



START THE NEW YEAR WITH MINDFULNESS IN DBT

5TH OF JANUARY, 7 P.M. CET, [GO TO LIVE STREAM HERE!!!](#)



PhD Jan Glasenapp!

Jan completed his psychology studies at the University of Bielefeld in 1997 with distinction and pursued post-graduate training in Client-centered Therapy, Transaction Analysis, and Cognitive Behavioral Therapy. Certified as a psychological psychotherapist in 2001, he worked in private practice in Berlin and Schwäbisch Gmünd. Since 2003, he has been a teaching therapist and supervisor at various psychotherapy academies and a consultant for mental health care institutions. Specializing in DBT and Mindfulness in psychotherapy, Jan has worked with Prof. Marsha Linehan. He has taught and trained in China since 2016 and is a supervisor at Nanjing Brain Hospital. Appointed guest professor in 2022 at SCNU, he became an associate professor at Nanjing Medical University and visiting professor at Jiao Tong University in 2024. His focus is on enhancing psychotherapy interventions through mindfulness integration.

On Sunday, 5th of January, at 7 p.m. Central Europe Time, Jan Glasenapp will share his rich and integrated knowledge and experience of mindfulness nourished by Zen Buddhism, Chinese Chan practices and modern psychotherapy such as DBT. As he writes in his essay from 2018 (*), "mindfulness in the intersection of spirituality and psychotherapy can support people in their dealings with suffering in many ways, for example through:

- the observation of opportunities to strengthen compassion for oneself and others and to strengthen prosocial behavior;
- the expansion of the ability to concentrate on different sensations;
- the expansion of the ability to not only perceive these impressions, but also to accept them in their never-ending variability;
- the observation of mental activity, thoughts and feelings without binding to or adhering to them;
- the deconstruction of the identity building constructions with regard to their contribution to suffering, especially in terms of responsibility, own actions, help of others and death;
- the promotion of intuition in decision-making;
- the awakening of wisdom as a mentally calm and open state, in which the internal and external struggles for demarcation are ended [...]."

*Mindfulness between West and East. An approach to spirituality in psychotherapy with Dialectical-Behavioral Therapy (DBT) and Chan. 2018. Georg Juckel, Knut Hoffmann & Harald Walach (Ed.). *Spiritualität in Psychiatrie & Psychotherapie* (S. 211-236). Lengerich: Pabst.