

# HMS Distinguished Lecture in Mind Body Research and Health

## **Mindfulness (-Based Cognitive Therapy) for Life: Ancient Wisdom Meets Modern Psychology in the Contemporary World**



**June 21, 2021 | 1-2pm (EDT) | Live Online**  
**Speaker: Willem Kuyken, PhD, DClInPsy**

Join us in the inaugural **Harvard Medical School Distinguished Lecture in Mind Body Research and Health** featuring Dr. Willem Kuyken's Grand Rounds on June 21, 1-2pm (EDT)!

This first Annual Distinguished lecture marks the start of partnership between three leading mind-body research centers at Harvard Medical School to collaborate on bringing light to excellence and innovation in mind body research and health.

**Dr. Willem Kuyken** is the Ritblat Professor of Mindfulness and Psychological at the University of Oxford, United Kingdom, and Director of the Oxford Mindfulness Centre. His work focuses on depression and its prevention and treatment.

**Learn More & Register at [chacmc.org/grand-rounds/](https://chacmc.org/grand-rounds/)!**