Foundation Trust and specializing in substance misuse. He is a trustee of the London Buddhist Centre and clinical director of Breathing Space – the health and well-being wing of the London Buddhist Centre. Since 2005 he has been teaching mindfulness-based relapse prevention (MBRP) at Breathing Space and in the NHS to help people remain abstinent from addiction problems. He has published work on the relationship between Buddhism and addiction. Currently he is writing a book with Valerie Mason-John describing steps from the Buddhist tradition that can help with recovery from addiction.

**Professor Peter Harvey** is co-founder with Dr Ian Harris, of the UK Association for Buddhist Studies. Professor Harvey is a meditation teacher in the Samatha Trust tradition since 1976. He is Emeritus Professor of Buddhist Studies, University of Sunderland and author of the critically acclaimed *Introduction to Buddhism: teaching, history and practices* Cambridge CUP (2nd ed., 2012)

**Ratnaguna** has been a member of the Triratna Buddhist Order for over 35 years. For much of that time he has been a teacher at the Manchester Buddhist Centre. For eight years he lived and worked in a Buddhist study retreat centre in North Wales. He returned to Manchester in 2003 to co-found Breathworks - a Community Interest Company - which runs courses for people suffering with long-term pain, stress and illness, teaching them mindfulness and compassion. Ratnaguna is also the author of *The Art of Reflection* (2010), a practical guide on how to reflect and contemplate in the context of Buddhist practice.

**Dr Mary Welford** is a Consultant Clinical Psychologist and the Director for Therapy at the Compass Therapy Centre in Saltash, Cornwall. She is currently Chair of the Compassionate Mind Foundation and author of *The Compassionate Mind Guide to Building Self Confidence* (2012). Mary has recently been developing a compassion in schools program and trains a range of individuals in Compassion Focused Therapy both in the UK and overseas.

