

**David Dewulf, medical Doctor**

**Author of the book Mindfulness. A path of freedom.**

He has been practicing meditation and Tai Chi since 1985.

In 1993 he became **qualified as a medical Doctor** at the KUL, Belgium.

From 1993 he trained in India and Nepal in **Yoga** and **Buddhist** meditation (Tibetan and Theravada tradition).

After extensive training in China and Thailand in 1994 and 1995 he certified as a **Tao Meditation, Qi Gong** and **Tai Chi teacher**.

In 2001 he has been lecturing twice in the Harvard postgraduate “Clinical training in Mind/Body Medicine”. Since 2002 he has been **teaching “Mindfulness Based Cognitive Therapy & stress reduction”** at the department of psychiatry in Gent and Ieper, Belgium. The therapy is being extensively researched at the department of psychiatry at the university of Gent and Leuven, Belgium. He has a school for professional education for Mindfulness trainers.

2000 - 2001

- **Harvard Continuing Medical Education (USA)** Clinical Training in **Mind/Body Medicine** (5 days) Mind/Body Training in **Positive Psychology** (4 days) Skills Training for **Mind/Body Change** (3 days) **Spirituality and Healing in Medicine** (3 days) **Science and Mind/Body Medicine** (3 days) **Cognitive and Behavioural Therapy** (3 days)
- **Center for Mindfulness (CFM) in Medicine, Health Care and Society, University of Massachusetts Medical School (USA)** **Mindfulness Based Stress Reduction Program**: Professional Internship (8 sessions and 2 days)
- **Harvard Teaching Hospital: Beth Israel Deaconess Medical Center (USA)** Division of Behavioral Medicine : Internship (15 weeks) includes **Mind/Body research, clinical training** in Mind/Body Medicine with specific interventions for **Cancer, Cardiac Wellness, Infertility, Menopause, Chronic Pain and Chronic Fatigue, Medical Symptom Reduction.**

- Center for **Mind/Body Medicine** and the **Center for Spirituality and Healing of the Academic Health Center of the University of Minnesota (USA): Professional Training Program in Mind/Body Spirit Medicine (7 days)**

2002

- 15 days **Karuna training** (Core Process Psychotherapy Theravada, London)• 7 days **Vipassana Meditation** ( Frits Koster, Holland)• 7 days **Kundalini Yoga** (3HO organisation, France)• 20 days **Life coaching** (London)• 10 days **Clinical Hypnosis** ( o.a.Wilfried Van Craen, Belgium)• 6 days **Solution Focused Therapy** (Korzybski, Belgium)

2003

- 4 days first annual **Mindfulness conference** for clinicians at the Center for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical School (USA)• 7 days **Mindfulness Based Stress Reduction retreat** (with J. Kabat – Zinn and Saki Santorelli from the Center for Mindfulness, USA, training in Germany)• 3 days training **Mindfulness Meditation and Fear** (with J. Peacock, England)• 7 days **Mindfulness Based Cognitive Therapy - MBCT** (with M. Williams, Denmark)• 10 day **Vipassana retreat** (Goenke, Belgium)

2004

- 10 days **Vipassana retreat** (K. Titmuss, India)• 7 days **Open Dharma** (K. Titmuss, India)• **Supervision training MBSR** with the CFM, USA: Teaching Mindfulness Based Stress Reduction• 8 days Dharma facilitation with C. Titmuss ( Germany & England)• 5 days Mindfulness research, training and clinical practice ( University of Wales)

2005

- 4 days Vipassana with Frits Koster
- 9 days Vipassana with Jack Kornfield ( Switerland)

- 2 days MBCT teacher meeting with M. Williams

## 2006

- 2 days MBCT teacher meeting with M. Williams
- 7 days Vipassana
- 7 days Mindfulness en Psychotherapy (Ronald Siegel)

## 2007

- 14 days Vipassana (C.Feldman, J. Goldstein)
- 10 days co-dependancy training (India)
- 7 days Buddhist psychology Bachelor
- 2 days MBCT advanced teachertraining (Mark Williams)
- 2 days MBSR advanced teachertraining (Jon Kabat-Zinn)