FIRST INTERNATIONAL CONFERENCE ON MINDFULNESS

CONFERENCE PROGRAM
FIRST INTERNATIONAL CONFERENCE ON MINDFULNESS

May 8 - 12, 2013

Registration on Wednesday, May 8, 2013

Room: 6 (Floor 1)

PRECONFERENCE WORKSHOPS: 7:30 am – 9:00 am
CONFERENCE: 10:00 am – 4:00 pm

Daily CONFERENCE Registration
7:30 am to 4:00 pm

Thursday May 9, 2013
Hall at the Main Entrance of the Faculty—Floor 1
in Via dei Marsi 78

Friday to Sunday, May 10 – 12, 2013
Room: 6 (Floor 1)
CONFERENCE VENUE

The Preconference Workshops and all Conference presentations will be delivered at the FACULTY OF MEDICINE AND PSYCHOLOGY of the Sapienza University (Psychology Building), located in Via dei Marsi 78—which is the main entrance to the building.

EXCEPT

The Preconference PUBLIC LECTURE by Ajahn Amaro
on Wednesday, May 8, 2013, 5:00 pm to 7:00 pm

and

The Conference PLENARY KEYNOTE by Professor Jon Kabat-Zinn
on Thursday, May 9, 2013, 5:00 pm to 7:00 pm

will be at
The Aula Magna del Rettorato of the Sapienza University in the Città Universitaria
(main campus of the Sapienza) in Piazzale Aldo Moro 5.

Go to this web page for a map:
http://eventot.com/venue/aula-magna-rettorato-la-sapienza/34354

CONFERENCE DINNER

Saturday, May 11, 2013, from 7:30 pm

At the beautiful Zest Restaurant on the 7th floor of the Radisson Blu Hotel,
in Via Filippo Turati 171

Priced at only 70 euros. Tickets are available at the Registration Desk

Go to this web page for a visual of the restaurant:
http://www.radissonblu.com/eshotel-rome/dining
PRECONFERENCE PUBLIC LECTURE

(In English and sequential translation in Italian)

Ven. Ajahn Amaro
Amaravati Buddhist Monastery, United Kingdom

Mindfulness and its Supportive Friends

at
The Aula Magna del Rettorato of the Sapienza University in the Città Universitaria (main campus of the Sapienza) in Piazzale Aldo Moro 5

Wednesday, May 8, 2013, 5:00 pm to 7:00 pm

Go to this web page for a map:
http://eventot.com/venue/aula-magna-rettorato-la-sapienza/34354

This is a Public Service Presentation Sponsored by the Sapienza University
There is no fee for Conference Participants
The GENERAL PUBLIC may make a donation at the door

Seating will open at 4:30 pm and will close just prior to the lecture
or when seating capacity is reached
PLENARY KEYNOTE
(In English and simultaneous translation in Italian)

Jon Kabat-Zinn, Ph.D.,
University of Massachusetts Medical School
USA

Mindfulness, Meditation, and Health:
Transformation and Healing at the Confluence
of Science and Dharma

at
The Aula Magna del Rettorato of the Sapienza University in the Città
Universitaria (main campus of the Sapienza) in Piazzale Aldo Moro 5

Thursday, May 9, 2013, 5:00 pm to 7:00 pm

Go to this web page for a map:
http://eventot.com/venue/aula-magna-rettorato-la-sapienza/34354

This presentation is for the Conference Participants
The GENERAL PUBLIC is invited to attend for a small entry fee [General Public (€20)
and Students (€10)], payable at the Conference Registration Desk at the
FACULTY OF MEDICINE AND PSYCHOLOGY of the Sapienza University (Psychology
Building), located in Via dei Marsi 78, Room 6 (Floor 1)

Seating will open at 4:30 pm and will close just prior to the lecture
or when seating capacity is reached
MINDFULNESS AND DHARMA

Ajahn Chandapalo
Santacittarama Monastery, Rieti, Italy

*Developing heart qualities through meditation*

Dario Doshin Girolami
L'Arco Zen Center, Rome, Italy

*Now and Zen: Shikantaza, koan and mindfulness*

Lama Geshe Gedun Tharchin
LamRim Institute, Rome, Italy

*Living with Tonglen and the bliss of breathing*

at
FACULTY OF MEDICINE AND PSYCHOLOGY of the Sapienza University
(Psychology Building), located in Via dei Marsi 78, Faculty Aula Magna,
Floor 4

Sunday, May 12, 2013, 1:00 pm to 3:00 pm

This presentation is for the Conference Participants
The GENERAL PUBLIC is invited to attend for free
Seating will open at 12:30 pm and will close just prior to the lecture
or when seating capacity is reached
CONFERENCE PROGRAM

THURSDAY
8:30 am – 10:00 am

Symposium 1
Meditation practice in non-communicable diseases: Evidence on cardiac, diabetic and cancer patients
Room: 3 (Floor 1)
Chair: Bruno G. Bara and Fabio Giommi

Paper 1:
Rabellino Daniela
Mental fitness in patients with cardiovascular disease: Awareness is effective on psychological and medical variables

Paper 2:
Ivan Nykliček
Mindfulness-based cognitive therapy for patients with diabetes and emotional problems: Follow-up findings from the DiaMind randomized controlled trial

Paper 3:
Eleonora Capovilla
Mindfulness Based Stress Reduction Program for cancer survivors: a pilot study in Italian Oncology Setting

Paper 4:
Maya J. Schroevs
Individual Mindfulness-Based Cognitive Therapy for people with diabetes: a pilot randomized controlled trial
**Symposium 2**

**Mindfulness-Based Interventions for Medical Conditions: I**

Room: 7 (Floor 2)

Chair: Rachel E. Myers

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**Paper 1:**

Chenchen Wang

*Mindfulness and Chronic Pain*

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**Paper 2:**

Heidi A. Zangi

*A mindfulness-based group intervention significantly reduced psychological distress and fatigue in patients with inflammatory arthritis: results from a randomised controlled trial*

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**Paper 3:**

Caroline Hoffman

*The effectiveness of mindfulness-based stress reduction (MBSR) on mood, quality of life and wellbeing with women with stages 0-III breast cancer: A randomized controlled trial*

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**Paper 4:**

Rebecca Lehto

*Home-based mindfulness therapy for lung cancer symptom management*
THURSDAY
8:30 am – 10:00 am

Symposium 3
Experimental Studies in Mindfulness
Room: 8 (Floor 2)
Chair: Alessandro Giannandrea

Paper 1:
Eyal Rosenstreich
Mindfulness and Sensitivity: the impact of mindfulness training on true and false memories

Paper 2:
Rosa Pinniger
Tango dance: A mindfulness training intervention designed to augment well-being

Paper 3:
Esther K. Papies
The benefits of simply observing: Mindful attention reduces temptation

Paper 4:
Brian Ostafin
Untying the knots of fear: Mindfulness training weakens attentional bias toward trauma-film stimuli
Symposium 4
Training in Mindfulness
Room: 11 (Floor 3)
Chair: Antonella Commellato

Paper 1:
Andrea Grabovac
Cultivating Insight in Mindfulness Based Interventions: Clinical Implications of the Stages of Insight

Paper 2:
Edo Shonin
Introducing Meditation Awareness Training (MAT): Provenance, model and current directions

Paper 3:
Xinghua Liu
Can inner peace be improved by mindfulness training: a randomized controlled trial

Paper 4:
Baljinder Sahdra
Lessons from a multi-disciplinary study of intensive meditation
THURSDAY
8:30 am – 10:00 am

Symposium 5
Mindfulness Interventions
Room: 12 (Floor 3)
Chair: Ramasamy Manikam

Paper 1:
Rachel E. Myers
Effectiveness of a mindfulness-based smoking cessation program for individuals with mild intellectual disability

Paper 2:
Zoe Hewett
An examination of the effectiveness of an 8-week bikram yoga program on mindfulness, perceived stress and physical fitness

Paper 3:
Daiva Daukantaité
Bridging psychology with yoga and mindfulness: A 5-week randomized controlled pilot study of the effects of yoga and mindfulness on stress and worry

Paper 4:
Alberto Amutio
Dissociation between Mindfulness components in the treatment of chronic worry

10:00 am – 10:30 am
Rooms: 1 and 2 (Floor 0)
Break: Refreshments and POSTERS
THURSDAY
10:30 am – 12 noon

Symposium 6
Mindfulness and Autism
Room: 3 (Floor 1)
Chair: Yoon-Suk Hwang

Paper 1:
Patrick Kearney
  Forgetting and remembering – the dynamics of mindfulness

Paper 2:
Yoon-Suk Hwang
  Mindful parenting for children with Autism Spectrum Disorders: Leading by example, not orders

Paper 3:
Yoon-Suk Hwang
  Mindfulness and Autism Spectrum Disorders: “I love you guys.”

Paper 4:
Annelies A. Spek
  Mindfulness for adults and elderly with autism

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THURSDAY
10:30 am – 12 noon

Symposium 7
Mindfulness-Based Interventions in Education: I
Room: 7 (Floor 2)
Chair: Jennifer L. Frank

Paper 1:
Patricia A. Jennings
The Refinement and evaluation of the CARE for teachers program

Paper 2:
Trish Broderick
Effectiveness of a mindfulness-based social-emotional learning program on emotion regulation of U.S. high school students

Paper 3:
Jennifer L. Frank
Effectiveness of the Transformative Life Skills (TLS) Program on youth well-being: Findings from a randomized control trial

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THURSDAY
10:30 am – 12 noon

Symposium 8
Measuring mindfulness
Room: 3 (Floor 1)
Chair: Ashvind N. Adkins Singh

Paper 1:
Benjamin D. Hill
Current measures, psychometrics of scale development, and future directions: Part I

Paper 2:
Elise Labbé-Coldsmith
Current measures, psychometrics of scale development, and future directions; Part II

Paper 3:
Ashvind N. Adkins Singh
Discussant: Measuring mindfulness
Symposium 9
Mindfulness-Based Cognitive Therapy: I
Room: 11 (Floor 3)
Chair: Domenico Scaringi

Paper 1:
Mark A. Lau
Is Mindfulness-based Cognitive Therapy (MBCT) the same as relaxation? Evaluating the specificity of MBCT’s mechanisms of action

Paper 2:
C.K. Phang
Effectiveness of a brief Mindfulness-based Cognitive Behavioural Therapy program for stress reduction among medical students in a Malaysian university

Paper 3:
Samuel Y.S. Wong
The effectiveness of mindfulness based cognitive therapy (MBCT) in reducing anxiety among Chinese people with generalized anxiety disorder: A three-armed randomized controlled trial

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THURSDAY
10:30 am – 12 noon

Symposium 10
Trait Anxiety and Trait Mindfulness
Room: 12 (Floor 3)
Chair: Alessandro Giannandrea

Paper 1:
Dessa Bergen-Cico
The meditating effects of mindfulness on trait anxiety

Paper 2:
Cristiana Duarte
Can trait mindfulness and self-compassion moderate the impact of shame traumatic and central memories in patients with eating disorders?

Paper 3:
Paula Castilho
What is the role of self-compassion and emotional Intelligence to social safeness?

Paper 4:
Brian Ostafin
Using the tortoise to stop the hare: Trait mindfulness moderates the relation between response inhibition and post-treatment alcohol use

12:00 noon – 1:00 pm
Floor 0 (Buffet for Pre-Paid with Registration)

Lunch
THURSDAY
1:00 pm – 2:30 pm

**Symposium 11**
Enhancing Mindfulness in University Students
Room: 3 (Floor 1)
Chair: Antonella Commellato

Paper 1:
**Jennifer Ernst**
*Combined effects of practicing yoga and mindfulness on students*

Paper 2:
**Siobhan Lynch**
*Mindfulness training for university students: Why they attend and what they take away*

Paper 3:
**Debra Alvis**
*Mindfulness and yoga: Revitalizing the hearts of undergraduate students*

Paper 4:
**Liz Swanson**
*Incorporating mindfulness into design pedagogy to increase concentration, consciousness of the environment and connectivity to imagination*
THURSDAY
1:00 pm – 2:30 pm

Symposium 12
Effects of Mindfulness Training in patients with Attention-Deficit and Disruptive Behavior Disorders
Room: 7 (Floor 2)
Chair: Susan Bögels and Esther de Bruin

Paper 1:
Nirbhay N. Singh
A randomized controlled trial of mindfulness-based training on physical aggression and verbal disruption of adolescents with Conduct Disorder

Paper 2:
Riemke Postma
Mindfulness Training in youngsters with ADHD

Paper 3:
John Mitchell
A Randomized Controlled Trial of Mindfulness Training for adults with Attention-Deficit/Hyperactivity Disorder: Impact on core and executive functioning symptoms
THURSDAY
1:00 pm – 2:30 pm

Symposium 13
Mindfulness: Instructors and Interventions
Room: 8 (Floor 2)
Chair: Alessandro Giannandrea

Paper 1:
Andrea Grabovac
Nurturing the Professional Development of MBCT Instructors: The Experience of a 4 year Supervision Group in Vancouver, Canada

Paper 2:
Claudia L. Orellana-Rios
Giving support from the inside – Investigating subjective benefits of a multifaceted compassion training for health care professionals in a palliative care center

Paper 3:
Mark A. Lau
Employees’ stated preferences for, and the feasibility of delivering, Mindfulness-based Cognitive Therapy via group (in-person, over the internet) or individual (in-person, via telephone)

Paper 4:
Jacky Thomas
Personal distress and mindfulness: Effects on professional quality of life

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THURSDAY
1:00 pm – 2:30 pm

Symposium 14
Mindfulness-Based Cognitive Therapy: II
Room: 11 (Floor 3)
Chair: Domenico Scaringi

Paper 1:
Stuart J. Eisendrath
Efficacy of Mindfulness-Based Cognitive Therapy versus Sertraline as first-line treatments for major depressive disorder: A pilot study

Paper 2:
Sarah Francis
A preliminary study of Mindfulness integrated Cognitive Behaviour Therapy: Results from a series of group interventions

Paper 3:
Carrie Gibbons
Does a mindfulness-based cognitive therapy intervention for individuals with traumatic brain injury benefit quality of life?

Paper 4:
Hossein Kaviani
Use of Mindfulness-based Cognitive Therapy (MBCT) to tackle dysphoria experienced by non-clinical population in life stressful situations
THURSDAY
1:00 pm – 2:30 pm

Symposium 15
Mindfulness: Experimental Studies
Room: 12 (Floor 3)
Chair: Rebecca Semmens-Wheeler

Paper 1:
Frances A. Maratos
Does compassionate imagery increase physiological and behavioural indices of threat in high self-critics?

Paper 2:
James Walsh
Causal links between external contingencies of self-worth and mindfulness

Paper 3:
Juliane Eberth and Peter Sedlmeier
Inner silence as a working mechanism of mindfulness meditation

Paper 4:
Brian Ostafin
Mindfulness training moderates the relation between an implicit measure of race attitude and interracial behavior

2:30 pm – 3:00 pm
Rooms: 1 and 2 (Floor 0)

Break: Refreshments and POSTERS
THURSDAY
3:00 pm – 4:30 pm

Symposium 16
Mind in Body: Multidisciplinary Examination of the Effects of Whole-Body Meditations and Training
Room: 3 (Floor 1)
Chair: Tal Dotan Ben-Soussan

Paper 1:
Tal Dotan Ben-Soussan and Patrizio Paoletti
   Neuroplasticity following QMT: neuronal and educational perspectives.

Paper 2:
Fillipo Carducci
   Neuroanatomical effects of long term whole-body motor training.

Paper 3:
Sabrina Venditti
   The Molecular side of Quadrato.
THURSDAY
3:00 pm – 4:30 pm

Symposium 17:
Mindfulness in Primary Care
Room: 7 (Floor 2)
Chair: Ausias Cebolla

Paper 1:
Marcelo Demarzo
Mindfulness in Primary Care: evidence and potential benefits

Paper 2:
Javier Garcia Campayo
Use of technology to improve adherence to mindfulness-based interventions in primary care

Paper 3:
Ausias Cebolla
Discussant: Mindfulness in primary care
THURSDAY
3:00 pm – 4:30 pm

Symposium 18:
Mindfulness and Self-Compassion: Benefits for different populations
Room: 8 (Floor 2)
Chair: José Pinto-Gouveia

Paper 1:
Ana Xavier
The importance of positive emotional memories and self-compassion in the quality of attachment in Adolescence

Paper 2:
Marcela Matos
Being mindful of present-moment experience: Its role on the emotional functioning of undergraduate students

Paper 3:
Cristiana Duarte
The protective role of self-compassion in relation to psychopathology symptoms and quality of life in chronic and in cancer patients

Paper 4:
Michail Mantzios
Exploring mindfulness and self-compassion based interventions to assist weight loss
THURSDAY
3:00 pm – 4:30 pm

Symposium 19
Mindful Parenting
Room: 11 (Floor 3)
Chair: Rachel E. Myers

Paper 1:
Ramasamy Manikam
Mindful parenting for parents with intellectual disabilities

Paper 2:
Angela Adkins Singh
Parenting moment-by-moment: Mindfulness training and the impact of stress

Paper 3:
Monica Jackman
Cultivating self-compassion through mindfulness: Formal and informal practices

Paper 4:
Ashvind Adkins Singh
Nonjudgmental acceptance of self and child: Becoming the parent you want to be
THURSDAY
3:00 pm – 4:30 pm

Symposium 20
Mindfulness and Mind Wandering
Room: 12 (Floor 3)
Chair: Antonino Raffone

Paper 1:
Alessandro Giannandrea
Effects of MBSR on mind wandering: a randomized controlled trial

Paper 2:
Barbara Medea
Short and long-term effects of a wandering mind on health: A prospective study

Paper 3:
Antonino Raffone
Neural mechanisms for focused attention, mind wandering and monitoring in meditation

Paper 4:
Luca Simione
Dispositional acting with awareness predicts less mind wandering and negative emotions
THURSDAY
5:00 pm – 7:00 pm

PLENARY KEYNOTE

Professor Jon Kabat-Zinn
University of Massachusetts Medical School, USA

Mindfulness, Meditation and Health:
Transformation and Healing at the Confluence of Science and Dharma

Presentation will be at:
Aula Magna del Rettorato of the Sapienza University
Città Universitaria (main campus of the Sapienza)
Piazzale Aldo Moro 5

For a map see:
http://eventot.com/venue/aula-magna-rettorato-la-sapienza/34354
1. Sherry L. Beaumont and Todd Pryor  
   *The Role of Mindfulness in Identity and Wisdom Among Emerging Adults*

2. Lisanne Delaney and John Greaney  
   *Mindfulness and students’ wellbeing*

3. Maria Teresa Giarelli  
   *From practice MBSR to self–help group to a public service of neuropsychiatry for childhood and adolescence: A path for stress management in parents and caregivers of children with neurological and psychiatric disorders of childhood*

4. Jennifer L. Frank, Patricia A. Jennings, and Trish Broderick  
   *Validation of the Interpersonal Mindfulness in Teaching Scale*

5. Tia Hansen and Mette Kold  
   *A mindful master’s degree in psychology*

   *A Comparison of the Attentional Effects of Meditation and Fp-HEG Neurofeedback*

7. Marissa Miyazaki and Jeffrey Kerner  
   *Teaching mindfulness to psychiatry residents in an era of medications and short-term treatment models*

8. V. Oliveira and R. F. Meneses  
   *The use of bibliotherapy as a mindfulness strategy in tinnitus patients.*

9. Jose Pinto-Gouveia, Sonia Gregorio, Cristiano Duarte and Luis Simeus  
   *Decentering: Psychometric properties of the Portuguese version of the Experiences Questionnaire*

10. Elisabeth K. Sarenmalm, Lena B. Mårtensson, Stig B. Holmberg, Bengt Andersson, Anders Odén, and Ingrid Bergh  
    *Randomized controlled mindfulness-based stress reduction intervention study design*

11. K. Simshäuser and S. Schmidt  
    *How do mindfulness interventions take effect in pain disorders? An integrative model of postulated mechanisms of action*

12. Lee Tibi, Keren Reiner, and Oded Arbel  
    *Mindfulness introductory course for therapists: A qualitative study of the effects on personal and professional experiences*

13. Patricia D. Villenas, Zenel P. Yap, Justine T. Yu, Dmitri Kurt P. Yumul, Xyra Ianne L. Yuson, and Roquito Jose M. Yutangco  
    *The effectiveness of C.A.R.E. module in improving knowledge of primary caregivers of children with autism on physical care*
14. Martin Walsh and John Greaney

Mindfulness and insight problem solving
1. Alberto Amutio-Kareaga  
   Mindfulness for reducing physicians’ distress and improving doctor-patient relationship: A controlled study

2. Lisa Davis  
   Relations among mindfulness, self-regulated goal-striving, and social wellbeing

3. Naomi Fisher  
   Emotion regulation and mental habits mediate the relationship between mindfulness and eating behaviours.

4. Lee Gilbert and John Greaney  
   Brief mindfulness and memory for words

5. S. Herrnleben-Kurz & C. Zenner  
   Exploring ways of teaching mindfulness to schoolchildren: A formative evaluation of a mindfulness-based curriculum for primary schools

6. John Jouper  
   Mindfulness Based Stress Reduction: preliminary experiences from a diary-based program

7. Michail Mantzios  
   Making concrete construals mindful: A novel approach for developing mindfulness and self-compassion to assist weight loss.

8. M. Parra-Delgado, J. García-Campayo, J. Soler, and A. Cebolla  
   Relationship between meditation experience, five factors of mindfulness, and levels of resilience

9. K. Reiner and J. D. Lipsitz  
   Mindfulness vs. Distraction and Suppression Strategies for Experimental Pain

10. Rebecca Shankland, Caroline Cuny, and Dominique Steiler  
    Mindfulness and personality: The six factor model

11. S. Skovbjerg, C.R. Hauge, A. Rasmussen, P. Winkel and J. Elberling  
    Mindfulness-based cognitive therapy for the treatment of multiple chemical sensitivities: A randomized controlled pilot study

12. I. Veringa, E. de Bruin, L.G. Duncan, N. Bardacke, J. Hellemans, F. Oort and S. Bögels  
    ‘I have changed my mind’: Mindfulness-Based Childbirth and Parenting for stressed pregnant women and their partners; a pilot randomized clinical trial.

13. Teena Willoughby and Andrea DesRoches  
    Bidirectional associations between positive adjustment and adolescent involvement in passions and meditation in a longitudinal study: Positive mood as a mediator
CONFERENCE PROGRAM

Friday, May 10, 2013

7:30 am – 8:30 am
Registration
Room: 6 (Floor 1)

7:30 am – 8:00 am
Morning Meditation
Room: Faculty Aula Magna
Floor 4

Ajahn Amaro
(Thai Forest Theravada Tradition)

Light refreshments will follow the morning meditation
FRIDAY
8:30 am – 10:00 am

KEYNOTE PRESENTATION

Professor J. Mark G. Williams
Oxford University, UK

*Mindfulness, suicidality and early adversity*

Faculty Aula Magna
Floor 4

10:00 am – 10:30 am
Rooms: 1 and 2 (Floor 0)

Break: Refreshments and POSTERS
FRIDAY
10:30 am – 12 noon

Symposium 21
Mindfulness Assessment: I
Room: 3 (Floor 1)
Chair: Ivan Nyklicek
Discussant: Paul Grossman

Paper 1:
Kirk Warren Brown
Mindfulness assessment: A map of the current territory

Paper 2:
Claudia Bergomi
The Comprehensive Inventory of Mindfulness Experiences (CHIME)

Paper 3:
Zeno Kupper
Process research in Mindfulness Based Cognitive Therapy for depression using the Daily Mindfulness Scale

Paper 4:
Ivan Nyklicek
An observational measure of mindful awareness: Validation of the Assessment of Momentary Mindful Awareness (AMMA)
Symposium 22
Neuroscience of short- and long-term mindfulness experience
Room: 7 (Floor 2)
Chair: Fabio Giommi

Paper 1:
C. Gardi
Mindfulness-based training: a cortical thickness study

Paper 2:
C. Gardi
Functional and effective connectivity in mindfulness meditation (MBSR)

Paper 3:
Stephen Whitmarsh
Mindfulness meditation experience enables the monitoring of moment-by-moment attentional focus
FRIDAY
10:30 am – 12 noon

Symposium 23
Mindfulness in Educational Settings
Room: 8 (Floor 2)
Chair: Jennifer L. Frank

Paper 1:
Jennifer L. Frank
The Effectiveness of Mindfulness-Based Stress Reduction (MBSR) on Educator Stress and Well-Being: Results from a Pilot Study

Paper 2:
Trish Broderick
The Effectiveness of a Yoga-Based Intervention Program on the Health and Well-Being of Youth in Alternative School Settings

Paper 3:
Patricia A. Jennings
Mindfulness moderates the effect of stress on emotional exhaustion among teachers

Paper 4:
Zumra Ozyesil
The Effects of a Mindfulness and Acceptance Based (Education) Program on University Students’ Perceived Stress and Test Anxiety
FRIDAY
10:30 am – 12 noon

Symposium 24
Mindfulness Interventions for Medical Conditions: II
Room: 11 (Floor 3)
Chair: Domenico Scaringi

Paper 1:
Bruce Barrett
*Meditation or exercise for preventing acute respiratory infection: A randomized controlled trial*

Paper 2:
Lori A. Brotto
*Integrated mindfulness-based group cognitive therapy for women with provoked genital pain*

Paper 3:
Joanne Azulay
*To evaluate the effectiveness of Mindfulness-Based Stress Reduction (MBSR) tailored to individuals with a mixed brain injury*

Paper 4:
Jennifer Gans
*Mindfulness Based Tinnitus Stress Reduction (MBTSR) pilot study: A symptom perception-shift program*
**FRIDAY**

10:30 am – 12 noon

**Symposium 25**

*Experimental Studies in Mindfulness*

Room: 12 (Floor 3)

Chair: **Alessandro Giannandrea**

**Paper 1:**

**Christian Gaden Jensen**

*Mindfulness training affects attention—or is it attentional effort?*

**Paper 2:**

**Jonathan Greenberg**

*“Mind the Trap”: Mindfulness Practice Reduces Cognitive Rigidity*

**Paper 3:**

**John Greaney and Daire O’Cleirigh**

*Mindfulness, creativity and problem solving*

**Paper 4:**

**Ausiàs Cebolla**

*Auto-biographical memory, mindfulness and emotion regulation: an experimental research*

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**12:00 noon – 1:00 pm**

Floor 0 (Buffet for Pre-Paid with Registration)

**Lunch**
FRIDAY
1:00 pm – 2:30 pm

KEYNOTE PRESENTATION

Professor Paul Grossman
University of Basel Hospital, Switzerland

Mindfulness and its obstacles in science and in practice

Faculty Aula Magna
Floor 4

2:30 pm – 3:00 pm
Rooms: 1 and 2 (Floor 0)

Break: Refreshments and POSTERS
FRIDAY
3:00 pm – 4:30 pm

Symposium 26
Aut of your Mind: Mindfulness training in patients with Autism Spectrum Disorders across the life span
Room: 3 (Level 1)
Chair: Nirbhay N. Singh

Paper 1:
Hans Nanninga
Mindfulness training for children with ASD: Results of a pilot study

Paper 2:
Esther de Bruin
Mindfulness training for adolescents with ASD and parallel mindful parenting for their parents: Preliminary findings

Paper 3:
Annelies Spek
Mindfulness-based therapy (MBT) in high-functioning adults with ASD

Paper 4:
Annelies A. Spek
Can Mindfulness-based therapy reduce executive impairment in adults with autism spectrum disorders (ASD)?
FRIDAY
3:00 pm – 4:30 pm

Symposium 27
Mindfulness and Emotional Dysregulation in Borderline Personality Disorder
Room: 7 (Floor 2)
Chair: Cesare Maffei

Paper 1:
Nicolò Gaj

*Relationship among temperament/character variables, emotional dysregulation and mindfulness in borderline subjects in treatment with Dialectical Behavior Therapy (DBT) in a Day-Hospital setting*

Paper 2:
Stefania D’Angerio

*Effect of Mindfulness Based Cognitive Therapy (MBCT) on anxiety and brooding symptoms in subjects with personality disorders*

Paper 3:
Cesare Maffei

*Elicitation of specific emotions through selected videoclips and evaluation of subjective response, psychophysiological response (heart rate variability) and eyes movements.*
FRIDAY
3:00 pm – 4:30 pm

Symposium 28
Mindfulness-Based Treatment for Depression and Anxiety
Room: 8 (Floor 2)
Chair: Ramasamy Manikam

Paper 1:
Anne E.M. Speckens
*Mindfulness-based cognitive therapy for depressed and non-depressed patients with recurrent depression: prediction of long-term outcome*

Paper 2:
Maya Schroeters
*Daily assessment and temporal associations between mindfulness, repetitive thinking and depressive symptoms*

Paper 3:
Clara Strauss
*Self-help mindfulness-based interventions: Evidence from two RCTs*

Paper 4:
Britta K. Hölzel
*Neural mechanisms of symptom improvements in generalized anxiety disorder following mindfulness training*
FRIDAY
3:00 pm – 4:30 pm

Symposium 29
Mindfulness in the Workplace
Room: 11 (Floor 3)
Chair: Ashvind Adkins Singh

Paper 1:
Karen Klockner
  Keeping my mind on the job: Mindfulness and workplace safety

Paper 2:
Jutta Tobias
  Minding the gap: Linking mindfulness and resilience in turbulent work environments

Paper 3:
Simon Grégoire
  Evaluation of a mindfulness-based intervention to reduce psychological distress at work

Paper 4:
Karen Klockner
  Individual mindfulness, cognitive failures and personality (the big five) in a workplace sample
FRIDAY
3:00 pm – 4:30 pm

Symposium 30
Assessment and mechanisms of Mindfulness
Room: 12 (Floor 3)
Chair: Antonino Raffone

Paper 1:
Paul A. Frewen
*Meditation Breath Attention Scores (MBAS): Toward an experience-sampling, performance-based measure of mindfulness*

Paper 2:
John Jouper
*Mindfulness charts*

Paper 3:
Marieke van Vugt
*Using computational modeling to understand the mechanisms underlying mindfulness*

Paper 4:
Marco Sperduti
*The common neural bases of different forms of meditation: a quantitative meta-analysis of neuroimaging data*
1. Sherry L. Beaumont and Todd Pryor  
   *The Role of Mindfulness in Identity and Wisdom Among Emerging Adults*

2. Lisanne Delaney and John Greaney  
   *Mindfulness and students’ wellbeing*

3. Maria Teresa Giarelli  
   *From practice MBSR to self-help group to a public service of neuropsychiatry for childhood and adolescence: A path for stress management in parents and caregivers of children with neurological and psychiatric disorders of childhood*

4. Jennifer L. Frank, Patricia A. Jennings, and Trish Broderick  
   *Validation of the Interpersonal Mindfulness in Teaching Scale*

5. Tia Hansen and Mette Kold  
   *A mindful master’s degree in psychology*

   *A Comparison of the Attentional Effects of Meditation and Fp-HEG Neurofeedback*

7. Marissa Miyazaki, Douglas Saphier, and Jeffrey Kerner  
   *Teaching mindfulness to psychiatry residents in an era of medications and short-term treatment models*

8. V. Oliveira and R. F. Meneses  
   *The use of bibliotherapy as a mindfulness strategy in tinnitus patients.*

9. Jose Pinto-Gouveia, Sonia Gregorio, Cristiano Duarte and Luis Simoes  
   *Decentering: Psychometric properties of the Portuguese version of the Experiences Questionnaire*

10. Elisabeth K. Sarenmalm, Lena B. Mårtensson, Stig B. Holmberg, Bengt Andersson, Anders Odén, and Ingrid Bergh  
    *Randomized controlled mindfulness-based stress reduction intervention study design*

11. K. Simshäuser and S. Schmidt  
    *How do mindfulness interventions take effect in pain disorders? An integrative model of postulated mechanisms of action*

12. Lee Tibi, Keren Reiner, and Oded Arbel  
    *Mindfulness introductory course for therapists: A qualitative study of the effects on personal and professional experiences*
13. Patricia D. Villenas, Zenel P. Yap, Justine T. Yu, Dmitri Kurt P. Yumul, Xyra Ianne L. Yuson, and Roquito Jose M. Yutangco  
*The effectiveness of C.A.R.E. module in improving knowledge of primary caregivers of children with autism on physical care*

14. Martin Walsh and John Greaney  
*Mindfulness and insight problem solving*
1. Alberto Amutio-Kareaga
   Mindfulness for reducing physicians’ distress and improving doctor-patient relationship: A controlled study

2. Lisa Davis
   Relations among mindfulness, self-regulated goal-striving, and social wellbeing

3. Naomi Fisher
   Emotion regulation and mental habits mediate the relationship between mindfulness and eating behaviors.

4. Lee Gilbert and John Greaney
   Brief mindfulness and memory for words

5. S. Herrnleben-Kurz & C. Zenner
   Exploring ways of teaching mindfulness to schoolchildren: A formative evaluation of a mindfulness-based curriculum for primary schools

6. John Jouper
   Mindfulness Based Stress Reduction: preliminary experiences from a diary-based program

7. Michail Mantzios
   Making concrete construals mindful: A novel approach for developing mindfulness and self-compassion to assist weight loss.

8. M. Parra-Delgado, J. García-Camayo, J. Soler, and A. Cebolla
   Relationship between meditation experience, five factors of mindfulness, and levels of resilience

9. K. Reiner and J. D. Lipsitz
   Mindfulness vs. Distraction and Suppression Strategies for Experimental Pain

10. Rebecca Shankland, Caroline Cuny, and Dominique Steiler
    Mindfulness and personality: The six factor model

11. S. Skovbjerg, C.R. Hauge, A. Rasmussen, P. Winkel and J. Elberling
    Mindfulness-based cognitive therapy for the treatment of multiple chemical sensitivities: A randomized controlled pilot study

12. I. Veringa, E. de Bruin, L.G. Duncan, N. Bardacke, J. Hellemans, F. Oort and S. Bögels
    ‘I have changed my mind’: Mindfulness-Based Childbirth and Parenting for stressed pregnant women and their partners; a pilot randomized clinical trial.

13. Teena Willoughby and Andrea DesRoches
    Bidirectional associations between positive adjustment and adolescent involvement in passions and meditation in a longitudinal study: Positive mood as a mediator
CONFERENCE PROGRAM

Saturday, May 11, 2013

7:30 am – 8:30 am
Registration
Room: 6 (Floor 1)

7:30 am – 8:00 am
Morning Meditation
Room: Faculty Aula Magna
Floor 4

Dario Doshin Girolami
(Soto Zen Tradition)

Light refreshments will follow the morning meditation
SATURDAY
8:30 am – 10:00 am

KEYNOTE PRESENTATION

Professor Susan Bögels
University of Amsterdam, The Netherlands

Mindful parenting in mental health care: Effects on parental stress, (co)parenting, and child and parental psychopathology

Faculty Aula Magna
Floor 4

10:00 am – 10:30 am
Rooms: 1 and 2 (Floor 0)

Break: Refreshments and POSTERS
SATURDAY
10:30 am – 12 noon

Symposium 31
Mindful leadership. Real life experience in bringing mindfulness into organizational life
Room: 3 (Floor 1)
Chair: Fabio Giommi

Paper 1:
Maria Antonietta Russo
Telecom Italia HRS: Promoting mindful attention in executives and managers. Case history from a “massive” training experience

Paper 2:
Gabriele Rossi De Gasperis
Management of trade investment in the FMCG sector: Practical case history of trade investment optimization and control based on a model of “responsibility” through the application of mindfulness and ACT principles

Paper 3:
Fabio Giommi
Bringing mindfulness into organizational life: easy to say, much less to do, beautiful when it succeeds
SATURDAY
10:30 am – 12 noon

Symposium 32
Foundations of Mindfulness: I
Room: 7 (Floor 2)
Chair: Ramasamy Manikam

Paper 1:
Michelle Beatch
The Four Noble Truths and Eightfold Path: Implications for Social Emotional Education

Paper 2:
Malcolm Huxter
Buddhist mindfulness practices in contemporary psychology: A paradox of incompatibility and harmony

Paper 3:
Lauri Bower
Mindfulness Teachings of Thich Nhat Hanh: ‘being’ peace in order to ‘do’ peace

Paper 4:
Jowita Kramer
Mental States and Cognitive Processes in the Indian Buddhist Yogācāra Tradition
SATURDAY
10:30 am – 12 noon

Symposium 33
Mindfulness-Based Interventions in Education: II
Room: 8 (Floor 2)
Chair: Antonella Commellato

Paper 1:
Betsy L. Wisner
Integration of mindfulness meditation in an alternative high school curriculum

Paper 2:
Laura Bakosh
Maximizing mindful learning: An innovative mindfulness intervention improves elementary students’ academic achievement

Paper 3:
C. Zenner
Integrating Mindfulness into Education - A beneficial approach? A Systematic Review and Meta-Analysis

Paper 4:
Michele L. Kielty
Exploring points of entry for clinical applications of mindfulness with children and adolescents in primary and secondary education settings
**Symposium 34**

Mindfulness-based interventions for severe and enduring mental health problems: Evidence of effectiveness and participant experiences

Room: 11 (Floor 3)

Chair: **Clara Strauss**

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**Paper 1:**

**Lyn Ellett**

*Experience of mindfulness in people with bipolar disorder: A qualitative study*

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**Paper 2:**

**Clara Strauss**

*A mindfulness-based CBT group for chronic depression: A randomized controlled trial and participant experiences*

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**Paper 3:**

**Dr Lyn Ellett**

*Mindfulness for Paranoid Beliefs: Evidence from two case studies*

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**Paper 4:**

**Mark Hayward**

*A mindfulness-based CBT approach for distressing voices*
SATURDAY
10:30 am – 12 noon

Symposium 35
Mindfulness Assessment: II
Room: 12 (Floor 3)
Chair: Benjamin Hill

Paper 1:
Caroline Cuny
*Implicit measures of mindfulness*

Paper 2:
Juan V. Luciano
*Psychometric properties of the Spanish version of the Mindful Attention Awareness Scale (MAAS) in patients with fibromyalgia*

Paper 3:
Ulrich S. Tran
*Improving assessment of mindfulness with the Five Facet Mindfulness Questionnaire (FFMQ): Construction of a short form and evidence of a two-factor higher-order structure*

Paper 4:
Anna-leila Williams
*Can we improve meditation research?*

12:00 noon – 1:00 pm
Floor 0 (Buffet for Pre-Paid with Registration)

Lunch
SATURDAY
1:00 pm – 2:30 pm

KEYNOTE PRESENTATION

Professor Henk Barendregt
Radboud University, The Netherlands

*Mental states and their transformation by mindfulness*

Faculty Aula Magna
Floor 4

2:30 pm – 3:00 pm
Rooms: 1 and 2 (Floor 0)

Break: Refreshments and POSTERS
SATURDAY
3:00 pm – 4:30 pm

Symposium 36
Foundations of Mindfulness: I
Room: 3 (Level 1)
Chair: Alessandro Giannandrea

Paper 1:
Terry Hyland
Mindfulness practice and the free will problem: Can Buddhist meditation enhance human agency?

Paper 2:
Andrew Hede
Understanding and applying the two types of mindfulness

Paper 3:
Keren Arbel
Mindfulness in non-dual experience: The nature of mindfulness in the attainment of the fourth jhāna

Paper 4:
Pawinee Petchsawang
Mindfulness and life change

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SATURDAY
3:00 pm – 4:30 pm

Symposium 37
Mindfulness, Trauma and Compassion
Room: 7 (Floor 2)
Chair: Domenico Scaringi

Paper 1:
Brian Ostafin
*Untying the knots of fear: Mindfulness training weakens attentional bias toward trauma-film stimuli*

Paper 2:
Fred Zimmermann
*Mindfulness-based interventions as a potential treatment for deployment related stress in German military personnel*

Paper 3:
Adrienne Whitt-Woosley
*Compassion Fatigue, Mindfulness and Trauma*

Paper 4:
Susan Lord
*Meditative Dialogue: Cultivating Compassion and Empathy in Therapeutic Work with Survivors of Complex Childhood Trauma*
SATURDAY
3:00 pm – 4:30 pm

Symposium 38
Mindfulness, Leadership and Organizations
Room: 8 (Floor 2)
Chair: Ramasamy Manikam

Paper 1:
Christopher Rybak
Mindfulness and Leadership in Small Groups

Paper 2:
Liana Taylor
Leadership wisdom: transforming the world moment by moment

Paper 3:
Ronald Purser
Organizational mindfulness revisited: A Buddhist-based conceptualization

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SATURDAY
3:00 pm – 4:30 pm

Symposium 39
Mindfulness and Addictions
Room: 11 (Floor 3)
Chair: Ashvind Adkins Singh

Paper 1:
Marina Leoni
Introducing an MBRP program for cocaine abuse in an outpatient national addiction centre: a qualitative study

Paper 2:
Cesare Maffei
Mindfulness and emotional regulation treating alcohol addiction: A pilot study

Paper 3:
Leslie Temme
Mindfulness in chemical dependency treatment

Paper 4:
Leslie Temme
Mindfulness, spirituality and chemical dependency treatment

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**SATURDAY**

3:00 pm – 4:30 pm

**Symposium 40**

*Mindfulness and Other Therapies*

Room: 12 (Floor 3)

Chair: **Domenico Scaringi**

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Paper 1:

**Rebecca Semmens-Wheeler**  
*Mindful of meditation and hypnosis*

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Paper 2:

**Jeffrey B. Rubin**  
*Meditative Psychoanalysis*

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Paper 3:

**Monica Cowart**  
*Mindfulness, Metaphor & Psychotherapy: Creating A Brief Therapy Group to Solve the Comprehension Problem*

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Paper 4:

**G. Amadei**  
*Variations on the presence of mind: the relation between mindfulness and mentalization*
1. Alberto Amutio-Kareaga
   **Effective clinical use of mindfulness for increasing physicians’ wellbeing: A one-year study**

2. Lisa Davis
   **Mindfulness training for individuals with severe mental illness: A feasibility study**

3. Petrice Gentile and Jennine S. Rawana
   **Avoidance and impulsive decision making in adolescence: Implications for attentional processes in Mindfulness-Based Cognitive Therapy**

   **Mindfulness vs. metta meditation: effects on self-other-referential processing**

5. M. Parra-Delgado and J.M. Latorre-Postigo
   **Mindfulness-based Cognitive Therapy effectiveness in the treatment of depression symptoms, pain intensity and level of dysfunction in women with fibromyalgia**

6. K. Reiner, E. Soffer and J. Lipsitz
   **Comparing physiological correlates of mindfulness meditation and heart rate variability biofeedback training**

7. Rebecca Shankland, Lionel Strub, Laurie Mondillon, Emmanuel Lebarbenchon, Caroline Cuny, and Dominique Steiler
   **French validation of the Comprehensive Inventory of Mindfulness Experiences (CHIME)**

8. Lionel Strub, Rebecca Shankland, Dominique Steiler, Caroline Cuny and Marion Trousselard
   **The efficacy of an occupational stress management-adapted Mindfulness-Based Cognitive Therapy (MBCT) program in an individual format: an exploratory case study**

9. I. A. Trindade and Claudia Ferreira
   **The role of body image-related cognitive fusion on eating psychopathology**

10. Gauri Verma and Ricardo Araya
    **The effect of meditation on psychological distress among Buddhist Monks and Nuns**

11. C. Vieira and P. Castilho
    **Exploring the role of empathy in the development of compassion**

12. Isabelle Watin-Augouard and Rebecca Shankland
    **Mindfulness in therapeutic education: obesity and bariatric surgery**

13. Gwen Wyatt and Rebecca Lehto
    **A mindfulness focus group study among lung cancer patient**
CONFERENCE PROGRAM
POSTERS

Saturday, May 11, 2013
Room 2 (Floor 0)

1. D. Campos, A. Dominguez-Rodriguez, B. Gil, A. Garcia-Palacios and A Cebolla
   Relationship between the first time experience of mindfulness meditation and mindfulness trait.

2. Gaetan Cousin
   Does trait mindfulness predict improvement in emotion regulation?

3. Marcelo Demarzo, Solange Andreoni, Nadia Sanches, Sandra Fortes, Javier Garcia Campayo
   Mindfulness-based stress reduction (MBSR), perceived stress and quality of life in a Brazilian healthy sample

4. Cláudia Ferreira, Cristiana Duarte and José Pinto-Gouveia
   Self-compassion in the face of body image dissatisfaction: Implications for eating disorders’ conceptualization and treatment

5. C.R. Hauge, J.P. Bonde, A. Rasmussen and S. Skovjerg
   Mindfulness-based cognitive therapy for multiple chemical sensitivity: a study protocol for a randomized controlled trial

6. Elisabeth Hertenstein, Nina Rose, Ulrich Voderholzer, Thomas Heidenreich, Christoph Nissen, Nicola Thiel, Nirmal Herbst and Anne Katrin Külz
   Mindfulness-based cognitive therapy in obsessive-compulsive disorder – A qualitative study on patients’ experiences

7. Ananda Kumar
   Mindfulness in higher education: A systematic review

   Relationship between mindfulness facets and eating behaviors in a non-clinical Spanish girl sample

9. Victoria M. Moss and Tara L. Victor
   Does the Practice of Meditation Lead to Improvements in Cognitive Functioning?

10. Jennine S. Rawana and Sarah J. Norwood
    The association between adaptive and maladaptive cognitions and depression among emerging adults: Implications for attentional mechanisms in mindfulness-based cognitive therapy

11. Riin Seema, Anna Sircove and Arno Baltin
    Mindfulness: A time perspective? An Estonian study

12. Ann Vincent, Mary Whipple, Dawn Finnie, Julie Hathaway, Samantha McAllister, Kristin S Vickers, Loren Toussaint
    Forgiveness Education in Patients with Fibromyalgia
13. Nor Zuraida Zainal

A Review on the Efficacy of MBSR in Improving Stress, Depression and Anxiety in Breast Cancer Patients
CONFERENCE PROGRAM

Sunday, May 12, 2013

7:30 am – 8:30 am
Registration
Room: 6 (Floor 1)

7:30 am – 8:00 am
Morning Meditation
Room: Faculty Aula Magna
Floor 4

Henk Barendregt
(Vipassana Tradition)

Light refreshments will follow the morning meditation
SUNDAY
8:30 am – 10:00 am

KEYNOTE PRESENTATION

Professor Giuseppe Pagnoni
University of Modena and Reggio Emilia, Italy

Spontaneous brain activity and attentional regulation in the meditative exercise: Recent neuroimaging findings

Faculty Aula Magna
Floor 4

10:00 am – 10:30 am
Rooms: 1 and 2 (Floor 0)

Break: Refreshments and POSTERS
SUNDAY
10:30 am – 12 noon

Symposium 41
Level of practice and biological and psychological mechanisms underlying mindfulness
Room: 3 (Floor 1)
Chair: Javier García-Campayo

Paper 1:
Javier García-Campayo
Brain changes in long-term Zen meditators using proton magnetic resonance spectroscopy and diffusion tensor imaging: a controlled study

Paper 2:
Joaquim Soler
Direct experience and the course of eating disorders in patients on partial hospitalization: a pilot study.

Paper 3:
Albert Feliu-Soler
Effects of Dialectical Behaviour Therapy-Mindfulness Training on Emotional Reactivity in patients with Borderline Personality Disorder

Paper 4:
Ausiàs Cebolla
How mindfulness facets are affected by frequency of meditation practice
Symposium 42
Mindfulness and Personality
Room: 7 (Floor 2)
Chair: Cristiana Duarte

Paper 1:
Cristiana Duarte
*The importance of self-compassion and mindfulness in borderline symptoms*

Paper 2:
Paula Castilho
*What differentiates borderline patients with and without self-harm behaviors?*

Paper 3:
M. Pasinetti
*Mindfulness, Metacognition, and Personality Disorders with Emotional Overmodulation*
SUNDAY
10:30 am – 12 noon

Symposium 43
Applications of Mindfulness
Room: 8 (Floor 2)
Chair: Domenico Scaringi

Paper 1:
Rubel Barua
A Buddhist approach to ecology

Paper 2:
Jay Vidyarthi
Could an interactive medium introduce non-practitioners to mindfulness meditation?

Paper 3:
Leigh Burrows
Creating calmer classrooms through mindfulness
SUNDAY
10:30 am – 12 noon

Symposium 44
Mindfulness Interventions
Room: 11 (Floor 3)
Chair: Fabio Giommi

Paper 1:
C. Di Berardino
*From the awareness to flexibility of dysfunctional schemes: experience on psychiatric patients*

Paper 2:
Diana Coholic and Mark Eys
*Evaluating the Effectiveness of a 12-week Arts-Based Mindfulness Group Program for the Improvement of Resilience and Self-Concept in Vulnerable Children*

Paper 3:
Beatriz Cuartas and Stacey Guenther
*Mindful living and learning community (LLC) Students*

Paper 4:
Carey-Ann Dellbridge
*An adolescent’s subjective experience of mindfulness*
**SUNDAY**

10:30 am – 12 noon

**Symposium 45**

*Mindfulness in Multiple Contexts*

Room: 12 (Floor 3)

Chair: **Alessandro Giannandrea**

Paper 1:

**Massimo Tomassini**

*Mindfulness and resilience*

Paper 2:

**Richard Bränström**

*Mindfulness and balanced positive emotion: A proposed framework*

Paper 3:

**Denis Francesconi and Massimiliano Tarozzi**

*Eudaimonia: Learning the Wellbeing. A proposal between embodied pedagogy and mindfulness*

Paper 4:

**Mar Solano Méndez**

*Mindfulness at society, neuroscience and breath*

12:00 noon – 1:00 pm

Floor 0 (Buffet for Pre-Paid with Registration)

Lunch
SUNDAY
1:00 pm – 3:00 pm
MINDFULNESS AND DHARMA

Ajahn Chandapalo
Santacittarama Monastery, Rieti, Italy

Developing heart qualities through meditation

Dario Doshin Girolami
L'Arco Zen Center, Rome, Italy

Now and Zen: Shikantaza, koan and mindfulness

Lama Geshe Gedun Tharchin
LamRim Institute, Rome, Italy

Living with Tonglen and the bliss of breathing

Faculty Aula Magna
Floor 4
CONFERENCE PROGRAM
POSTERS

Sunday, May 12, 2013
Room 1 (Floor 0)

1. Alberto Amutio-Kareaga
   *Effective clinical use of mindfulness for increasing physicians’ wellbeing: A one-year study*

2. Lisa Davis
   *Mindfulness training for individuals with severe mental illness: A feasibility study*

3. Petrice Gentile and Jennine S. Rawana
   *Avoidance and impulsive decision making in adolescence: Implications for attentional processes in Mindfulness-Based Cognitive Therapy*

   *A mindfulness and neuroscience based intervention: stress management and resilience in the workplace*

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   *A mindfulness focus group study among lung cancer patient*
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*A Review on the Efficacy of MBSR in Improving Stress, Depression and Anxiety in Breast Cancer Patients*