

Conference Day 1 Wednesday 11th July 2018

8:00 - 8:45 AM ROOM	Morning meditation by Rebecca Crane The Bridge (4th Floor)						
8:45 - 9:00 AM	Transition time						
9:00 - 10:15 AM	SYMPOSIUM SESSIONS Track: Clinical Applications	Track: Clinical Applications	Track: Clinical Applications	Track: Clinical Applications	Track: Philosophical and Dharma Underpinnings	Track: Philosophical and Dharma Underpinnings	IN-CONFERENCE WORKSHOP 1A
TITLE	"Mindfulness for cancer patients"	"Cross-cultural benefits of Mindfulness-Based Childbirth and Parenting (MBCP)"	"Mechanisms and practices of mindfulness in the workplace"	"Integrating First-Person and Third-Person Perspectives in Contemplative Science"	"Mindfulness-integrated Cognitive Behaviour Therapy: A Transdiagnostic Approach"	"Interconnectedness - The key to personal and collective well-being"	Alison Evans "What makes mindfulness-based supervision mindful?"
1 2 3 4 CHAIR	Maja Johannsen Else Bisseling Melanie Schellekens Soumaya Ahmadoun Melanie Schellekens	Larissa Duncan Samuel Wong Irena Veringa-Skiba Kishani Townshend Larissa Duncan	Chris Tamdjidi Ute Hulsheger Esther de Bruin Hiske van Ravesteijn Michael Chaskalson	Judson Brewer Yuval Hadash Amit Bernstein Fynn-Mathis Trautwein Amit Bernstein	Bruno Cayoun Alice Shires Sarah Francis Andrea Grabovac Lynette Monteiro	Winnie Mak Ben Yu Amanda Fu Ben Yu Winnie Mak	
ROOM	A2.11	A2.07	A0.01	A1.03	A1.02	A2.09	
10:15-10:45 AM	Morning tea break Central hall			POSTER SESSIONS Poster area / 1 st floor			
10:45 AM- 12:00 PM	SYMPOSIUM SESSIONS Track: Clinical Applications	Track: Clinical Applications	Track: Mindfulness in Society	Track: Working Mechanisms	Track: Working Mechanisms	Meet-the-Editor	
TITLE	"Mindfulness for patients with inflammatory and stress-related somatic disorders"	"Mindfulness-based parenting interventions for mothers of infants and toddlers"	"Mindful management in larger organizations"	"Mindfulness-Based Interventions: What Works Best, For Whom, and Why?"	"Advanced meditators: experimental and experiential perspectives"	"How to publish in the journal Mindfulness"	
1 2 3 4 CHAIR	Adrián Pérez-Aranda Rebecca Yeates Julia Henrich Christina Surawy Christina Surawy	Eva Potharst Diane Abatemarco Myrthe Boekhorst Moniek Zeegers Eva Potharst	Felicia Huppert Arndt Büsing Ravindra Ganesh Elisabeth King Felicia Huppert	Anne Maj van der Velden Ivan Nyklíček Jeffrey Greeson Shian-Ling Keng Jeffrey Greeson	Antonino Raffone Leigh Riby Qi Wang James Walsh Antonino Raffone	Nirbhay Singh	
ROOM	A2.09	A2.07	A2.11	A0.01	A1.02	A1.03	C0.01
12:00 - 12:15 PM	Transition time						
12:15 - 1:00 PM	PARALLEL KEYNOTE 1 Zindel Segal "A Benevolent Frankenstein Enters the Therapeutic Mainstream"			PARALLEL KEYNOTE 2 Heleen Slagter "Contemplative Neuroscience: Findings, Challenges, and Future Directions"			
ROOM	A0.01			C1.03			
1:00 - 2:00 PM	Lunch break Central hall		POSTER SESSIONS Poster area / 1 st floor		1-MINUTE POSTER PRESENTATIONS Balcony		
2:00 - 3:00 PM	MEET-THE-EXPERT "Mindfulness: the confluence of ancient wisdom and modern psychological science" Willem Kuyken	PRACTICE SESSION Mindful Communication Edel Maex	PANEL DISCUSSION "Online embodiment: the possibilities and pitfalls of online Mindfulness" Rebecca Crane Zindel Segal Wendy Pots Arnold van Emmerik Moderator: Lone Fjorbäck	MUSIC Singer-songwriter Carrie Tree	FILM / DOCUMENTARY Deep Look A documentary by Veysi		IN-CONFERENCE WORKSHOP 1B Katherine Weare and Jud Brewer "Beyond the 8 week course: a reflection and dialogue about possible follow-up formats to support MBI participants in maintaining and deepening their practice"
ROOM	A0.01	The Bridge (4th Floor)	A1.03	A1.04	A1.02		
3:00 - 3:30 PM	Tea break Central hall		POSTER SESSIONS Poster area / 1 st floor				C0.01

3:30 - 4:45 PM	SYMPOSIUM SESSIONS Track: Clinical Applications	Track: Clinical Applications	Track: Mindfulness in Society	Track: Working Mechanisms "Uncovering the neurocognitive mechanisms of meditation using functional Magnetic Resonance Imaging"	Track: Philosophical and Dharma Underpinnings "From contemplative science to contemplative society"	Track: Various "Integrating Self-Compassion and Acceptance & Commitment Therapy (ACT) for Children and Teens"	IN-CONFERENCE WORKSHOP 1B Katherine Weare and Jud Brewer "Beyond the 8 week course: a reflection and dialogue about possible follow-up formats to support MBI participants in maintaining and deepening their practice"
TITLE	"Implementation of Mindfulness-Based Cognitive Therapy"	"Online mindfulness approaches to promote well-being in the community"	"Mindfulness and Other Mind-Body Interventions in Health Professions Education"				
1	Kristen Rawlett	Amanda Li	Aviad Haramati	Gunes Sevinc	Wolfgang Lukas	David Dewulf	
2	Marleen ter Avest	Winnie Mak	Sian Cotton	Anne Maj van der Velden	Mareike Smolka	Sacha Rombouts	
3	Kira Steinhilber	Kathleen Walsh	Raphaël Bonvin	Thorsten Barnhofer	Vincenzo Giorgino & Donald McCown		
4	Graham Meadows	Eduard de Bruin	Andrea Grabovac	Gunes Sevinc			
5		Karen Dobkins	Aviad Haramati				
CHAIR	Graham Meadows	Karen Dobkins		Dirk Geurts	Nirbhay Singh	David Dewulf	
ROOM	A2.11	A2.07	A1.03	A0.01	A2.09	A1.02	CO.01
4:45 - 5:15 PM	Transition time						
5:00 - 6:00 PM	PLENARY KEYNOTE Ruth Baer "Ethical Issues in Mindfulness-Based Programs"						
ROOM	A0.01						

Conference Day 2 Thursday 12th July 2018

8:00 - 8:45 AM	Morning meditation by Ajahn Amaro The Bridge (4th Floor)						
ROOM							
8:45 - 9:00 AM	Transition time						
9:00 - 10:15 AM	SYMPOSIUM SESSIONS Track: Clinical Applications	Track: Clinical Applications	Track: Mindfulness in Society	Track: Working Mechanisms	Track: Working Mechanisms	Track: Mindfulness in Society	IN-CONFERENCE WORKSHOP 2A
TITLE	"Cost-effectiveness of Mindfulness-Based Interventions"	"Mindfulness-Based Programs for Families with Autism Spectrum Disorder"	"Mindfulness and Leadership Research"	"Letting in the light: The role of mindfulness in eliciting positive emotion"	"Mindfulness and cognitive processes in major depressive disorder"	"Critical and Social Perspectives on Mindfulness"	Martine Batchelor "The Impact of Mindfulness of Feeling Tone (vedana) on Well-Being"
1	Janneke Grutters	Mette Elmoose	Silke Rupperecht	Brian Ostafin	Frances Shawyer	Rachel Lilley	
2	Lotte Janssen	Dexing Zhang	Kiki Vreeling	Nicole Geschwind	Christine Kuehner	David Forbes	
3	Félix Compen	Anna Ridderinkhof	Megan Reitz	Hester Trompetter	Pawel Holas	Nicholas Canby	
4	Gert Jan van der Wilt	Nirbhay Singh	Elizabeth King	Barney Dunn	Eva Henje Blom	Kristina Eichel	
5				Dirk Geurts			
CHAIR	Janneke Grutters	Esther de Bruin	Wendy Kersemaekers	Brian Ostafin	Willem Kuyken	Kristina Eichel	
ROOM	A2.09	A2.07	A1.03	A0.01	A1.02	A2.11	
10:15-10:45 AM	Morning tea break Central hall		POSTER SESSIONS Poster area / 1 st floor				
10:45 AM - 12:00 PM	SYMPOSIUM SESSIONS Track: Clinical Applications	Track: Clinical Applications	Track: Mindfulness in Society	Track: Working Mechanisms	Track: Philosophical and Dharma Underpinnings	Track: Various	
TITLE	"Are Mindfulness-Based Self-Help Resources Helpful?"	"Mindfulness-Based Interventions for Children and Adolescents with ADHD"	"Common Suffering - Addressing the Hearts, Minds, and Bodies of Health Professionals"	"Exploring the brain and behavioral mechanisms of MBIs for depression and anxiety"	"Assessing mindfulness and discernment"	"Mindfulness, art and performance"	
1	Heather Taylor	Renée Meppelink	Lucy Sternburgh	Clara Lopez-Sola	Josef Mattes	Julie Artman	
2	Clara Strauss	Herman Lo	Ruth Lerman	Le-anh Dinh-Williams	Oscar Lecuona	Heather Kempton	
3	Jenny Gu	Anna Huguet	Dawn MacDonald	Norman Farb	Sarah Chan	Anne-Marie Czajkowski	
4	Maitree Banerjee	Corina Greven	Cara Geary	Philippe Goldin	Harald Walach	Jian-Hong Chen	
CHAIR	Clara Strauss	Nirbhay Singh	Cara Geary	Philippe Goldin	Harald Walach	Julie Artman	
ROOM	A2.07	A1.03	A1.02	A0.01	A2.09	A2.11	CO.01
12:00 - 12:15 PM	Transition time						
12:15 - 1:00 PM	PARALLEL KEYNOTE 1 Judson Brewer "The craving mind: why we get hooked, and how mindfulness helps us break free from addictive habits"			PARALLEL KEYNOTE 2 Ron Epstein "Attending: Mindful Practice at Work"			
ROOM	A0.01			C1.03			

1:00 - 2:00 PM	Lunch break		POSTER SESSIONS		1-MINUTE POSTER PRESENTATIONS		LUNCH MEETING	
ROOM	Central hall		Poster area / 1 st floor		Balcony		Access MBCT Zindel Segal e.o. A2.11	
2:00 - 3:00 PM	MEET-THE-EXPERT "The Stress of Success: Opportunities and Challenges in the Mindfulness Universe, 2018" Jon Kabat-Zinn via video live-stream, moderated by Mark Williams and Martine Batchelor	PRACTICE SESSION Compassion Willem Kuyken	PANEL DISCUSSION "Does cognitive therapy need mindfulness?" Claudi Bockting Johannes Michalak Clara Strauss Susan Bögels Moderator: Fabio Giommi		DANCE Programmed by WhyNot Still Life Inside Marjolein Vogels Morning, mourning Marie Khatib-Shahidi and Youri Peters	FILM / DOCUMENTARY The Silent Glow - Recovering the Present A documentary by Anja Krug -Metzinger		IN-CONFERENCE WORKSHOP 2B "Widening the Circle of Concern: resourcing ourselves to meet the challenge of enabling accessibility" Rebecca Crane & Bethan Roberts
ROOM	A0.01	The Bridge (4th Floor)	A1.03		Balcony	A1.02		
3:00 - 3:30 PM	Tea break		POSTER SESSIONS					
ROOM	Central hall		Poster area / 1 st floor					
3:30 - 4:45 PM	SYMPOSIUM SESSIONS Track: Clinical Applications "Tapering of antidepressant medication: trials and tribulations"	Track: Clinical Applications "Using mindfulness-based interventions in addictive behaviours"	Track: Mindfulness in Society "Mindfulness in the Education System"		Track: Working Mechanisms "Social psychological insights into mindfulness"	Track: Philosophical and Dharma Underpinnings "Philosophical and anthropological perspectives on the mindfulness movement"	Track: Various "Using sound to heal: from metaphysics to application"	
1 2 3 4 CHAIR	Anders Sorensen Alice Tickell Carolien Wentink Claudi Bockting Zindel Segal	Oscar Lecuona Kimberly Carrière Nadine Richter Konstantinos Zervos Judson Brewer	Marie Ottilie Frenkel Tammy Gilligan Nils Altner Jesus Montero-Marin Silke Rupprecht		Geoffrey Haddock Kim Lien van der Schans Colin Foad Lynsey Mahmood Tim Hopthrow	Graeme Nixon Jane Kellock Arnold Ngar-Sze Lau Josef Mattes Graeme Nixon	Nicholas Schwalbe Gabrielle Bodzin Nils de Mol van Otterloo Murali Nair	
ROOM	A1.02	A1.03	A0.01		A2.07	A2.09	A2.11	C1.03
4:45 - 5:15 PM	Transition time							
5:00 - 6:00 PM	PLENARY KEYNOTE Stephen Batchelor "Secular Dharma: From Truths to Tasks"							
ROOM	A0.01							

Conference Day 3 Friday 13th July 2018

8:00 - 8:45 AM	Morning meditation by Helen Ma							
ROOM	The Bridge (4th Floor)							
8:45 - 9:00 AM	Transition time							
9:00 - 10:15 AM	SYMPOSIUM SESSIONS Track: Clinical Applications "Online mindfulness-based cognitive therapy for cancer patients"	Track: Clinical Applications "Mindfulness for chronic somatic conditions"	Track: Mindfulness in Society "Mindfulness in the workplace: scientific evidence and open questions"		Track: Mindfulness in Society "Integrating First-Person and Mindfulness in the justice system"	Track: Working Mechanisms "Trajectories and dynamic changes during and after mindfulness interventions"	Track: Working Mechanisms "Breaking the cycle of desire: The role of mindfulness in craving for alcohol, drugs, and food"	IN-CONFERENCE WORKSHOP 3A "Meditation Safety: Research and Practice" Willoughby Britton & Jared Lindahl
1 2 3 4 CHAIR	Linda Cillessen Marije van der Lee Félix Compen Julia Wahl Marije van der Lee	Gillian Mathews Eric Loucks Barbara Pickut Lotte Berk Barbara Pickut	Silke Rupprecht Esther de Bruin Wendy Kersemaekers Linda Kantor Wibo Koole		Machteld Hoeve Jennifer McIntyre-Smith Nelleke van Zessen & Nienke Bouw Christina Spinelli Machteld Hoeve	Evelien Snippe Ivan Nyklíček Christopher May Nina Vollbehre Ruth Baer	Brian Ostafin Brian Ostafin Esther Aarts Mike Keesman Brian Ostafin	
ROOM	A2.07	A2.09	A0.01		A2.11	A1.02	A1.03	C0.01
10:15-10:45 AM	Morning tea break		POSTER SESSIONS					
ROOM	Central hall		Poster area / 1 st floor					

10:45 AM- 12:00 PM	SYMPOSIUM SESSIONS Track: Clinical Applications "Self-compassion interventions: qualitative and quantitative impact"	Track: Clinical Applications "Adults with ADHD and parents of children with ADHD"	Track: Mindfulness in Society "Diversity in the mindfulness community?"
1	Maya Schroevers	Lotte Janssen	Nava Levit-Binnun
2	Terri Messman-Moore	Philip Asherson	Inge de Leeuw
3	Marion Spijkerman	Dirk Geurts	Amanda Fu
4	Rhoda Schuling	Herman Lo	Tiara Cash
CHAIR	Maya Schroevers	Philip Asherson	Nava Levit-Binnun
ROOM	A1.03	A2.09	A2.11

Track: Working Mechanisms "Experimental studies investigating the possible working mechanisms of mindfulness"	Track: Philosophical and Dharma Underpinnings "If you treasure it, measure it: assessing mindfulness, compassion, and equanimity"	Special Interest Meeting Establishing a 'Community on Contemplative Education' in Europe	IN-CONFERENCE WORKSHOP 3A "Meditation Safety: Research and Practice" Willoughby Britton & Jared Lindahl
Nikolett Eisenbeck Zaffie Cox Inka Papenfuss Katleen Van der Gucht Johannes Michalak	Ruth Baer Clara Strauss Philippe Goldin Amit Bernstein Ruth Baer	Katherine Weare and Sander Tideman	
A2.07	A0.01	A1.02	C0.01

12:00 - 12:15 PM **Transition time**

12:15 - 1:00 PM	PARALLEL KEYNOTE 1 Samuel Wong "From Cradle to Grave: Taking a life course approach to mindfulness interventions"
ROOM	A0.01

PARALLEL KEYNOTE 2 Martine Batchelor "The Impact of Mindfulness of Feeling Tone (vedana) on Well-Being"
C1.03

1:00 - 2:00 PM	Lunch break Central hall
ROOM	

POSTER SESSIONS Poster area / 1 st floor

1-MINUTE POSTER PRESENTATIONS Balcony

2:00 - 3:00 PM	MEET-THE-EXPERT "Unshakable Well-Being – is the Buddhist concept of enlightenment a meaningful possibility in the current age?" Ajahn Amaro	PRACTICE SESSION Yoga Mindful movement George Langenberg	PANEL DISCUSSION "Can meditation do more harm than good?" Willoughby Britton Jared Lindahl Ruth Baer Rogier Hoenders Moderator: Edel Maex
ROOM	A0.01	The Bridge (4th Floor)	A1.03

ART Workshop Mindful Drawing by Corien Bögels	FILM / DOCUMENTARY Prison Pioneers A Documentary by Ulrike Helmer, presented by Laetitia Schoofs	CLINICAL LESSON "Mindfulness and Cancer: A Clinical Lesson" Trish Bartley
A1.04	A1.02	C0.01

3:00 - 3:30 PM	Tea break Central hall
ROOM	

POSTER SESSIONS Poster area / 1 st floor

3:30 - 4:30 PM	PLENARY KEYNOTE Mark Williams "Mindfulness: keeping our balance"
ROOM	A0.01

4:30 - 4:45 PM	CLOSING TALK by Susan Bögels & Anne Speckens
ROOM	A0.01