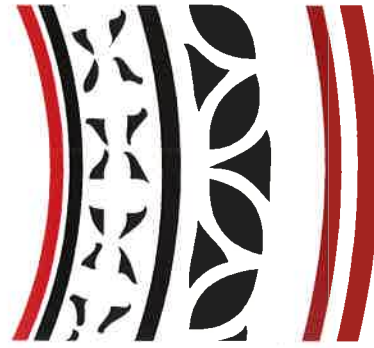


ASIAN STUDIES



THE UNIVERSITY OF ALABAMA
COLLEGE OF ARTS AND SCIENCES

Mindfulness Under (Re)Construction: Contemporary Mindfulness Practices, Buddhist Transmission, and “Not So Secular” Psychotherapy

Lecture by
Ira Helderman
Vanderbilt University

The development of clinical mindfulness practices is only one of the more visible recent ways that US psychotherapists have approached Buddhist traditions. Critics bemoan the secularization of Buddhist meditation practices as the “silent takeover of religion.” Others, meanwhile, counter that we witness only the natural processes of religious transmission and point to historical precedent. At times, psychotherapists even appropriate scholar’s arguments that they engage not in secularization, but “the spread of the dharma.” Clinicians’ maneuvers in response to critique generate new ongoing reconstructions of mindfulness practices and their classification as “religious” or “secular,” “medicine” or “science.”



Thursday, March 2
3:30 pm
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