

Keynote Address: Mindfulness and Meditation, Integrating what? New Lamps for Old: Or why there're no more heroes (and heroines) anymore!

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Bio: Waseem Alladin, PsyD, is the Founding Editor in Chief of Counselling Psychology Quarterly: An International Journal of Theory, Research & Practice. He is the Clinical Director of the Centre for Work Stress Management /Centre for Cognitive Neuropsychology Therapy/Calmer Solutions for Living. He is also Head of Psychology for Autism Care UK, the leading provider of Autism and specialist support services in the UK. He is a consultant chartered clinical and counselling psychologist, a forensic clinical neuropsychologist and a coaching psychologist. He has published in the fields of chronic pain, transcultural psychology and his current research interests include clinical hypnosis, traditional healing, and harnessing the placebo effect. He is a keen promoter of the ethnopsychosocial model for counselling and psychotherapy (UNESCO Paris 2008), and has made

similar presentations from an Asian perspective in Durban, South Africa, and in Yogyakarta, Indonesia (2010). He is Co-Editor with Roy Moodley & Aanchal Rai of *Bridging East-West Psychology and Counselling*, Sage [2010]. Originally from Malaysia, he is the author of a number of learned papers and book chapters including *Cognitive Behavioural Group Therapy in UK* and is co-editor (with Roy Moodley and Aanchal Rai) of *'Bridging East-West Psychology and Counselling'*, Sage 2010. He is the originator of Perceptual Cognitive Behavioural Therapy(PCBT) which, in his experience, produces faster and more permanent results than traditional Cognitive Behavioural Therapy. For more info please visit website: <http://www.calmersolutionsforliving.com/about-us/>

Keynote Address Abstract: This presentation comments and commends some of the many excellent presentations at this conference. But it then goes on to ask whatever has happened to the critical part in the conference title? Don't get me wrong, I have been practising mindfulness for as long as I can remember having a mind! As for meditation I have been, thinking about it for a long long time! Seriously, I support both mindfulness and meditation. But when was the last time you read a critique of either? Nothing is all good or all bad. This presentation hopes to provide that balance. The laudable aim to integrate traditional healing with psychotherapy seems alive and well in Canada but I fear in UK and Europe it is more disintegration than integration. It is argued that practice-based evidence needs to challenge crude evidence based medicine and its toolbox, meta-analysis. Even the imminent DSM-V revision by professionals has been accused of having interests in big Pharma and pressing for the creation of new disorders for children for which drug therapy is the treatment of choice. Some suggestions are outlined for debate.