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Università di Roma

Springer
MacTavish Behavioral Health

Aim
ASSOCIAZIONE ITALIANA PER LA MINDFULNESS

Nous
Scuola di Specializzazione quadriennale in Psicoterapia Cognitivo-Costruttivista
# CONFERENCE AT A GLANCE

**Wednesday, May 11**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30am-5:00pm</td>
<td>Registration <em>(Room: Hall Floor 2)</em></td>
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</tbody>
</table>
| 5:00pm-6:30pm | **Public Lecture**  
 by Venerable Bhikkhu Anālayo  
 What is Mindfulness? An Early Buddhist Perspective  
 Faculty Aula Magna *(Floor 4)* |
| 6:45pm-8:00pm | **The Inner Way: Meditation in Rebibbia Prison**  
 (documentary film and interview) |
# Thursday, May 12

**7:30am - 5:00pm Registration (Room: Hall Floor 2)**

<table>
<thead>
<tr>
<th>Room 7</th>
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<th>Room 12</th>
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<tbody>
<tr>
<td><strong>Symposium 1</strong></td>
<td><strong>Symposium 2</strong></td>
<td><strong>Symposium 3</strong></td>
<td><strong>Symposium 4</strong></td>
<td><strong>Symposium 5</strong></td>
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<tr>
<td>Mindfulness in the full course of depression</td>
<td>Mindfulness interventions with cancer, amyotrophic lateral sclerosis and interstitial lung disease</td>
<td>Mindfulness and work</td>
<td>Mindfulness-based interventions 1</td>
<td>Mindfulness-based interventions 2</td>
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<tr>
<td>Chair: Anne Speckens</td>
<td>Chair: Roberto Ferrari</td>
<td>Chair: A. Giannandrea</td>
<td>Chair: Federica Mauro</td>
<td>Chair: Carrie McPherson</td>
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<tr>
<th>8:30am-10:00am</th>
<th><strong>Refreshments and POSTER Presentation (Rooms 1 and 2)</strong></th>
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<tbody>
<tr>
<td><strong>Symposium 6</strong></td>
<td><strong>Symposium 7</strong></td>
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<tr>
<td>Mindfulness, Grief and Trauma</td>
<td>Mindfulness from the perspective of dialectical behavior therapy</td>
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<tr>
<td>Chair: Stefano Poletti</td>
<td>Chair: Cesare Maffei</td>
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<td>Presenters:</td>
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<tr>
<td>1. Leslie Palumbo</td>
<td>1. Roberto Ferrari</td>
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<td>2. Luigi Zerbinati</td>
<td>2. Anna Marconi</td>
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<td>3. Dario Dossen Girolami</td>
<td>3. Irene Guglieri</td>
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<td>4. Mariette van de Mierwe</td>
<td>4. Francesca Barile</td>
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<th>10:00am-10:30am</th>
<th><strong>Lunch Buffet for Pre-Paid Registrants At Floor 0</strong></th>
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<tbody>
<tr>
<td><strong>Symposium 11</strong></td>
<td><strong>Symposium 12</strong></td>
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<tr>
<td>Constructivist perspectives on contemplative practices: A phenomenological approach</td>
<td>Self-compassion: assessment and benefits for psychological well-being</td>
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<tr>
<td>Chair: Roberto Ferrari</td>
<td>Chair: Maya Schroters</td>
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<td>Presenters:</td>
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<tr>
<td>1. Roberto Ferrari</td>
<td>1. Nico Petrocchi</td>
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<td>2. Fabio Giomi</td>
<td>2. M. Schroters</td>
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<td>3. Stefano Poletti</td>
<td>3. Hester Trompetter</td>
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<td>4. Paul Gilbert</td>
<td>4. Herman Lo</td>
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<th>12:00am-1:00pm</th>
<th><strong>Refreshments and POSTER Presentation (Rooms 1 and 2)</strong></th>
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<tr>
<td><strong>Symposium 16</strong></td>
<td><strong>Symposium 17</strong></td>
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<tr>
<td>Instruction in mindfulness</td>
<td>The relationships between mind and body: Explaining the effects of mindfulness on stress</td>
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<tr>
<td>Chair: Stefano Poletti</td>
<td>Chair: Marco Mirolli</td>
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<td>Presenters:</td>
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<tr>
<td>1. Carole Cavanaugh</td>
<td>1. Marco Mirolli</td>
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<td>2. Alon Raz</td>
<td>2. Tania Moretta</td>
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<td>3. Ayse Dayi</td>
<td>3. Luca Simione</td>
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<td>4. G. Tymowski-Gionet</td>
<td>4. Akira Yamaoka</td>
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<tr>
<th>3:00pm-4:30pm</th>
<th><strong>Symposium 18</strong></th>
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<tr>
<td>Neuroscience of mindfulness and meditation</td>
<td>Here I am: Whole-body movement-induced neuroplasticity in neuro-development and neuro-degeneration</td>
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<tr>
<td>Chair: A. Giannandrea</td>
<td>Chair: Tal Dotan Ben-Sousan</td>
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<tr>
<td>1. Antonino Raffone</td>
<td>1. T. D. Ben-Sousan &amp; P. Paololetti</td>
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<tr>
<td>2. Roberto Guidotti</td>
<td>2. Federica Mauro</td>
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<td>3. Narayanavan Srinivasan</td>
<td>3. Filippo Carducci</td>
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<tr>
<th>5:00pm-6:30pm</th>
<th><strong>Symposium 19</strong></th>
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<tr>
<td>Stress at work: Does mindfulness help?</td>
<td>Chair: Ramasamy Manikam</td>
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<td>Presenters:</td>
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<tr>
<td>1. Jeffrey Chan</td>
<td>1. Timothy Sahaja Davis</td>
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<td>2. Esther I. de Bruin</td>
<td>2. Roberto Guidotti</td>
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<tr>
<td>3. Carrie L. McPherson</td>
<td>3. Massimo Ferrari</td>
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<tr>
<td>4. Esther I. de Bruin</td>
<td>4. Maja Johannsen</td>
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</table>

**Plenary Keynote** by Prof. Paul Gilbert - Evolution, Culture and Compassion-Focused Therapy
Faculty Aula Magna (Floor 4)
## Friday, May 13

7:30am - 5:00pm Registration (Room: Hall Floor 2)

### Room 7

7:30am-8:30am  
Meditation (Aula magna) and Welcome Coffee (Floor 2)

### Room 8

8:30am-10:00am  
**Keynote Lecture** by Dr. Antoine Lutz - Toward a Mechanistic Approach to Mindfulness Meditation Training  
Faculty Aula Magna (Floor 4)

### Room 11

10:00am-10:30am  
**Refreshments and POSTER Presentation (Rooms 1 and 2)**

### Room 12

10:30am-12:00am  
**Symposium 21**  
Mindfulness for teachers  
Chair: A. Giannandrea

**Symposium 22**  
Pedagogy in the Mills: An international exploration  
Chair: D. McCown & D. Reibel

**Symposium 23:**  
Assessing outcomes of mindfulness  
Chair: Domenico Scaringi

**Symposium 24**  
Mindfulness: Experimental studies (2)  
Chair: Federica Mauro

**Symposium 25**  
Clinical applications of mindfulness in childhood ADHD and autism spectrum disorder  
Chair: Esther I. de Bruin

**Presenters:**

1. Kristian Hudson  
2. Hee Jung Min  
3. Monica M. Jackman  
4. Detlev Vogel

1. A. ComPELLato & F. Giommi  
2. Simon Whitesman  
3. Diane (Dina) Wyshogrod  
4. Rebecca Crane

1. Peter Sedlmeier  
2. K. Plank &. J. Stalnacke  
3. Paul Harnett  
4. Sharon Dawe

1. Naomi Fisher  
2. Mirjam Hartkamp  
3. Yair Dor-Ziderman  
4. Chris Noone

### Room 14

12:00am-1:00pm  
**Keynote Lecture** by Dr. Peter Malinowski - Attention in Meditation and Mindfulness Practice  
Faculty Aula Magna (Floor 4)

1:00pm-2:30pm  
**Refreshments and POSTER Presentation (Rooms 1 and 2)**

3:00pm-4:30pm  
**Symposium 26**  
Traditional understanding and contemporary applications of mindfulness, with a focus on Autism Spectrum Disorder  
Chair: Yoon-Suk Hwang

**Symposium 27**  
Mindfulness and Wellness  
Chair: Monica Jackman

**Symposium 28**  
Mindfulness-based interventions: MBCT  
Chair: Domenico Scaringi

**Symposium 29**  
Mindfulness-based interventions 3  
Chair: Federica Mauro

**Symposium 30**  
Mindfulness-based interventions 4  
Chair: Geetesh Nirban

**Presenters:**

1. Patrick Kearney  
2. Malcolm Huster  
3. Yook-Suk Hwang  
4. Yoon-Suk Hwang

1. Charlotte Thaarup  
2. Barbara Barcaccia  
3. Gaia Bergamaschi  
4. Giorgia Arduino

1. Graham Meadows  
2. Modo Alsbuabe  
3. So-An Lao  
4. Frances Shawyer

1. Alessandro Giannandrea  
2. Amanda Brisebois  
3. Eva Pothast  
4. Kathleen Van der Gucht

5:00pm-7:00pm  
**Public Lecture and Demonstration** by Shaolin Monks  
**Ven. SHI-YAN-HUI**  
The three jewels of Shaolin Culture for Health  
**Ven. SHI-HENG-CHAN**  
Chan Meditation: pedagogical tool for the maintenance of the evolutionary trend of personality  
Faculty Aula Magna (Floor 4)
# Saturday, May 14

**Room 7** | **Room 8** | **Room 11** | **Room 12** | **Room 14**
---|---|---|---|---

**7:30am-8:30am**
- Meditation (Aula magna) and Welcome Coffee (Floor 2)

**8:30am-10:00am**
- **Keynote Lecture** by Dr. Rebecca Crane - Making the Path by Walking it: The Journey of Implementing Mindfulness
  - Faculty Aula Magna (Floor 4)

**10:00am-10:30am**
- Refreshments and POSTER Presentation (Rooms 1 and 2)

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<tr>
<th>Symposium 31</th>
<th>Symposium 32</th>
<th>Symposium 33</th>
<th>Symposium 34</th>
<th>Symposium 35</th>
</tr>
</thead>
</table>
- Mindfulness and Education  
  - Chair: Maria Napoli
  - Presenters:
    1. Maria Napoli
    2. Jamie Valderamma
    3. Tamara Rounds
- Meditation as a burn-out syndrome prevention and treatment
  - Chair: Fabio Gianni
  - Presenters:
    1. Maria Antonietta Balzola
    2. Patrizia Gasparini
    3. Stefano Bonzoni
- Meta-cognitive mechanisms in mindfulness
  - Chair: Amit Bernstein
  - Presenters:
    1. Amit Bernstein
    2. Thorsten Barnhofer
    3. Liad Ruimi
    4. Yuval Hadash
- Mindfulness-based interventions: MBCT
  - Chair: Federica Mauro
  - Presenters:
    1. Albert Chiesa
    2. Josefine L. Lilja
    3. Samuel Wong
    4. Chloe Yu Chin
- Mindfulness-based interventions for people with cancer
  - Chair: Anne Speckens
  - Presenters:
    1. Anne Speckens
    2. Melanie P.J. Schellekens
    3. Else Bisseling

**12:00am-1:00pm**
- Lunch Buffet for Pre-Paid Registrants At Floor 0

<table>
<thead>
<tr>
<th>Symposium 36</th>
<th>Symposium 37</th>
<th>Symposium 38</th>
<th>Symposium 39</th>
<th>Symposium 40</th>
</tr>
</thead>
</table>
- Care for teachers: Examining implementation, process, and outcomes of a mindfulness-based intervention in teacher professional development
  - Chair: Patricia Jennings
  - Presenters:
    1. Patricia Jennings
    2. Joshua Brown
    3. Deborah L. Schussler
    4. Sebrina Doyle
- Mindfulness-based interventions: MBSR
  - Chair: Ramasamy Manikam
  - Presenters:
    1. Steven Stanley
    2. Shu-Yu Kuo
    3. Lori Gray
    4. Chotak Nangaren
- Mindfulness in a broader context
  - Chair: Domenico Scaringi
  - Presenters:
    1. Sam Alibrando
    2. Laura Martin
    3. Massimo Tommassini
    4. Moitree Banerjee
- Mindfulness at Work
  - Chair: Federica Mauro
  - Presenters:
    1. Antonio T. Fernando
    2. Larissa Bartlett
    3. Sean H. Thompson
    4. Martina Testa
- Mindfulness-based interventions
  - Chair: Geetesh Nirban
  - Presenters:
    1. Rebecca Shankland
    2. Kathy Gruver
    3. Maria Fiorella Gazale
    4. Martina Testa

**1:00pm-2:30pm**
- Refreshments and POSTER Presentation (Rooms 1 and 2)

**2:30pm-3:00pm**
- **Open Symposium on Mindfulness and Society**
  - Faculty Aula Magna (Floor 4)

**3:00pm-5:50pm**
- Conference Dinner at La Campana restaurant, vicolo della Campana 18, near the Pantheon (additional fee)

**8:00pm**
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:30am-8:30am</td>
<td>Meditation (Aula magna) and Welcome Coffee (Floor 2)</td>
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</tbody>
</table>
| 8:30am-10:00am| **Symposium 41** Measuring mindfulness  
Chair: A. Giannandrea  
Presenters:  
1. Oleg Medvedev  
2. Vincenzo Cizoni  
3. James Walsh  
4. Pascal Frank  
**Symposium 42** Mindfulness and Ethics  
Chair: Ramasamy Manikam  
Presenters:  
1. Tim Lomas  
2. Dipu Visuddhangkoon  
3. Finn Janning  
4. Melinda Asztalos  
**Symposium 43** Mindfulness and movement  
Chair: Domenico Scaringi  
Presenters:  
1. Marco Sperduti  
2. Ho Law  
3. Josef Mattes  
4. Ying Hwa Kee  
**Symposium 44** Mindfulness: Experimental studies (3)  
Chair: Federica Mauro  
Presenters:  
1. Concetta Gardi  
2. Marie-Pierre Fornette  
3. Lucy Tan  |
| 10:00am-10:30am| Refreshments and POSTER Presentation (Rooms 1 and 2)  
**Symposium 45** Mindfulness: Experimental studies  
Chair: Geetesh Nirban  
Presenters:  
1. Oleg Medvedev  
2. Vincenzo Cizoni  
3. James Walsh  
4. Pascal Frank  |
| 10:30am-12:00am| **Symposium 46** First person experience as a transcendental starting point  
Chair: Franco Bertossa  
Presenters:  
1. Paolo Pendenza  
2. Giorgio Santi  
3. Franco Bertossa  
**Symposium 47** Internet-based Mindfulness  
Chair: Ramasamy Manikam  
Presenters:  
1. Moitree Banerjee  
2. Arnold van Emmerik  
3. Marion Spijkerman  
4. Birgitta Johansson  
**Symposium 48** Mindfulness and emotion regulation  
Chair: Domenico Scaringi  
Presenters:  
1. Carina Remmers  
2. Dominique Makowski  
3. Laura Ciccocipollini  
4. Ann Chanler  
**Symposium 49** Mindfulness and mental health  
Chair: Federica Mauro  
Presenters:  
1. Nanna Ahlmark  
2. Gabriele Baracchi  
3. Tara Hickey  
4. Maria Teresa Gianelli  
**Symposium 50** Mindfulness in daily life  
Chair: Geetesh Nirban  
Presenters:  
1. Venerable Peramadana Indarathana  
2. Ujjwal Sraman  
3. Tiloka Nanda Sraman  |
| 12:00am-1:00pm| Lunch Buffet for Pre-Paid Registrants At Floor 0  
Panel Discussion on "Developments, problems and future directions in mindfulness and contemplative science" |
| 1:00pm-2:30pm| **Symposium 41** Measuring mindfulness  
Chair: A. Giannandrea  
Presenters:  
1. Oleg Medvedev  
2. Vincenzo Cizoni  
3. James Walsh  
4. Pascal Frank   
**Symposium 42** Mindfulness and Ethics  
Chair: Ramasamy Manikam  
Presenters:  
1. Tim Lomas  
2. Dipu Visuddhangkoon  
3. Finn Janning  
4. Melinda Asztalos   
**Symposium 43** Mindfulness and movement  
Chair: Domenico Scaringi  
Presenters:  
1. Marco Sperduti  
2. Ho Law  
3. Josef Mattes  
4. Ying Hwa Kee  |
| 2:30pm-3:30pm| Mindful Musical Performance by Stefano Mhanna - solo violin concert and interview |
| 3:30pm-3:45pm| Closure |

See the next 3 pages for the Poster Presentations
<table>
<thead>
<tr>
<th>Posters - Thursday May 12</th>
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<tbody>
<tr>
<td>1  Avery Voos: Mindful parenting: Supporting parents of children with Autism Spectrum Disorder</td>
</tr>
<tr>
<td>2  Jacob Stålneck: Mindfulness in Gothenburg</td>
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<tr>
<td>3  Viviana Capurso: The effects of mindfulness-oriented meditation on school teachers’ stress, burnout and personality traits</td>
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<td>4  Jenny Gu: How do mindfulness-based interventions work?</td>
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<tr>
<td>5  Shashi Agarwal: Mindfulness in clinical practice: Hypertension</td>
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<tr>
<td>6  Michael McIntyre: Mindful leadership training augments mindfulness, compassion and well-being</td>
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<tr>
<td>7  Roberto Ferrari: Point zero: A phenomenological inquiry into the seat of consciousness</td>
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<tr>
<td>8  Stefano Poletti: Mindfulness-based stress reduction in patients with interstitial lung disease</td>
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<tr>
<td>9  Andrew Sayer: Nurturing Resilient Kids: Efficacy of Mindfulness Curriculum in Middle School Classrooms</td>
</tr>
<tr>
<td>10 Sarah McKenzie: A systematic review of cultural relevance in mindfulness research</td>
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<tr>
<td>11 Marion Spijkerman: A compassion training as guided self-help for enhancing well-being: Preliminary results of a randomized controlled trial</td>
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<tr>
<td>12 Ingeborg Farver-Vestergaard: Mindfulness-based cognitive therapy (MBCT) in chronic obstructive pulmonary disease (COPD): Development of the MBCT-COPD manual</td>
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<tr>
<td>13 Maja O’Connor: Development of manuals for Mindfulness-Based Cognitive Therapy (MBCT-grief) and Compassion Focused Therapy (CFT-grief) for Prolonged Grief Disorder following old age conjugal bereavement.</td>
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<tr>
<td>14 Chiara Annunciata Veneziani: The protective role of dispositional mindfulness on work-related well-being when potentially stressful events occur</td>
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<tr>
<td>15 Maurice van den Bosch: Mindfulness meditation for self-awareness and stress reduction in physicians.</td>
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<tr>
<td>16 Abigail Millings: Mindfulness and attachment security: A systematic review</td>
</tr>
<tr>
<td>17 Mariagrazia Strepparava: Mindfulness and emotion regulation: the golden pot against stress and burnout in nurses</td>
</tr>
<tr>
<td>18 Mara Mettola: Mindfulness, sport and metacognition</td>
</tr>
<tr>
<td>19 Matthew D. Hanson: Anxiety, attention, and mindfulness following focused attention and open-monitoring mindfulness meditation</td>
</tr>
<tr>
<td>20 Emilia Trapasso: Mindfulness-based Connection with Nature</td>
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<tr>
<td>21 Zaffie Cox: The effect of longitudinal short-meditation interventions on the cognitive alerting network</td>
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<tr>
<td>22 Emanuela Poggioli: Mindfulness education: actualization of &quot;Gaia Project&quot; at preschool</td>
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<td>23 Federica Farina: Mindful disposition, rumination and insomnia</td>
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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.
CONFERENCE PROGRAM

WEDNESDAY, MAY 11

7:30 am – 5:00 pm
Registration
Room: Hall (Floor 2)

5:00 pm – 6:30 pm
PRECONFERENCE PUBLIC LECTURE
with sequential translation in Italian

Ven. Bhikkhu Anālayo, PhD
University of Hamburg, Germany

What is Mindfulness? An Early Buddhist Perspective

Followed by the documentary film
“The Inner Way: Meditation in Rebibbia Prison”
(6:45 pm – 8:00 pm)

Presentation will be at Aula Magna of the Faculty, Floor 4

Open also to registered local participants.
Seating will open at 4:30 pm and will close just prior to the lecture.
Conference Publication

If you are presenting a research or theoretical paper at the conference that has not been published or submitted for publication elsewhere, you are invited to submit it for peer-review and possible publication in the journal, *Mindfulness* (Impact Factor: 3.692). You should prepare your paper according to the 6th edition of the APA Publication Manual, inclusive of an Abstract. A typical paper accepted for publication in this journal is about 30 pages in length and double-spaced throughout. Longer papers may be reviewed given prior consultation with the editor.

For those who wish to submit their research paper for publication in an international journal, you are invited to submit it to *Mindfulness* at: http://www.editorialmanager.com/mindfulness/

For questions questions regarding submission to *Mindfulness*, please e-mail Dr. Nirbhay N. Singh, Editor-in-Chief, at nisingh@gru.edu
THURSDAY, MAY 12
7:30 am – 5:00 pm
Registration
Room: Hall (Floor 2)
THURSDAY, MAY 12
8:30 am – 10:00 am

Symposium 1
Mindfulness in the Full Course of Depression
Room: 7 (Floor 2)
Chair: Anne Speckens

Paper 1:
Laura Taylor & Anna Sonley
Effectiveness of mindfulness training in improving resilience in your adults: the MYRIAD project

Paper 2:
Carolien Wentink
Discontinuation of antidepressant medication after mindfulness-based cognitive therapy for recurrent depression: a randomized controlled non-inferiority trial

Paper 3:
Rhoda Schuling
Effectiveness of Mindfulness-Based Compassionate Living in Recurrent Depression as a follow-up to MBCT
THURSDAY, MAY 12
8:30 am – 10:00 am

Symposium 2
Mindfulness Intervention with Cancer, Amyotrophic Lateral Sclerosis and Interstitial Lung Disease
Room: 8 (Floor 2)
Chair: Roberto Ferrari

Paper 1:
Roberto Ferrari
Mindfulness-based Stress Reduction in Patients with Interstitial Lung Disease: a pilot study

Paper 2:
Anna Marconi
The experience of meditation for people with Amyotrophic Lateral Sclerosis and their caregivers: A single-blind randomized pre-post clinical trial

Paper 3:
Irene Guglieri
Mindfulness Based Cognitive Therapy for Cancer: a pilot study to determine effectiveness and feasibility in Italian cancer patients

Paper 4:
Francesca Barile
Manage psychological distress supporting resilience: a combined intervention of psychotherapy and MBSR in a hospital setting
THURSDAY, MAY 12
8:30 am – 10:00 am

Symposium 3
Mindfulness and Work
Room: 11 (Floor 3)
Chair: Alessandro Giannandrea

Paper 1:
Timothy Sahaja Davis
Mindfulness and Sensitivity: the impact of mindfulness training on true and false memories

Paper 2:
Illos Kotsou
Enhancing well-being at work: The mediating role of psychological flexibility

Paper 3:
Sari Cinamon
Mindfulness for Recovery: The Public Sector and Environment under Crisis in Israel

Paper 4:
Marie Holm
Mindfulness and the Dualities of Humanistic Management
THURSDAY, MAY 12
8:30 am – 10:00 am

Symposium 4
Mindfulness-Based Interventions: 1
Room: 12 (Floor 3)
Chair: Federica Mauro

Paper 1:
Fei-Hsiu Hsiao
The Long-Term Effects of Mindfulness Added to Family Resilience-oriented Couples Support Group on Psychological Well-Being and Cortisol Responses in Breast Cancer Survivors and their Partners

Paper 2:
Bruno Cayoun
Unlearning chronic pain with equanimity: Immediate and lasting pain reduction following a self-implemented mindfulness-based exposure task

Paper 3:
Alice Shires
Comparison of a mindfulness based exposure task with a distraction task in the reduction of induced pain with an additional moderator of attentional bias.

Paper 4:
Simone Cheli
Metacognitive Awareness in Cancer Setting: A Methodological Offering

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THURSDAY, MAY 12
8:30 am – 10:00 am

Symposium 5
Mindfulness-Based Interventions: 2
Room: 14 (Floor 3)
Chair: Carrie McPherson

Paper 1:
Richard Siegert
Critical Review of Mindfulness Interventions for Neurological Conditions

Paper 2:
Angela Rowe
Attachment Security and Self-compassion Priming Increase the Likelihood that First-time Engagers in Mindfulness Meditation will Continue with Mindfulness Training

Paper 3:
Sacha Grocholewska-Mullins
A mindfulness and compassion-based education programme: A life-span approach

Paper 4:
Maja Johannsen
Do attachment anxiety and avoidance predict levels of mindfulness and self-compassion in women treated for breast cancer? An exploratory analysis

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

Break: Refreshments and POSTERS
THURSDAY, May 12
10:30 am – 12 noon

Symposium 6
Mindfulness, Grief and Trauma
Room: 7 (Floor 2)
Chair: Stefano Poletti

Paper 1:
Leslie Palumbo

*Mindfulness and Grief: Mining the Treasure Inherent in Great Loss*

Paper 2:
Luigi Zerbinati

*Panta Rhei: Mindfulness-based weekend retreats for people bereaved by suicide*

Paper 3:
Dario Doshin Girolami

*When Blossom falls: A Right Mindfulness course for grieving parents who lost their children*

Paper 4:
Mariette van der Merwe

*Psycho-education aimed at mindfulness to manage the dialectic nature of traumatic memories*
THURSDAY, MAY 12
10:30 am – 12 noon

**Symposium 7**
**Mindfulness from the Perspective of Dialectical Behavior Therapy**
Room: 8 (Floor 2)
Chair: Cesare Maffei

**Paper 1:**
Marco Cavicchioli
*DBT Skills Training in Alcohol Dependence Treatment: Mindfulness as a Mediator of Therapeutic Change*

**Paper 2:**
Nicolò Gaj
*Mindfulness mediates the relation between emotional regulation and behavioral skills use in a clinical sample*

**Paper 3:**
Stefania d'Angerio
*Mindfulness and DBT: A systematic review of processes and efficacy*
THURSDAY, MAY 12
10:30 am – 12 noon

Symposium 8
Mindfulness in Organizational Life: So Fragile, So Misunderstood, So Needed
Room: 11 (Floor 3)
Chair: Fabio Giommi

Paper 1:
Fabio Giommi
Conditions and requirements to bring mindfulness into organizational life without impairing its integrity: cues from field experience

Paper 2:
Iacopo Camozzo Caneve
Mindfulness within a company: the Borsa Italiana (Italian Stock Exchange) case

Paper 3:
Federica Muzzi
Mindfulness training within a company: an HR perspective

Paper 4:
Gabriele Rossi de Gasperis
Manage a New Job in the E-Commerce Industry: A Case History of the Application of Mindfulness and Act Principles
THURSDAY, MAY 12
10:30 am – 12 noon

Symposium 9
Mindfulness: Experimental Studies 1
Room: 12 (Floor 3)
Chair: Federica Mauro

Paper 1:
Aviva Berkovich-Ohana
  *Functional and structural neural modulations in long-term meditators*

Paper 2:
Mariya Shiyko
  *A within-person study of daily experiences during the 8-week mindfulness training*

Paper 3:
Caroline Cuny
  *Are mindful people better at recognizing facial expressions?*

Paper 4:
Lynsey Mahmood
  *Mindfulness reduces the correspondence bias*
THURSDAY, MAY 12
10:30 am – 12 noon

Symposium 10
Mindfulness-Based Approaches for People with Developmental Disabilities
Room: 14 (Floor 3)
Chair: Carrie McPherson

Paper 1:
Ramasamy Manikam
*Effects of Shenpa and Compassionate Abiding Meditations on the Aggressive Behavior of Individuals with Mild Intellectual Disabilities*

Paper 2:
Petra Helmond
*Mindfulness Training for People with Intellectual Disabilities: A Pilot Study*

Paper 3:
Monica Jackman
*Effects of Mindfulness Yoga on Aggressive Behavior of Adolescents with Intellectual Disabilities*

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

Lunch
Symposium 11
Constructivist Perspectives on Contemplative Practices: A Phenomenological Approach
Room: 7 (Floor 2)
Chair: Roberto Ferrari

Paper 1:
Roberto Ferrari
Animal experience and contemplative practices

Paper 2:
Fabio Giommi
Constructivism and Insight

Paper 3:
Stefano Poletti
Narrative representations and the Lived Experience: The Qualitative Enquiry on Mindfulness
THURSDAY, MAY 12
1:00 pm – 2:30 pm

Symposium 12
Self-Compassion: Assessment and Benefits for Psychological Well-Being
Room: 8 (Floor 2)
Chair: Maya Schroevers

Paper 1:
Nicola Petrocchi
Protection or Vulnerability? A meta-analysis of the relations between the positive and negative components of self-compassion and psychopathology

Paper 2:
Maya Schroevers
The moderating effect of stress on the association of self-compassion and self-criticism with depressive symptoms

Paper 3:
Hester Trompetter
Self-compassion and adaptation to chronic physical illness: A systematic review

Paper 4:
Paul Gilbert
Three orientations of compassion and the development of their self-report measures
Symposium 13
Mindfulness and Parenting
Room: 11 (Floor 3)
Chair: Alessandro Giannandrea

Paper 1:
Kim Zlomke
Examining the role of parenting style and attachment in dispositional mindfulness

Paper 2:
Milena Hilstra and Mirjam Spijker
Mindfulness-Based Family Intervention: Parent and Children as Equal Participants

Paper 3:
Patrizio Paoletti and Anna Silvia Bombi
The Empty Space: The Importance of Parental Attention, Neutrality and Observation in the Parent-Child Relationship

Paper 4:
Herman Lo
The Study of Mindful Parenting in Chinese Populations
THURSDAY, MAY 12
1:00 pm – 2:30 pm

Symposium 14
Mindfulness: Discussion Papers
Room: 12 (Floor 3)
Chair: Federica Mauro

Paper 1:
Mario Thanavaro Proscia
Mindfulness and Suffering

Paper 2:
Timothy Sahaja Davis
Mindfulness: Collaborator Or Revolutionary? A Discussion Paper Exploring the Transmogrification of Mindfulness and its Current Role Within European and North American Cultures

Paper 3:
Gavin Anderson
Mindfulness, law and neuroscience: towards a paradigm of relationality

Paper 4:
Juyan Zhang
The Creation of Avalokitesvara: Exploring his Origin and Alienation in the Northern Agamas
THURSDAY, MAY 12
1:00 pm – 2:30 pm

Symposium 15
Ethics and Epistemology of Mindfulness
Room: 14 (Floor 3)
Chair: Monica M. Jackman

Paper 1:
Donald McCown
Defining and analyzing the ethical space of the Mindfulness-Based Interventions

Paper 2:
Geetesh Nirban
Mindfulness as an ethical ideal in Bhagavadgītā

Paper 3:
Sonia Bortolotto
The Abhidharma text: the epistemology of Mindfulness

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

Break: Refreshments and POSTERS
THURSDAY, MAY 12
3:00 pm – 4:30 pm

Symposium 16
Instruction in Mindfulness
Room: 7 (Floor 2)
Chair: Stefano Poletti

Paper 1:
Carole Cavanaugh
Mindfulness for Millennials: Contemplative Practice in the College Curriculum

Paper 2:
Alon Raz
An integrated model of mindfulness in psychotherapy and in psychotherapy training

Paper 3:
Ayse Dayi
Explorations into Mindful Education in Turkey

Paper 4:
Gabriela Tymowski-Gionet
Introducing mindfulness practice in two kinesiology undergraduate courses: preliminary findings and student reflections
THURSDAY, MAY 12
3:00 pm – 4:30 pm

Symposium 17:
The Relationship Between Mind and Body: Explaining the Effects of Mindfulness on Stress
Room: 8 (Floor 2)
Chair: Marco Mirolli

Paper 1:
Marco Mirolli
Mindfulness and the Mind/Body Unity

Paper 2:
Tania Moretta
The neurobiology of mindfulness, stress and their interactions

Paper 3:
Luca Simione
Modeling the effects of mindfulness on stress
THURSDAY, MAY 12
3:00 pm – 4:30 pm

Symposium 18:
Neuroscience of Mindfulness and Meditation
Room: 11 (Floor 3)
Chair: Alessandro Giannandrea

Paper 1:
Antonino Raffone
  Meditation states and expertise modulate oscillatory coupling of brain networks in
  Buddhist monks

Paper 2:
Roberto Guidotti
  Prediction of meditation experience using fMRI functional connectivity and pattern
  regression

Paper 3:
Narayanan Srinivasan
  Neural Correlates of Visual Awareness Changes due to Concentrative Meditation: A
  fMRI Study with Color Afterimages

Paper 4:
Akina Yamaoka
  Mind-wandering improves creative problem solving

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THURSDAY
3:00 pm – 4:30 pm

Symposium 19
Here I Am: Whole-body Movement-Induced Neuroplasticity in Neuro-development and Neuro-degeneration
Room: 12 (Floor 3)
Chair: Tal Dotan Ben-Soussan

Paper 1:
Tal Dotan Ben-Soussan and Patrizio Paoletti
Inner Design Technology and Neuroplasticity following Training

Paper 2:
Federica Mauro
Effects of the Quadrato Motor Training over EEG creativity markers

Paper 3:
Filippo Carducci
Investigations into Diffusion Tensor Imaging: the effects of Quadrato Motor Training

Paper 4:
Micaela Caserta
Improved creativity and neurotrophic changes following Quadrato Motor Training
Symposium 20
Stress at Work: Does Mindfulness Help?
Room: 14 (Floor 3)
Chair: Ramasamy Manikam

Paper 1:
Jeffrey Chan
*Reducing 1:1 Observations through Mindfulness-Based Positive Behavior Supports (MBPBS) Training for Caregivers*

Paper 2:
Esther de Bruin
*Preliminary effects of the Mindful2Work training; a combination of physical exercise, yoga, and mindfulness meditations in employees with burn-out related symptoms*

Paper 3:
Carrie L. McPherson
*A randomized controlled trial of the effects of caregiver training in Mindfulness-Based Positive Behavior Supports (MBPBS)*

Paper 4:
Esther de Bruin
*Mindfulness training in a corporate world. Effects on well-being and work-competence of employees of a large multi-national company*
THURSDAY
5:00 pm – 6:30 pm

PLENARY KEYNOTE
with simultaneous translation in Italian

Prof. Paul Gilbert, PhD, OBE
University of Derby, United Kingdom

Evolution, Culture and Compassion-Focused Therapy

Faculty Aula Magna
Floor 4

Followed by the film “States of Grace” (6:45 pm to 8:00 pm)
http://www.statesofgracefilm.com/

For a map see:
http://eventot.com/venue/aula-magna-rettorato-la-sapienza/34354

Open also to registered local participants.
Seating will open at 4:30 pm and will close just prior to the lecture.
1. Avery Voos  
   Mindful parenting: Supporting parents of children with Autism Spectrum Disorder
2. Jacob Stål Nacke  
   Mindfulness in Gothenburg
3. Viviana Capurso  
   The effects of mindfulness-oriented meditation on school teachers’ stress, burnout and personality traits
4. Jenny Gu  
   How do mindfulness-based interventions work?
5. Shashi Agarwal  
   Mindfulness in clinical practice: Hypertension
6. Michael McIntyre  
   Mindful leadership training augments mindfulness, compassion and well-being
7. Roberto Ferrari  
   Point zero: A phenomenological inquiry into the seat of consciousness
8. Stefano Poletti  
   Mindfulness-based stress reduction in patients with interstitial lung disease
9. Andrew Sayer  
   Nurturing Resilient Kids: Efficacy of Mindfulness Curriculum in Middle School Classrooms
10. Sarah McKenzie  
    A systematic review of cultural relevance in mindfulness research
11. Marion Spijkerman  
    A compassion training as guided self-help for enhancing well-being: Preliminary results of a randomized controlled trial
12. Ingeborg Farver-Vestergaard  
    Mindfulness-based cognitive therapy (MBCT) in chronic obstructive pulmonary disease (COPD): Development of the MBCT-COPD manual
CONFERENCE PROGRAM
POSTERS

Thursday, May 12, 2016
Room 2 (Floor 0)

1. Maja O’Connor
   Development of manuals for Mindfulness-Based Cognitive Therapy (MBCT-grief) and
   Compassion Focused Therapy (CFT-grief) for Prolonged Grief Disorder following old age
   conjugal bereavement

2. Chiara Annunciata Veneziani
   The protective role of dispositional mindfulness on work-related well-being when
   potentially stressful events occur

3. Maurice van den Bosch
   Mindfulness meditation for self-awareness and stress reduction in physicians.

4. Abigail Millings
   Mindfulness and attachment security: A systematic review

5. Mariagrazia Strepparava
   Mindfulness and emotion regulation: the golden pot against stress and burnout in
   nurses

6. Mara Mettola
   Mindfulness, sport and metacognition

7. Matthew D. Hanson
   Anxiety, attention, and mindfulness following focused attention and open-monitoring
   mindfulness meditation

8. Emilia Trapasso
   Mindfulness-based Connection with Nature

9. Zaffie Cox
   The effect of longitudinal short-meditation interventions on the cognitive alerting
   network

10. Emanuela Poggioli
    Mindfulness education: actualization of "Gaia Project" at preschool

11. Federica Farina
    Mindful disposition, rumination and insomnia
Consciousness, Mindfulness, Compassion

CMC

International Association

Website: http://www.cmc-ia.org/

What is it?
Consciousness, Mindfulness & Compassion – CMC – is a non-profit International Association promoting the convergence between science and time-honoured contemplative traditions emphasising the investigation of the mind and consciousness.

What are our aims?
CMC aims to promote and support:
- **Research** on consciousness, mindfulness, empathy, compassion, and related topics
- **Practice** for the development of mindfulness, wisdom, and compassion
- **Clinical and educational work** based on mindfulness and compassion

What will we be doing?
CMC activities will include:
- **Conferences and workshops** for disseminating relevant research
- **Retreats** for practicing and developing mindfulness and compassion
- **Public events** on meditation and related practices
- **Training** in mindfulness- and compassion- based interventions and related research
- **Courses and Masters** in the topics of interest of the Association

Who is and can be involved?
CMC involves contemplatives, scientists, scholars and clinicians interested in consciousness, mindfulness, empathy, compassion and related areas.

Who should I contact for more information?
info@cmc-ia.org
CONFERENCE PROGRAM

FRIDAY, MAY 13

7:30 am – 5:00 pm
Registration
Room: Hall (Floor 2)

7:30 am – 8:15 am
Morning Meditation
Room: Faculty Aula Magna
Floor 4

Ven. Dario Doshin Girolami
(Soto Zen Tradition)

Light refreshments will follow the morning meditation (Floor 2)
FRIDAY, MAY 13
8:30 am – 10:00 am

KEYNOTE PRESENTATION

Dr. Antoine Lutz
Lyon Neuroscience Research Center (CRNL), INSERM, France

Toward a Mechanistic Approach to Mindfulness Meditation Training

Faculty Aula Magna
Floor 4

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

Break: Refreshments and POSTERS
FRIDAY, MAY 13
10:30 am – 12 noon

Symposium 21
Mindfulness for Teachers
Room: 7 (Floor 2)
Chair: Alessandro Giannandrea

Paper 1:
Kristian Hudson
Mindfulness as an intervention for school teacher stress and well-being: A mixed methods pilot study

Paper 2:
Hee Jung Min
Pre-service and In-service Teachers’ Perceptions of Meditation and Contemplative Practitioners: Words and Images

Paper 3:
Monica M. Jackman
Peace-ing it Together Mindfulness Program for Children

Paper 4:
Detlev Vogel
A Mindfulness-Based Training to Improve Teachers’ Social-Emotional Competence Fostering Student-Teacher Relationships
Symposium 22
Pedagogy in the MBIs: An International Symposium
Room: 8 (Floor 2)
Chair: Donald McCown and Diane Reibel

Paper 1:
Antonella Commellato and Fabio Giommi
  Teaching Mindfulness in Italy

Paper 2:
Simon Whitesman
  Teaching Mindfulness in South Africa

Paper 3:
Diane Wyshogrod
  Teaching Mindfulness in Israel

Paper 4:
Rebecca Crane
  Training Mindfulness-Based Teachers in the UK
FRIDAY, MAY 13
10:30 am – 12 noon

Symposium 23
Assessing Outcomes of Mindfulness
Room: 11 (Floor 3)
Chair: Domenico Scaringi

Paper 1:
Peter Sedlmeier
Doing effective meditation research with experimental single-case designs and participants as collaborators

Paper 2:
Katarina Plank and Jacob Stålnecke
Places of Mindfulness

Paper 3:
William Van Gordon and Edo Shonin
Second-Generation Mindfulness-Based Interventions: Current Research Directions

Paper 4:
Edo Shonin and William Van Gordon
Practicing Mindfulness Effectively: A Clinician’s Guide
FRIDAY, MAY 13
10:30 am – 12 noon

Symposium 24
Mindfulness: Experimental Studies 2
Room: 12 (Floor 3)
Chair: Federica Mauro

Paper 1:
Naomi Fisher
What is being induced in mindfulness experiments? A systematic analysis of the components, composition and emphasis of mindfulness inductions

Paper 2:
Mirjam Hartkamp
Mindfulness, Mental Flexibility and Well-being

Paper 3:
Yair Dor-Ziderman
Neurophenomenological correlates of dissolving the self-world boundary in skilled meditators

Paper 4:
Chris Noone
Improvements in Critical Thinking Performance Following Guided Mindfulness Meditation Depend on Need for Cognition and Open-mindedness
Symposium 25
Clinical Applications of Mindfulness in childhood ADHD and Autism Spectrum Disorder
Room: 14 (Floor 3)
Chair: Esther de Bruin

Paper 1:
Ramasamy Manikam
Samatha meditation training for students with Attention Deficit/Hyperactivity Disorder: Effects on active academic engagement and math performance

Paper 2:
Renée Meppelink
Meditation or medication? Mindfulness training versus medication in the treatment of childhood ADHD

Paper 3:
Carrie L. McPherson
Children with Asperger Syndrome use SOBER breathing space to control their aggressive behavior

Paper 4:
Anna Ridderinkhof
Mindfulness training for children with autism spectrum disorder and their parents

12:00 noon – 1:00 pm
Floor 0 (Buffet for Pre-Paid with Registration)
Lunch
FRIDAY
1:00 pm – 2:30 pm

KEYNOTE PRESENTATION

Dr. Peter Malinowski
Liverpool Joon Moores University, United Kingdom

Attention in Meditation and Mindfulness Practice

Faculty Aula Magna
Floor 4

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

Break: Refreshments and POSTERS
FRIDAY, MAY 13
3:00 pm – 4:30 pm

Symposium 26
Traditional Understanding and Contemporary Applications of Mindfulness, with a Focus on Autism Spectrum Disorder and Clinical Presentation
Room: 7 (Floor 2)
Chair: Yoon-Suk Hwang

Paper 1:
Patrick Kearney
   Genealogy of mindfulness

Paper 2:
Malcolm Huxter
   Mindfulness and the Buddha’s ennobling eightfold path as therapy

Paper 3:
Yoon-Suk Hwang
   Mindfulness and Autism Spectrum Disorder: Direct and transactional effects

Paper 4:
Yoon-Suk Hwang
   How mindfulness helps mothers of children with Autism Spectrum Disorder and challenging behavior

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FRIDAY, MAY 13
3:00 pm – 4:30 pm

Symposium 27
Mindfulness and Wellness
Room: 8 (Floor 2)
Chair: Monica M. Jackman

Paper 1:
Charlotte Thaarup
An Integrated Mindfulness Approach to Disordered Eating and Body-related Concerns

Paper 2:
Barbara Barcaccia
The impact of mindfulness facets on interpersonal and self-forgiveness

Paper 3:
Gaia Bergamaschi
Yoga Therapy protocol with patients affected by dysbiosis: A pre-post randomized controlled study

Paper 4:
Giorgia Arduino
Awareness in prison: Mindfulness and mental action method for development of wellbeing and resilience in environmental conditions of high stress
FRIDAY, MAY 13
3:00 pm – 4:30 pm

Symposium 28
Mindfulness-Based Interventions: MBCT
Room: 11 (Floor 3)
Chair: Domenico Scaringi

Paper 1:
Graham Meadows
Mindfulness-Based Cognitive Therapy: A Summary and Reflections on a Decade of Translational Research from Melbourne, Australia

Paper 2:
Modi Alsubaie
Feasibility and acceptability of Mindfulness-based Cognitive Therapy in people with depression and vascular disorders: A randomized controlled trial

Paper 3:
So-An Lap
Cognitive effects of MBCT

Paper 4:
Frances Shawyer
The mediating role of everyday mindfulness in the relationship between mindfulness practice and depressive relapse
FRIDAY, MAY 13
3:00 pm – 4:30 pm

Symposium 29
Mindfulness-Based Interventions: 3
Room: 12 (Floor 3)
Chair: Federica Mauro

Paper 1:
Alessandro Giannandrea
ADHD and mindfulness: evidence from a pilot study

Paper 2:
Amanda Brisebois
Managing Pain in Chronic Illness: Is there a role for mindfulness?

Paper 3:
Eva Potharst
Mindful with your baby: A Mindful Parenting Group Training for Mothers and their Infants

Paper 4:
Katleen Van der Gucht
School-Based Prevention and Reduction of Depression in Adolescents: Exploring Moderators of Effects of Mindfulness Based Training
FRIDAY, MAY 13
3:00 pm – 4:30 pm

Symposium 30
Mindfulness-Based Interventions: 4
Room: 14 (Floor 3)
Chair: Geetesh Nirban

Paper 1:
Anna Friis
Kindness Matters: A RCT to increase self-compassion improves mood and HbA1c among diabetes patients

Paper 2:
Tim Lomas
Under pressure: Piloting Mind-ARMY, a mindfulness-based intervention for at-risk male youth

Paper 3:
Paola Mamone
Mindfulness to promote the health of Aid Workers

Paper 4:
Helena Bjuhr
MBSR and Brahma Viharas for enhanced wellbeing
FRIDAY, MAY 13
5.00 pm – 7:00 pm

PUBLIC LECTURE
with simultaneous translation

Ven. Shi-Yan-Hui
Shaolin Quan Fa Association, Rome, Italy

*The three jewels of Shaolin Culture for Health*

and

Ven. Shi-Heng-Chan
Shaolin Quan Fa Milan, Italy

*Chan Meditation: pedagogical tool for the maintenance of the evolutionary trend of personality*

Faculty Aula Magna
Floor 4
1. **Helena Wallenberg-Lerner & William E. Lee**  
   Comparing perceived opportune times to address afflictive emotions during conflict: A mindfulness pilot study

2. **William Lee**  
   Mindfulness and the object-background problem (visual and auditory analysis): a pilot study

3. **Nicolas Bassan**  
   Mindfulness meditation enhances creativity

4. **Shian-Ling Keng**  
   Do trait mindfulness and self-compassion moderate the relationship between gender nonconformity and psychological functioning?

5. **Shashi Agarwal**  
   Mindfulness in clinical practice: Pain

6. **Philipp Röthlin**  
   Effects of an MBSR course on rumination and stress: the case of a female elite curling player

7. **Mirjana Prpa**  
   Sonic cradle: Immersive interaction design combining breathing and neurofeedback to foster focused attention meditation on breath

8. **Alexis Ruffault**  
   Randomized controlled trial testing the effect of autonomy-supportive guidelines for autonomous practice in a Mindfulness Based Coping with University Life (MBCUL) program among university students

9. **Graham Meadows et al.**  
   Mindfulness-based cognitive behavior therapy and depression: a policy translation challenge considered in Australia

10. **Jenny Gu**  
    Examining the underlying dimensions of compassion using self-report measures
1. **Oleg Medvedev and Richard Siegert**
   Measuring mindfulness at interval level: Transformation of the Five Facet Mindfulness Questionnaire using Rasch approach.

2. **Robert Brumarescu**
   Dispositional mindfulness and emotion-related attentional bias

3. **Barbara Barcaccia**
   Mindfulness for Obsessive-Compulsive Disorder: review of literature and clinical implications

4. **Catherine Spann**
   Affect, Arousal, and Attention: The Impact of Brief Mindfulness and Mind Wandering Interventions with Children

5. **Concetta Gardi**
   Changes in salivary cytokine production in subjects attending a 3-day mindfulness retreat: a pilot study

6. **Vanessa Dias**
   Brief Mindfulness Exercise Reduces Age Bias in a Recruitment and Selection Task

7. **Shu-Yu Kuo**
   Preliminary Assessment of Mindfulness Strength Content – Entropy

8. **Generós Orte**
   The non-judging facet of dispositional mindfulness mediates the association between personality and subjective well-being

9. **Satish Jaiswal**
   Modulation of motor inhibitory control by brief mindfulness training

10. **Tammy D. Allen**
    Going the Extra Mile: Mindfulness and Organizational Citizenship Behavior

11. **Emanuela Poggioli**
    Acceptance and Commitment Therapy (ACT) eSimultaneous Palliative: Clinical Case
E. Shonin, W. Van Gordon, N.N. Singh (Eds.)

Buddhist Foundations of Mindfulness

Series: Mindfulness in Behavioral Health

➤ Explores the spiritual essence of mindfulness in its clinical Westernized form
➤ Examines use of meditation-related Buddhist terminology and principles in scientific literature
➤ Establishes robust foundations for ongoing integration of meditation and mindfulness into Western psychological domains
➤ Offers a structured system to interpret and delineate Buddhist meditative principles as part of a unified operational approach

This book explores a wide range of mindfulness and meditative practices and traditions across Buddhism. It deepens contemporary understanding of mindfulness by examining its relationship with key Buddhist teachings, such as the Four Noble Truths and the Noble Eight-Fold Path. In addition, the volume explores how traditional mindfulness can be more meaningfully incorporated into current psychological research and clinical practice with individuals and groups (e.g., through the Buddhist Psychological Model).

Key topics featured in this volume include:

• Ethics and mindfulness in Pali Buddhism and their implications for secular mindfulness-based applications.
• Mindfulness of emptiness and the emptiness of mindfulness.
• Buddhist teachings that support the psychological principles in a mindfulness program.
• A practical contextualization and explanatory framework for mindfulness-based interventions.
• Mindfulness in an authentic, transformative, everyday Zen practice.
• Pristine mindfulness.

Buddhist Foundations of Mindfulness is an indispensable resource for clinical psychologists, and affiliated medical and mental health professionals, including specialists in complementary and alternative medicine as well as social work as well as teachers of Buddhism and meditation.
CONFERENCE PROGRAM

SATURDAY, MAY 14

7:30 am – 3:00 pm
Registration
Room: Hall (Floor 2)

7:30 am – 8:15 am
Morning Meditation
Room: Faculty Aula Magna
Floor 4

Dr. Peter Malinowski
(Karma Kagyu Tibetan Tradition)

Light refreshments will follow the morning meditation (Floor 2)
SATURDAY, MAY 14
8:30 am – 10:00 am

KEYNOTE PRESENTATION

Dr. Rebecca Crane
Bangor University, United Kingdom

Making the Path by Walking it:
The Journey of Implementing Mindfulness

Faculty Aula Magna
Floor 4

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

Break: Refreshments and POSTERS
SATURDAY, MAY 14
10:30 am – 12 noon

Symposium 31
Mindfulness and Education
Room: 7 (Floor 2)
Chair: Maria Napoli

Paper 1:
Maria Napoli
   Elementary School Children: The Attention Academy Program Practicing Mindfulness with the Four-Step MAC Guide

Paper 2:
Jamie Valderrama
   Teaching Mindfulness: From High School Through College

Paper 3:
Tamara Rounds
   Mindfulness In and Beyond the Classroom

__________
**Symposium 32**

**Health Professionals Facing High Stress Situations: Meditation as a Burn-Out Syndrome Prevention and Treatment**

Room: 8 (Floor 2)

Chair: **Fabio Giommi**

**Paper 1:**

**Maria Antonietta Bàlzola**

*Contemplative practice and health professionals: a single-centered, randomized pilot study on burn out and compassion*

**Paper 2:**

**Patrizia Gasparini**

*Mindfulness Based Stress Reduction Program with psychiatric health professionals: a pre-post controlled study*

**Paper 3:**

**Stefano Benzoni**

*Mindfulness Based Stress Reduction Program with health professionals: a post pilot study*
SATURDAY, MAY 14
10:30 am – 12 noon

Symposium 33
Meta-cognitive mechanisms in Mindfulness
Room: 11 (Floor 3)
Chair: Amit Bernstein

Paper 1:
Amit Bernstein
Decentering in the process of cultivating mindfulness: An experience sampling study

Paper 2:
Thorsten Barnhofer
An investigation of the effects of brief mindfulness training on self-reported interoceptive awareness, the ability to decenter, and their role in the reduction of depressive symptoms

Paper 3:
Liad Ruimi
Meta-Awareness of Attentional Bias

Paper 4:
Yuval Hadash
Experiential Self-Referential and Selfless Processing in Mindfulness and Mental Health
SATURDAY, MAY 14
10:30 am – 12 noon

**Symposium 34**
**Mindfulness-Based Interventions: MBCT**
Room: 12 (Floor 3)
Chair: **Federica Mauro**

**Paper 1:**
**Alberto Chiesa**
*Specific effects of mindfulness based cognitive therapy for mood and anxiety disorders: results from two single-blind randomized-controlled trials*

**Paper 2:**
**Josefine L. Lilja**
*The effectiveness of Mindfulness Based Cognitive Therapy in Scandinavian Primary Health Care*

**Paper 3:**
**Samuel Wong**
*The effects of mindfulness-based cognitive therapy for chronic insomnia (MBCT-I): a randomized controlled trial*

**Paper 4:**
**Chloe Yu Chin**
*Mechanisms of Change in Mindfulness-Based Cognitive Therapy (MBCT) for Depression: A Latent Growth Curve Analysis and Cross-Lagged Panel Analysis*
SATURDAY, MAY 14
10:30 am – 12 noon

Symposium 35
Mindfulness-based interventions for People with Cancer
Room: 14 (Floor 3)
Chair: Anne Speckens

Paper 1:
Anne Speckens
Mindfulness-Based Stress Reduction (MBSR) compared with treatment as usual (TAU) for patients with lung cancer and their partners: a randomized controlled trial

Paper 2:
Melanie Schellekens
Mindfulness-Based Cancer Recovery (MBCR) versus Supportive Expressive Group Therapy (SET): evaluating mindfulness and social support as mediators.

Paper 3:
Else Bisseling
Mindfulness-Based Stress Reduction (MBSR) for breast cancer patients: a mixed method study on the facilitating and hindering aspects of the time of enrolment.

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

Lunch
Symposium 36
CARE for Teachers: Examining Implementation, Process, and Outcomes of a Mindfulness-Based Intervention in Teachers Professional Development

Room: 7 (Floor 2)
Chair: Patricia (Tish) Jennings

Paper 1:
Tish Jennings
*The Effects of the CARE for Teachers Program on Teachers’ Wellbeing and Classroom Quality*

Paper 2:
Joshua L. Brown
*The Effects of the CARE for Teachers Program on Student Behavioral and Academic Development*

Paper 3:
Deborah Schussler
*Understanding Mindfulness from Teachers’ Perspectives: A Qualitative Investigation of the Impacts of CARE*

Paper 3:
Sebrina Doyle
*Examining the effects of fidelity on participant outcomes: Measuring adherence to structure and facilitation skill in a mindfulness-based stress reduction program for teachers.*
SATURDAY, MAY 14
1:00 pm – 2:30 pm

Symposium 37
Mindfulness-Based Interventions: MBSR
Room: 8 (Floor 2)
Chair: Ramasamy Manikam

Paper 1:
Steven Stanley
*Constructing the mindful subject: reformulating experience through affective-discursive practice in Mindfulness-Based Stress Reduction*

Paper 2:
Shu-Yu Kuo
*Mindfulness and changes in anxiety and depressive symptoms among middle age community sample in Taiwan*

Paper 3:
Lori Gray
*The Experience of Being Well: Exploring the Effects of Mindfulness-Based Stress Reduction Training on Participants’ Self-Perception of Health and Wellness*

Paper 4:
Chetak Nangare
*A Study of the Efficacy of MBSR on Relaxation States as well as Maternal-Fetal Attachment of Pregnant Women*
Symposium 38
Mindfulness in a Broader Context
Room: 8 (Floor 2)
Chair: Domenico Scaringi

Paper 1:
Sam Alibrando
Finding the balance of Power, Heart and Mindfulness

Paper 2:
Laura Martin
Mindfulness versus Jungian Active Imagination: Two Techniques for Achieving Contentment

Paper 3:
Massimo Tomassini
Experience and Self-Awareness in Social Life: Hints for the Direction of Awareness-Oriented Groups
SATURDAY MAY 14
1:00 pm – 2:30 pm

Symposium 39
Mindfulness at Work
Room: 12 (Floor 3)
Chair: Federica Mauro

Paper 1:
Antonio T Fernando
Compassion in medicine: does mindfulness have a role?

Paper 2:
Larissa Bartlett
A pilot randomized controlled trial using self-reports and informants to assess acceptability, feasibility and efficacy of a five-week workplace mindfulness program for public sector employees.

Paper 3:
Sean H. Thompson
Mindful compassion for the health care worker

Paper 4:
Moitree Banerjee
Facilitators and Hindrances of Engaging in a Self-help based Mindfulness Intervention: A qualitative study with NHS staff
SATURDAY MAY 14
1:00 pm – 2:30 pm

Symposium 40
Mindfulness-Based Interventions: 5
Room: 14 (Floor 3)
Chair: Geetesh Nirban

Paper 1:
Rebecca Shankland
  Improving mental health through integrated mindfulness practices

Paper 2:
Kathy Gruver
  Methodology and Research Behind Therapeutic Component Choice for US Military Stress Reduction Program

Paper 3:
Maria Fiorella Gazale
  The mindfulness practice in the Psychology Service in a Mental Health Hospital Department

Paper 4:
Martina Testa
  Mindfulness in alcohol-dependence relapse prevention: preliminary results from a controlled study

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

Break: Refreshments and POSTERS
SATURDAY, MAY 14
3:00 pm – 6:00 pm

SPECIAL PUBLIC EVENT
OPEN SYMPOSIUM ON MINDFULNESS

Mindfulness and Society
Four themes concerning everyone: Stress, Health, Resilience, Ageing

(with simultaneous translation)

Faculty Aula Magna
Floor 4

3:00pm: Marcella Logli, General Director of Fondazione TIM (Italy).
Welcome and presentation of the mission and introduction to the Resilience Project of Fondazione TIM.

3:15pm: Fabio Giommi, Associazione Italiana Mindfulness (AIM) (Italy).
Presentation of the Resilience Project.

3:40pm: Rebecca Crane, Bangor University (UK).
Mindful Nation U.K.: is mindfulness becoming a National priority?

4:05pm: The power of body/mind/spirit unified”:
exhibition of a Shaolin Master and his students.

4:30pm: Peter Malinowski, Liverpool John Moores University (UK).
Mindfulness in an ageing society.

5:05pm: Concetta Gardi, University of Siena (Italy).
From stress to diseases. The role of mindfulness.

5:30pm: Q&A with the audience.

5:50pm: End.
CONFERENCE PROGRAM
POSTERS

SATURDAY, MAY 14
Room 1 (Floor 0)

1. Shashi Agarwal
   Mindfulness in clinical practice: PTSD
2. Shashi Agarwal
   Mindfulness in clinical practice: Anxiety and depression
3. Christopher May
   Interpersonal effects of meditation
4. Yuka Inokawa
   The relationship between awareness, attention, and depression
5. Barbara Barcaccia et al.
   Mindfulness meditation and evidence of brain changes: Implications for psychopathology
6. Ven. Biplob Sraman
   A Buddhist approach to ecology
7. Jasmin Rodriguez
   Frontal systems functioning as a mediator between meditation and emotion regulation
8. Rimon Barua
   Conflict resolution in South Thailand: Roles of religious leaders
9. Venus Wong
   Mindfulness training for medical students: cultivation of personal awareness and spirituality in medical practice
10. Steve Pratscher
    Mindfulness in interpersonal relationships predicts friendship quality
1. Damien Corubolo
   Mindfulness, emotion regulation and health behaviors

2. Kosule Yabase
   Mothers’ parenting attitudes and mindfulness relate social skills and problem behaviors of young children

3. Rebecca Shankland
   Mindfulness Based Music Training for stress management and musical performance

4. Concetta Gardi
   Impact of Mindfulness-Based Stress Reduction training on putamen and cerebellum connectivity

5. Maria Grazia Strepparava
   Mindfulness and empathy in medical doctor students: an Italian study

6. Mara Mettola
   Mindfulness and awareness in movement. Application of Mindfulness in fitness

7. Barbara Barcaccia
   Mindful disposition, worry and rumination: The role of “judgment” and the role of “observation” in psychological wellbeing.

8. Chris Noone
   A randomized active-controlled trial to evaluate the effects of an online mindfulness intervention on executive control, critical thinking and key thinking dispositions in a university student sample

9. Gauchet Aurélie
   A control study of a group Mindfulness Intervention for Patients with chronic disease

10. Shu-Yu Kuo
    Mindfulness and depressive symptoms in pregnant women
CONFERENCE DINNER

Saturday, May 14, from 8:00 pm

At the La Campana Restaurant, vicolo della Campana 18, near the Pantheon

Priced at only 55 euros. Tickets are available at the Registration Desk

Go to this web page for a visual of the restaurant:
CONFERENCE PROGRAM

Sunday, May 15

7:30 am – 1:00 pm
Registration
Room: Hall (Floor 2)

7:30 am – 8:15 am
Morning Meditation
Room: Faculty Aula Magna
Floor 4

Ven. Shi-Heng-Chan
(Chan Tradition)

Light refreshments will follow the morning meditation (Floor 2)
SUNDAY, May 15
8:30 am – 10:00 am

Symposium 41
Measuring Mindfulness
Room: 7 (Floor 2)
Chair: Alessandro Giannandrea

Paper 1:
Oleg Medvedev
Measuring Mindfulness: Rasch Approach

Paper 2:
Vincenzo Cicconi
Dynamic multidimensional assessment and measurement of mindfulness

Paper 3:
James Walsh
Developing and testing a model of mindfulness based on necessary and unnecessary suffering
SUNDAY, May 15
8:30 am – 10:00 am

Symposium 42
Mindfulness and Ethics
Room: 8 (Floor 2)
Chair: Ramasamy Manikam

Paper 1:
Tim Lomas
Detecting non-rational components of personal epistemology regarding ethical dilemmas via mindfulness

Paper 2:
Dipti Visuddhangkoon
Ethics and Mindfulness Practice

Paper 3:
Finn Janning
Mindfulness as an Ethical Practice

Paper 4:
Pascal Frank
Detecting non-rational components of personal epistemology regarding ethical dilemmas via mindfulness
SUNDAY, May 15
8:30 am – 10:00 am

Symposium 43
Mindfulness and Movement
Room: 11 (Floor 3)
Chair: Domenico Scaringi

Paper 1:
Melinda Asztalos
The 3M System: Mindful Movement or How to “Be in all that you Do”

Paper 2:
Ho Law
Mindful Tai Chi: the stillness in movements

Paper 3:
Josef Mattes
Mindful movement and attentional focus

Paper 4:
Ying Hwa Kee
Mindful awareness of body center and postural balance
SUNDAY, May 15
8:30 am – 10:00 am

Symposium 44
Mindfulness Experimental Studies: 3
Room: 12 (Floor 3)
Chair: Federica Mauro

Paper 1:
Marco Sperduti
Does mindfulness enhances interoception? A dissociation between different interoceptive abilities

Paper 2:
Patrizia Garberi
Mindfulness-based stress reduction and interoceptive awareness

Paper 3:
Marieke Van Vugt
Introducing "sticky distraction" and its relevance for mindfulness research

Paper 4:
Hari Narayanan V
A Mindful Way to Reduce Cognitive Distortions
SUNDAY, May 15
8:30 am – 10:00 am

Symposium 45
Mindfulness: Experimental Studies: 4
Room: 14 (Floor 3)
Chair: Geetesh Nirban

Paper 1:
Concetta Gardi
MBSR Training Affects Salivary Biomarkers of Oxidative Stress and Inflammation

Paper 2:
Marie-Pierre Fornette
Relationships between mindfulness, emotional profile, and adaptation to unpredictable situations in Special Forces

Paper 3:
Lucy Tan
What Good is Brief Mindfulness Practice? A Study of The Processes Using Social-Cognitive Psychological Models

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

Break: Refreshments
SUNDAY, MAY 15
10:30 am – 12 noon

Symposium 46
First Person Experience as a Transcendental Starting Point: A New Paradigm and a New Method of Investigating Consciousness
Room: 7 (Floor 2)
Chair: Franco Bertossa

Paper 1:
Paolo Pendenza
Can the objective do without the subjective? An integrative proposal

Paper 2:
Giorgio Santi
Knowledge as intentional and transcendental insight

Paper 3:
Franco Bertossa
The lack of the ongoing experience in the descriptive approach: a proposal for consciousness as an immanent aprioristic experience
SUNDAY, MAY 15
10:30 am – 12 noon

Symposium 47
Internet-Based Mindfulness
Room: 8 (Floor 2)
Chair: Ramasamy Manikam

Paper 1:
Moitree Banerjee
   Barriers to Mindfulness: A path analytic model exploring the role of rumination and worry in predicting psychological and physical engagement in an online mindfulness-based intervention

Paper 2:
Arnold van Emmerik
   Efficacy of a Mindfulness-Based Mobile Application: A Randomized Waiting-List Controlled Trial

Paper 3:
Marion Spijkerman
   Effectiveness of online mindfulness-based interventions in improving mental health: A review and meta-analysis of randomized controlled trials

Paper 4:
Birgitta Johansson
   Mindfulness delivered live on the Internet to individuals suffering from mental fatigue after an acquired brain injury
Symposium 48
Mindfulness and Emotion Regulation
Room: 11 (Floor 3)
Chair: Domenico Scaringi

Paper 1:
Carina Remmers
Beyond the borders of self-report: Mindfulness fosters implicit mood regulation

Paper 2:
Dominique Makowski
Does Mindfulness ability differently affect Implicit and Explicit Emotion Regulation?

Paper 3:
Laura Ciccocioppo
Emotions and Health Behaviors: The Role of Mindfulness and Meditative Movement

Paper 4:
Ann Chanler
Tangled up in you: Mindfulness meets enmeshment
SUNDAY, MAY 15
10:30 am – 12 noon

Symposium 49
Mindfulness and Mental Health
Room: 12 (Floor 3)
Chair: Federica Mauro

Paper 1:
Nanna Ahlmark
Transformation through breathing: Breathe SMART as a way out of crime and substance abuse among youth in Denmark

Paper 2:
Gabriele Buracchi
Meditation as therapy in Addiction

Paper 3:
Tara Hickey
Development of a mindfulness and compassion intervention for young people with an at risk mental state using a systematic approach

Paper 4:
Maria Teresa Giarelli
Mindfulness With Adolescents In Psychiatric Contexts Applicability of the Model: Educating to Stress Management Through Awareness
SUNDAY, MAY 15
10:30 am – 12 noon

Symposium 50
Mindfulness in Daily Life
Room: 14 (Floor 3)
Chair: Geetesh Nirban

Paper 1:
Ven. Peramandiye Indarathana
How mindfulness meditation can be applied in daily life

Paper 2:
Ujjwal Sraman
Mindfulness in daily life

Paper 3:
Tiloka Nanda Sraman
The liberating role of psychophysical boundaries in the contemplation of foulness (asubhabhāvanā)

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

Lunch
SUNDAY, MAY 15
1:00 pm – 2:30 pm

CLOSING PANEL DISCUSSION
"Developments, problems and future directions in mindfulness and contemplative science"

Panelists:
Dr. Antonino Raffone (Sapienza University of Rome, Italy) (Chair)
Ven. Dario Doshin Girolami (Arco Zen Center, Rome, Italy)
Prof. Paul Gilbert (University of Derby, UK)
Dr. Fabio Giommi (Associazione Italiana Mindfulness, Italy)
Prof. Pier Luigi Luisi (Roma Tre University, Italy)
Dr. Antoine Lutz (Lyon Neuroscience Research Center (CNRL), INSERM, France)
Prof. Narayanan Srinivasan (University of Allahabad, India)

With simultaneous translation in Italian

Followed by an outstanding Classical Music Concert by Stefano Mhanna
(violinist, violist, pianist, organist, composer, conductor - http://www bach-cantatas com/Bio/Mhanna Stefano.htm) and an Interview with him on Mindful Musical Performance

Program of the Concert
2:30 pm – 3:30 pm

J. S. Bach: Chaccone from Violin Partita No.2, BWV 1004
J. S. Bach: Fugue from Violin Sonata No.1, BWV 1001
N. Paganini: Nel cor più non mi sento from Paisiello's opera "La Molinara"
N. Paganini: Variations on "God Save the King"
N. Paganini: Capriccio 24

Open also to registered local participants. Seating will open at half past noon and will close just prior to the panel discussion.

3:30 pm – 3:45 pm
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