

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 Nyklíček

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. Schroevers

Individual Mindfulness-Based Cognitive Therapy for people with diabetes: a pilot randomized controlled trial

THURSDAY
8:30 am – 10:00 am

Symposium 2

Mindfulness-Based Interventions for Medical Conditions: I

Room: 7 (Floor 2)

Chair: **Rachel E. Myers**

Paper 1:

Chenchen Wang

Mindfulness and Chronic Pain

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

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

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

THURSDAY
8:30 am – 10:00 am

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 Daukantaitė

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

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

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*

THURSDAY
10:30 am – 12 noon

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

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

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:

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CONFERENCE PROGRAM POSTERS

Thursday, May 9, 2013

Room 1 (Floor 0)

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
6. **Constantine Lai, Theodore Chow, Tanaz Javan, and Paul Frewen**
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, Cristiana 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

CONFERENCE PROGRAM POSTERS

Thursday, May 9, 2013

Room 2 (Floor 0)

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 Joupper**
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 Nyklíček**

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 Nyklíček

An observational measure of mindful awareness: Validation of the Assessment of Momentary Mindful Awareness (AMMA)

FRIDAY
10:30 am – 12 noon

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

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 Schroevers

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

CONFERENCE PROGRAM

POSTERS

Friday, May 10, 2013

Room 1 (Floor 0)

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
6. **Constantine Lai, Theodore Chow, Tanaz Javan, and Paul Frewen**
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, Cristiana 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

CONFERENCE PROGRAM

POSTERS

Thursday, May 9, 2013

Room 2 (Floor 0)

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-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

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

SATURDAY
10:30 am – 12 noon

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**

Paper 1:

Lyn Ellett

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

Paper 2:

Clara Strauss

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

Paper 3:

Dr Lyn Ellett

Mindfulness for Paranoid Beliefs: Evidence from two case studies

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

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

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

SATURDAY
3:00 pm – 4:30 pm

Symposium 40

Mindfulness and Other Therapies

Room: 12 (Floor 3)

Chair: **Domenico Scaringi**

Paper 1:

Rebecca Semmens-Wheeler

Mindful of meditation and hypnosis

Paper 2:

Jeffrey B. Rubin

Meditative Psychoanalysis

Paper 3:

Monica Cowart

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

Paper 4:

G. Amadei

Variations on the presence of mind: the relation between mindfulness and mentalization

CONFERENCE PROGRAM POSTERS

Saturday, May 11, 2013

Room 1 (Floor 0)

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Effective clinical use of mindfulness for increasing physicians' wellbeing: A one-year study
2. **Lisa Davis**
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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
8. **M. Miragali, A. Rodriguez, A. Cebolla, R. Banos and C. Botella**
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

SUNDAY
10:30 am – 12 noon

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 Bernardino

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)

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Effective clinical use of mindfulness for increasing physicians' wellbeing: A one-year study
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