



Annual Report SIG 'Cognitive and Affective Neuroscience of Pain' (CANoP)

October 2022

All CANoP members were invited to the international symposium "Development of novel Mindfulness-based approaches for mental health: From roots to the future" took place on June 09, 2022 at the University of Fribourg and was jointly organized by the Unit of Clinical and Health Psychology of the University of Fribourg (Prof. Dr. Chantal Martin Sölch) and by the Réseau Fribourgeois de Santé Mentale (RFSM, Dr. Virginie Salamin and Msc Florence Guenot, Head psychologist). This event was supported by a grant from the Swiss National Science Foundation (request #IZSEZO_210674) and by a grant of the Fonds d'Action Facultaire (FAF) of the Faculty of Arts and Humanities of the University of Fribourg. 110 people attended the symposium, including 36 students and doctoral students. The speakers were Professor Guido Bondolfi from the University of Geneva who gave an overview of the research for the use of mindfulness interventions in the field of mental health. Professor Eric Garland from the University of Utah presented the Mindfulness-Oriented Recovery Enhancement (MORE) program, a mindfulness-based training and cognitive behavioral therapy methods developed and validated for the treatment of chronic pain and addictions in the United States. Professor Paul Gilbert of the University of Derby, who is the founder of compassion-based approaches and author of many books, presented the Compassion-Focused Therapy program which integrates self-compassion with mindfulness and cognitive therapy techniques. This program has been validated with individuals with eating disorders, depressive disorders as well as self-blame issues. Dr. Niina Tamura from the University of Heidelberg came to present the mindful self-compassion (MSC) program developed by Professor Kristin Neff (Texas University Austin) and Dr. Chris Gremer (Harvard Medical School). The MSC program is currently experiencing

great popularity, among other things as a method for preventing burnout among mental health professionals.

We received 7 abstracts that were presented as posters. We awarded 3 prizes of CHF 100.- to 3 female researchers. The winners are: 1st jury prize: Dr. Lia Antico (who has meanwhile obtained her PhD) for her poster with the title "Relationship between mindfulness practice, anxiety for uncertainty and empathy for pain". 2nd Jury Prize: Ms. Claire Holman for her poster with the title "A qualitative study of the perception of mindfulness-based intervention by teenagers and reported subjective effect. Public Prize: Dr. K. Ledermann and Ms Maya Burckhardt for their poster with the title "Understanding and restoring dopaminergic function in fibromyalgia patients using a mindfulness-based psychological intervention: a [18f]-dopa pet study".

This scientific event resulted in an open access publication: Martin-Soelch, C., Salamin, V., Fernandez Boente, M., & Guenot, F. (2022). Using mindfulness for mental health: neuroscience input and recent developments. *Cortica*, 1(2).
<https://doi.org/https://doi.org/10.26034/cortica.2022.3133>

The symposium was followed by a continuing education workshop given by Professor Eric Garland to become familiar with the MORE approach. This workshop was attended by 30 people (maximal number of participants).

We have now started the planning for the bi-annual CANoP international meeting to take place on June 29, 2023. On November 11, 2022, we will have an executive CANoP meeting to which those who are interested are invited for planning next year's meeting.