

Pre-conference workshop
International Conference on Mindfulness (ICM) 2018
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“Mindfulness-Based Childbirth and Parenting (MBCP): A Possibility for Interrupting Intergenerational Patterns of Suffering?”

NANCY BARDACKE & LARISSA DUNCAN

Nancy Bardacke, midwife, mindfulness teacher, is the founding director of the Mindfulness-Based Childbirth and Parenting programme which she currently leads at the Osher Centre for Integrative Medicine at the University of California San Francisco Medical Centre (USA). She is also an Assistant Clinical Professor in the UCSF School of Nursing. She offers mindfulness workshops for expectant parents and healthcare providers, as well as professional trainings for MBCP instructors nationally and internationally.



Larissa Duncan, PhD, is Elizabeth C. Davies Chair in Child & Family Well-Being and Associate Professor of Human Development and Family Studies at the School of Human Ecology and the Center for Healthy Minds at the University of Wisconsin–Madison (USA). She has been working closely with Nancy Bardacke on the Mindfulness-Based Childbirth and Parenting programme and is internationally recognized for her development of a framework to promote and assess mindful parenting as well as her work to bring mindfulness and compassion training to pregnant women and children/adolescents in diverse community contexts.



“Mindfulness-Based Childbirth and Parenting (MBCP): A Possibility for Interrupting Intergenerational Patterns of Suffering?”

Becoming a parent is perhaps the most profound change in the adult life cycle. Mindfulness-Based Childbirth and Parenting (MBCP) is designed as a childbirth education program grounded in teaching expectant parents mindfulness skills for addressing the stresses of pregnancy, the pain and fear that can be a normal part of the unpredictable birthing journey that brings new life into this world — and to have these skills in place for attuned parenting from the moments of birth. In learning mindfulness skills during pregnancy, there may be a way to increase the potential for a healthier gestation, a more positive childbirth and early postpartum experience as well as provide new parents with inner skills for parenting the next generation with greater awareness, kindness, connectedness, and care.

In this workshop, participants will have the opportunity to:

- * Learn about the history and developing global reach of MBCP
- * Understand the applicability of MBCP for diverse populations, including the urban poor, rural populations and immigrant communities
- * Experience first-hand several of the mind/body pain practices as they are taught in the MBCP classroom
- * Hear about the most recent research supporting the MBCP program