11th – 13th July 2018

Science from Within

International Conference on Mindfulness

Amsterdam

University of Amsterdam
Roeterseiland A-building
Nieuwe Achtergracht 166
1018 WV Amsterdam

www.cmc-ia.org/icm2018amsterdam
#ICM2018amsterdam
@ICM2018
Science from Within
International Conference on Mindfulness 2018
University of Amsterdam
Welcome to the ICM 2018!

Welcome to the International Conference of Mindfulness (ICM) 2018, in the heart of Amsterdam, the Netherlands. In less than 30 years, mindfulness has developed into a booming area of scientific research to further our understanding on how mindfulness can contribute to wellbeing and relieve suffering.

We have been impressed by the variety and large number of high quality submissions of contributions from 42 countries worldwide, resulting in a wide-ranging and inclusive program, that reflects diversity in nationalities, ethnicity, and traditions, making the ICM will be as international as the city of Amsterdam!

The ICM brings together progress in mindfulness research in the domains of medicine, education, organizations, and developmental, clinical and neuropsychology. We have organized the research contributions in four tracks: (I) Clinical applications, (II) Society, (III) Working Mechanisms, and (IV) Philosophical and Dharma Underpinnings. You will hear about the latest results of research on mindfulness as a way of life, as an intervention, as prevention, as experimental manipulation, and from an empirical, psychometric, psychonomic, conceptual, ethical, philosophical and buddhistic, and economic perspective.

The theme of this ICM is “science from within”, as scientific progress in mindfulness is supported by a deep investigation of the process of mindfulness meditation within ourselves and the people we study. Therefore, the ICM will offer ample opportunities to nourish ourselves with practice guided by leading meditation teachers, both during the conference by early morning and afternoon practice sessions and short experiential workshops,
and before and after the conference by full day pre-conference workshops and a two-day post-conference mindfulness retreat.

This ICM will also connect mindfulness to literature, music, dance and film events, and many possibilities to connect with other researchers and practitioners.

We are very grateful for the dedication of our scientific committee and our conference organisers Ramona Stuyvenberg-Monfils and Marloes Huijbers from Radboud University, and Niels Klein from the University of Amsterdam, without whom this event would not have been possible.

We hope the ICM 2018 will be an enriching experience in different way and that you will also enjoy some of all Amsterdam has to offer!

Susan Bögels and Anne Speckens (scientific directors)
Practicalities

The ICM Conference Planning Team and the staff at the University of Amsterdam have worked closely to support your stay at the ICM, and to hopefully offer you a great conference experience.

Conference venue
University of Amsterdam
Roetersseiland A-building
Nieuwe Achtergracht 166
1018 WV Amsterdam

Important numbers
Police, fire brigade, ambulance National: +31 112
Police, no emergency: +31 900 8844
University of Amsterdam, REC A building: +31 20 525 53 40

Registration & information desk – Central hall
The registration desk, which is located in the Central Hall will be open from Tuesday 10th July 8:00 am, particularly for those who have registered for a pre-conference workshop. Main conference visitors are most welcome to attend and register during the opening reception, taking place at the conference venue on Tuesday, 5:00-7:00 pm. If you are unable to register on Tuesday, you can register at any time during the conference between 8:00 am and 6:00 pm.

About one week before the conference you will receive a QR-code that you can show at the registration desk, and which we will need to print your personal conference badge.

Throughout the conference period there will be Conference Team members in the entrance area (Central Hall). The Conference Team members will be wearing orange shirts and are available to assist with any queries you may have.

Conference badges / lanyards
It is important that you keep your lanyard with badge on at all times. The University is open to the public and your badge will show the Conference Team that you are a registered delegate.

WiFi & Workspaces
The A-building is equipped with a modern infrastructure, including a strong WiFi connection, excellent technical facilities and ample workspaces. The University offers open WiFi: look for UvA Open WiFi in your network center and accept the terms and policies in your web browser to get access.

Accessibility
All rooms are accessible using elevators. These are indicated on the floor plans.

Lost and found
There is a lost and found service at the information desk, located in the entrance area / central hall.

Cloak room / luggage deposit
There is a unguarded cloak room available during conference days. On Friday 13th a guarded luggage deposit is available from 8:00 am till 5:30 pm.

First Aid
A trained first aid worker will be present. Anyone seeking medical assistance can contact a Conference Team member.

Room assistants
Room assistants will be present in all conference rooms to assist with technical facilities, logistics, and any other queries you may have.

Early morning practices
Guided early morning practice sessions will take place at the ‘Bridge’, 4th Floor, from 8:00 – 8:45 am on Wednesday, Thursday en Friday mornings. There will be a maximum of 120 participants for the practice sessions. Meditation materials will be available.

Opening Ceremony
The ICM 2018 Opening Ceremony will take place Tuesday, July 10, 5:00-7:00 pm in the entrance area. The ICM will be officially opened by Prof. dr. Karen Maex, Rector Magnificus of the University of Amsterdam.

Keynote lectures
The keynote lectures will take place in room A0.01. This room has two entrances: one via the ground floor and one via the 1st floor.

Poster presentations
During the lunch breaks, there will be up to 60 different research poster presentations each day at the 1st floor. See the program for the title / presenter(s) and location. We encourage you to attend the poster sessions as we have scheduled a very diverse and high-quality poster program.

Poster awards
The poster nominees are marked in de conference booklet and will have a one-minute talk at 1:00 pm (during lunch time) on the balcony. The winner of the poster award will be announced daily just before the start of the keynote lecture.

Conference party
On Thursday 12th July the conference party will take place on Pampus Island. Buses will bring you from the conference venue to the harbor. The buses leave at 6:30 pm. At 7:00 pm the boat will sail to the Island for a unique party with a fantastic dinner and a special performance by Ruby Wax! We encourage you to book your tickets in advance! There may only be a limited number of last-minute tickets available during the conference.

Bookstands
A variety of new publications of the keynotes and workshop leaders are presented and for sale at the book stand of Athenaeum (Central Hall).

Room policy
We will be trying our very best to have each delegate attend the session of their choice. However, in some cases we may not sufficient capacity to allow everyone in, especially with the plenary keynotes that are restricted in number. Plenary keynotes will be visible on a live-stream in a room adjacent to the room. We recommend to be early for those sessions you don’t want to miss.

Foods and drinks
The ICM 2018 serves an all vegetarian lunch throughout the conference, with many vegan options. Of course, any dietary requirements that you have indicated during the registration process will be taken into account wherever possible. The standard buffet includes the most common dietary requirements, including vegan, gluten free and sugar free. In case of very specific requirements, please
consult the catering employee. Coffee and tea will be available during the breaks, water will be available throughout the day. The lunch will be served at the central hall from 1:00 pm-2:00 pm.

Public Transport
The conference venue is very well accessible by public transport. To get to ‘Roetersseiland’ from Amsterdam Central station, you can use the Metro (51, 53, 54) Get off the stop ‘Weesperplein’. Consult the website www.9292ov.nl for detailed travel information and maps.

More information about the public transport tickets view: https://en.gvb.nl/tickets

Practical information Amsterdam
For more practical information about Amsterdam and the city’s facilities and possibilities, we refer to the I AM Amsterdam website, www.iamsterdam.com which provides an excellent and update overview of everything you need to know to prepare & enjoy your visit to Amsterdam.

CREA Café
CREA is a nice spot to meet up with other participants of the conference for a drink after or during the conference days. They are opened between 10.00 am and 1.00 am. CREA is located near to the main entrance.

Address: Nieuwe Achtergracht 170, 1018 WV Amsterdam
Note: all expenses are on your own account.

Photographer
Photographs will be taken during the conference week. Given the size of the group, we are not able to ask everyone’s permission to use the pictures. However, if you come across a picture that includes yourself that you don’t want us to expose it, we will remove it from our media channels immediately upon request.

Accreditation
The ICM 2018 is accredited by the NVvP (Nederlandse Vereniging voor Psychiatrie), FGzPt (Federatie van Gezondheidspsychologen en psychotherapeuten), VGCT (Vereniging voor Gedrags- en Cognitieve therapeuten), NIP (Nederlandse Instituut van Psychologen) ELP en K&J. All associations – 18 points. All conference delegates will receive a certificate of attendance. The accreditation points will be added to your file via PE-Online (for the Dutch participants). If you are not sure if you have entered your BIG-registration number at the registration website, please check with us at the registration desk during the ICM.

Social Media
During the conference you can keep up to date with us on Twitter at @ICM2018. We will also retweet some of your tweets using the hashtag #ICM2018amsterdam

Floor Plans
SECOND FLOOR

Conference Schedule
### Conference Day 1 Wednesday 11th July 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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<tbody>
<tr>
<td>8:00 - 8:45 AM</td>
<td>Morning meditation by Rebecca Crane</td>
<td>The Bridge (4th Floor)</td>
</tr>
<tr>
<td>8:45 - 9:00 AM</td>
<td>Transition time</td>
<td></td>
</tr>
<tr>
<td>9:00 - 10:15 AM</td>
<td><strong>SYMPOSIUM SESSIONS</strong></td>
<td></td>
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<tr>
<td></td>
<td><strong>Track: Clinical Applications</strong></td>
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</tr>
<tr>
<td>1</td>
<td>Maja Johannsen</td>
<td>A2.11</td>
</tr>
<tr>
<td>2</td>
<td>Else Bisseling</td>
<td>A0.07</td>
</tr>
<tr>
<td>3</td>
<td>Melanie Schellekens</td>
<td>A0.01</td>
</tr>
<tr>
<td>4</td>
<td>Soumya Ahmadoun</td>
<td>A2.09</td>
</tr>
<tr>
<td></td>
<td>CHAIR: Melanie Schellekens</td>
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<tr>
<td></td>
<td><strong>Title</strong>: Mindfulness for cancer patients</td>
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<tr>
<td></td>
<td><strong>Panelists</strong>: Larissa Duncan, Samuel Wong, Esther de Bruin, Hske van Ravesteijn, Michael Chaskalson</td>
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<tr>
<td></td>
<td><strong>Description</strong>: Cross-cultural benefits of Mindfulness-Based Childhood and Parenting (MBCP)</td>
<td></td>
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<tr>
<td>10:15 - 10:45 AM</td>
<td>Morning tea break</td>
<td>Central hall</td>
</tr>
<tr>
<td>10:45 AM - 12:00 PM</td>
<td><strong>SYMPOSIUM SESSIONS</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Track: Clinical Applications</strong></td>
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<tr>
<td>1</td>
<td>Larissa Duncan</td>
<td>A2.07</td>
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<tr>
<td>2</td>
<td>Samuel Wong</td>
<td>A0.01</td>
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<tr>
<td>3</td>
<td>Irena Veninga-Stiba</td>
<td>A2.09</td>
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<tr>
<td>4</td>
<td>Kathleen Townshend</td>
<td>A0.11</td>
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<tr>
<td></td>
<td>CHAIR: Larissa Duncan</td>
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<tr>
<td></td>
<td><strong>Title</strong>: Mechanisms and practices of mindfulness in the workplace</td>
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<tr>
<td></td>
<td><strong>Panelists</strong>: Chris Tamjidi, Ute Hulsheger, Esther de Bruin, Michael Chaskalson</td>
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### POSTER SESSIONS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>1:00 - 2:00 PM</td>
<td>Lunch break</td>
<td>Central hall</td>
</tr>
<tr>
<td>2:00 - 3:00 PM</td>
<td><strong>MEET-THE-EXPERT</strong></td>
<td>A0.01</td>
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<tr>
<td></td>
<td>Mindful Communication</td>
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<tr>
<td></td>
<td>Panelist: Edel Maex</td>
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<tr>
<td></td>
<td><strong>Description</strong>: Mindfulness: the confluence of ancient wisdom and modern psychological science</td>
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<tr>
<td>3:00 - 3:30 PM</td>
<td>Tea break</td>
<td>Central hall</td>
</tr>
<tr>
<td>3:00 - 3:30 PM</td>
<td><strong>POSTER SESSIONS</strong></td>
<td>Poster area / 1st floor</td>
</tr>
</tbody>
</table>

### PARALLEL KEYNOTE 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>10:45 AM - 12:00 PM</td>
<td>Zindel Segal</td>
<td>A0.01</td>
</tr>
<tr>
<td></td>
<td>&quot;A Benevolent Frankenstein Enters the Therapeutic Mainstream&quot;</td>
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### POSTER SESSIONS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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<tbody>
<tr>
<td>10:15 - 10:45 AM</td>
<td><strong>PARALLEL KEYNOTE 2</strong></td>
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<tr>
<td></td>
<td>Helen Slagle</td>
<td>C0.01</td>
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<td></td>
<td>&quot;Contemplative Neuroscience: Findings, Challenges, and Future Directions&quot;</td>
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### PRACTICE SESSION

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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<tbody>
<tr>
<td>10:15 - 10:45 AM</td>
<td>Mindful Communication</td>
<td>The Bridge (4th Floor)</td>
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<td></td>
<td>Panelist: Edel Maex</td>
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### PANEL DISCUSSION

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>10:15 - 10:45 AM</td>
<td>Online embodiment and pitfalls of online mindfulness</td>
<td>The Bridge (4th Floor)</td>
</tr>
<tr>
<td></td>
<td>Panelists: Rebecca Crane, Zindel Segal, Wendy Pots, Arvind van Emmerik, Lone Fjörback</td>
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</tbody>
</table>

### IN-COMFERENCE WORKSHOP 1A

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>10:15 - 10:45 AM</td>
<td>&quot;What makes mindfulness-based supervision mindful?&quot;</td>
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<tr>
<td></td>
<td>Alison Evans</td>
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### POSTER SESSIONS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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<tbody>
<tr>
<td>10:15 - 10:45 AM</td>
<td><strong>IN-CONFERENCE WORKSHOP 1A</strong></td>
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<tr>
<td></td>
<td>Alison Evans</td>
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### IN-COMFERENCE WORKSHOP 1B

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Room</th>
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<tbody>
<tr>
<td>10:15 - 10:45 AM</td>
<td>&quot;Beyond the 8 week course: a reflection and dialogue about possible follow-up formats to support MBI participants in maintaining and deepening their practice&quot;</td>
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<tr>
<td></td>
<td>Katherine Ware and Jud Brewer</td>
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</tbody>
</table>
Conference Day 2 Thursday 12th July 2018

8:00 - 8:45 AM
Morning meditation by Ajahn Amaro
The Bridge 4th Floor

8:45 - 9:00 AM
Transition time

9:00 - 10:15 AM
SYMPOSIUM SESSIONS
Track: Clinical Applications
“Cost-effectiveness of Mindfulness-Based Interventions”
1 Janneke Gnutters
2 Lotta Jansen
3 Felix Compain
4 Gerit Jan van der Wilt
5
CHAIR Janneke Gnutters
ROOM A2.09

10:15 - 10:45 AM
Morning tea break
Central hall

10:45 AM - 12:00 PM
SYMPOSIUM SESSIONS
Track: Clinical Applications
“Are Mindfulness-Based Self-Help Resources Helpful?”
1 Heather Taylor
2 Clara Strauss
3 Jenny Gu
4 Mireia Banerjee
CHAIR Clara Strauss
ROOM A2.07

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”
ROOM A0.01

IN-CONFERENCE WORKSHOP 1B
Katherine Waare 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”
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Room/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00 - 2:00 PM</td>
<td>Lunch break</td>
<td>Central hall</td>
</tr>
<tr>
<td>2:00 - 3:00 PM</td>
<td>PLENARY KEYNOTE</td>
<td>The Bridge (4th Floor)</td>
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<tr>
<td></td>
<td>“Secular Dharma: From Truths to Tasks”</td>
<td>Stephen Batchelor</td>
</tr>
<tr>
<td>3:00 - 3:30 PM</td>
<td>Poster sessions</td>
<td>Poster area / 1st floor</td>
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<tr>
<td>3:30 - 4:15 PM</td>
<td>Panel discussion</td>
<td>Balcony</td>
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<tr>
<td></td>
<td>“Does cognitive therapy need mindfulness?”</td>
<td>Moderator: Fabio Giommi</td>
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<tr>
<td>4:45 - 5:15 PM</td>
<td>Chair</td>
<td>Rm A0.01</td>
</tr>
<tr>
<td>5:00 - 6:00 PM</td>
<td>Poster sessions</td>
<td>Poster area / 1st floor</td>
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<tr>
<td>6:00 - 6:45 PM</td>
<td>Symposium sessions</td>
<td>Poster area / 1st floor</td>
</tr>
<tr>
<td>7:00 - 7:30 PM</td>
<td>Lunch meeting</td>
<td>Access MBCT</td>
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<tr>
<td>8:00 - 8:45 AM</td>
<td>Morning meditation</td>
<td>The Bridge (4th Floor)</td>
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<tr>
<td>8:45 - 9:00 AM</td>
<td>Transition time</td>
<td></td>
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<tr>
<td>9:00 - 10:15 AM</td>
<td>Symposium sessions</td>
<td>Poster area / 1st floor</td>
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<tr>
<td></td>
<td>“Integrating First-Person and Mindfulness in the justice system”</td>
<td>Silke Rupprecht, Esther de Bruin, Wendy Karsamakers, Linda Kantor, Wibo Koole</td>
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<tr>
<td></td>
<td>“Breaking the cycle of desire: The role of mindfulness in craving for alcohol, drugs, and food”</td>
<td>Brian Ostadin, Brian Ostadin, Esther Aarts, Mike Keeman, Brian Ostadin</td>
</tr>
<tr>
<td>10:15 - 10:45 AM</td>
<td>Morning tea break</td>
<td>Central hall</td>
</tr>
<tr>
<td>10:45 - 11:30 AM</td>
<td>Symposium sessions</td>
<td>Poster area / 1st floor</td>
</tr>
<tr>
<td></td>
<td>“Trajectories and dynamic changes during and after mindfulness interventions”</td>
<td>Evelien Snoope, Ivan Nylidik, Christopher May, Nina Vollbehr, Ruth Baar</td>
</tr>
<tr>
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<td>Brian Ostadin, Brian Ostadin, Esther Aarts, Mike Keeman, Brian Ostadin</td>
</tr>
<tr>
<td>11:30 - 12:00 PM</td>
<td>Lunch meeting: “Widening the Circle of Concern: resources to meet the challenge of enabling accessibility”</td>
<td>Balcony</td>
</tr>
</tbody>
</table>

**Conference Day 3 Friday 13th July 2018**
PLENARY KEYNOTE
Mark Williams
"Mindfulness: keeping our balance"
ROOM A0.01

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"
ROOM A1.02

SYMPOSIUM SESSIONS
Track: Clinical Applications
"Adults with ADHD and parents of children with ADHD"
Maja Schroevers
TERI Messman-Moore
Marion Spierman
Rhoda Schulzing
ROOM A0.01

Track: Mindfulness in Society
"Diversity in the mindfulness community?"
Nava Leit-Binnun
Inga de Leeuw
Amanda Fu
Tiara Coox
ROOM A2.09

FINalsection, Including Ethical and Regulatory Issues.

Track: Working Mechanisms
"Experimental studies investigating the possible working mechanisms of mindfulness"
Nikolett Eisenbeek
Zafie Cox
Inka Pape
Kathleen Van der Sucht
Johannes Michalak
ROOM A2.11

Track: Philosophical and Dharma Underpinnings
"If you treasure it, measure it: assessing mindfulness, compassion, and equanimity"
Ruth Baer
Clara Strauss
Philippe Goldin
Amé Bernstein
Ruth Baer
ROOM A0.01

Special Interest Meeting
Establishing a ‘Community on Contemplative Education’ in Europe
Katherine Warren and Sandler Tideman
ROOM A1.02

CLOSING TALK
by Susan Bögels & Anne Speckens
ROOM A0.01
Program
Wednesday 11th July
“Mindfulness for cancer patients” presented by Melanie Schellekens (chair), Maja Johanssen, Else Bisseling, Melanie Schellekens, Soumaya Ahmadoun (track: clinical applications)

“Cross-cultural benefits of Mindfulness-Based Childbirth and Parenting (MBCP)” presented by Larissa Duncan (chair), Samuel Wong, Irena Veringa-Skiba, Kishani Townshend (track: clinical applications)

“Mechanisms and practices of mindfulness in the workplace” presented by Michael Chaskalson (chair), Chris Tamdjidi, Ute Hulsheger, Esther de Bruin, Hiske van Ravesteijn (track: mindfulness in society)

“Integrating First-Person and Third-Person Perspectives in Contemplative Science” presented by Amit Bernstein (chair), Judson Brewer, Yuval Hadash, Amit Bernstein, Fynn-Mathis Trautwein (track: working mechanisms)

“Mindfulness-integrated Cognitive Behaviour Therapy: A Transdiagnostic Approach” presented by Lynette Monteiro (chair), Bruno Cayoun, Alice Shires, Sarah Francis, Andrea Grabovac (track: philosophical and dharma underpinnings)

“Interconnectedness - The key to personal and collective well-being” presented by Winnie Mak, Ben yu, Amanda Fu (chair) (track: philosophical and dharma underpinnings)
Mindfulness-based supervision (MBS) is an important part of training and ongoing professional development for teachers of mindfulness-based interventions (MBI). There are ways that it draws upon longstanding models of supervision in other settings, and ways that it is distinctive. The articulation of what it is and how to supervise is at an early stage.

In this workshop frameworks and understandings will be offered, alongside case study examples and opportunities for interactive dialogue. The workshop will be aimed at those who teach MBIs or supervise MBI teachers.

Key learning objectives are:
- To develop a deeper understanding of what MBS is
- To understand the place of MBS within training and ongoing development as an MBI teacher
- To understand the mindful aspects of MBS, with a particular focus on the inquiry process
- To explore one’s own experience of MBS and future intentions

Alison Evans was trained as an occupational therapist and later specialized as an MBCT therapist and trainer. From 2008 to 2017 she has worked at the mood disorders centre at the university of Exeter as a lead therapist in clinical trials of MBCT for depression. She is also co-director of the Mindfulness Network CIC. Alison has a particular interest in Mindfulness-Based Supervision (MBS). She worked closely with Cindy Cooper and Jody Mardula in developing understandings about the nature of MBS and articulating a framework and model for its delivery. Recently, she joined the CMRP team to develop and deliver training in MBS.
Most people believe the mind to be a mirror, more or less accurately reflecting the world outside of them, not realizing on the contrary, that the mind itself is the principal element of creation.

- Rabindranath Tagore -

Your decision to come to this session, the ideas I will explore, much of what causes suffering in the world, the steps we can take to end suffering – they all originate in the human mind and heart. In this moment the human mind and heart holds the potential for understanding, transformation and liberation. We can create and recreate our lives. We can shape the world around us. This is the extraordinary power we have.

This session will explore the confluence of Buddhist psychology and psychological science. We will explore the ways they come together to provide a map of the mind and route maps for mindfulness teachers and students to follow in mindfulness-based programmes. There will be a presentation, practice and time for discussion.

Neuroscience research within the last few decades has shown that the brain is much more plastic, or able to change in structure and function, than was once thought possible. This has spurred interest in meditation as a method to improve brain and mental functioning. In my talk, I will explore recent neuroscientific research on how different types of meditation may influence how we pay attention and perceive the world around us. In doing so, I will also consider how meditation effects may be understood within the scientific framework of predictive processing. This framework has rapidly gained scientific traction in recent years and shows notable parallels to Buddhist theories in that it proposes that the brain continuously constructs its own reality and that everyday experience is conditioned by top-down expectations derived from past experiences. I will also briefly consider challenges that the field of Contemplative Neuroscience in particular faces, and end by delineating important avenues of further inquiry.

'Contemplative Neuroscience: Findings, Challenges, and Future Directions'

Willem Kuyken

Heleen Slagter, PhD, is a cognitive neuroscientist and Associate Professor in the Department of Psychology of the University of Amsterdam (NL), and Principal investigator of the Cognition and Plasticity Laboratory. Her current research interests include (the neural basis of) core cognitive capacities such as attention, and methods that may enhance these capacities, including mindfulness mediation.

Heleen Slagter

Willem Kuyken, PhD, Professor of Clinical Psychology at the University of Oxford (UK) where he is director of the Oxford Mindfulness Centre. From 1999 to 2014 he worked at the University of Exeter, where he held a number of roles including leading the clinical research group and conducting two randomized controlled trials of MBCT for depression. His ongoing research focuses on depression and evidence based approaches to depression, in particular how MBCT can prevent depression and enhance human potential across the lifespan.

Willem Kuyken

'Contemplative Neuroscience: Findings, Challenges, and Future Directions'

Heleen Slagter

’Mindfulness: the confluence of ancient wisdom and modern psychological science’

Heleen Slagter

Willem Kuyken

’Mindfulness: the confluence of ancient wisdom and modern psychological science’

Willem Kuyken
PANEL DISCUSSION

Moderated by Lone Fjorbäck

‘Online embodiment: the possibilities and pitfalls of online mindfulness’

Rebecca Crane, Zindel Segal, Arnold Van Emmerik, Wendy Pots, moderated by Lone Fjorbäck.

This panel discussion will start with a short introduction and presentation by the panel members, followed by an interactive part with input from the audience, exploring the theme of online mindfulness approaches. There will be ample space for questions and reflection.

Music

Dive deep into acoustic folk soul with UK-based artist Carrie Tree. Carrie has travelled through many parts of the world with her music, stirring and softening hearts along the way. With a mesmerising voice and rhythmical fluid guitar she touches a deep place in listeners, playing regularly at festivals, concerts and retreats across Europe.

Carrie has built a dedicated following around her music and has collaborated live and in the studio with the likes of Damien Rice, Fink, Albert Mazibuko (LadySmith Black Mambazo, Carly Simon, Martha Tilston, and Lamb’s Andy Barlow.

She has co-produced and released two studio albums, ‘The Kitchen Table’ and ‘Home to the Invisible’, with a third in the making this year with Producer Markus Seiber (Mirabai ceiba/AuKai).

“It’s worth giving this your proper, undivided attention ... its not the devil you’ll find in the details, but a real slice of the divine.”

FOLK RADIO

“One of the most natural voices you may ever hear”

XYZ MAGAZINE

website: carrietree.co.uk
Veysi Yildirim

Deep Look

Dutch-Kurdish artist and filmmaker Veysi Yildirim (born 1975, Turkey) received the award for Best Graduate Student of the St. Joost Academy of Fine Arts in the Netherlands in 1999. He currently lives and works in Amsterdam.

Veysi was born with congenital hearing loss and spent the first four years of his life not speaking. His condition triggered missing out on linguistic feeling - essentially that formed in the first two years of one's a life; and yet, it was compensated by Veysi enjoying what he calls “a greater visual acuity”. From the moment he started wearing hearing aids, he became fascinated by the effect of sound on body and spirit.

Living in opposite worlds (West, East; deaf, hearing; Islamic, Christian, secular), Veysi has developed a particular view on reality. Films are his medium to reach out to people and have them experience - through cinematographic means - inner rest and contemplation.

Deep Look

A GLOBAL PEACE OF MIND FILM
BY VEYSI

Veysi Yildirim

2:00 – 3:00 PM Wednesday 11th July 2018

‘Mind the gap’

Katherine Weare and Judson 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

The ‘8 week course’ in various forms has become the standard introduction to mindfulness in many places, and protocol and research base for it fairly well established. It is much less clear where participants go after that to develop mindfulness, there is something of a theory and practice ‘gap’ between this basic course and more intensive approaches, and a dearth of research into various approaches. This interactive workshop will draw out the experience of the facilitators and the group participants around bridging this gap. More information in the online program.

Katherine Weare, PhD, is Emeritus Professor at the Universities of Exeter and Southampton in the UK. Trained as a teacher of mindfulness at the University of Exeter, she now works in their postgraduate diploma course training mindfulness teachers. She regularly teaches MBCT/MBSR courses, and follow ups, to a wide range of groups, attends regular silent insight meditation retreats to support her daily practice and has just completed the Committed Practitioner Programme with Bodhi College.

She is known internationally for her work on mental health, well-being, social and emotional learning and mindfulness in education, and has published widely in the field, reviewing the evidence base on ‘what works’, advising policy makers and governments, and developing practical strategies across most European countries.

Her recent book, co-written with Thich Nhat Hanh ‘Happy Teachers Change The World’ (2017) is helping to cultivate a more holistic and less instrumental approach to mindfulness in educational contexts, and is currently being translated into a wide range of languages.

Judson Brewer, MD, PhD, is a psychiatrist and internationally known expert in the field of mindfulness for addiction. He is Director of Research at the Center for Mindfulness and Associate Professor in Medicine and Psychiatry at UMass Medical School (USA). He has developed and tested novel mindfulness programs for habit change, including in-person and app-based treatments. Other research interests include the underlying neural mechanisms of mindfulness meditation. In “The Craving Mind: From Cigarettes to Smartphones to Love – Why We Get Hooked and How We Can Break Bad Habits” (2017) he describes the mechanisms of habit and addiction formation, then explains how the practice of mindfulness can interrupt these habits.
“Implementation of Mindfulness-Based Cognitive Therapy” presented by Graham Meadows (chair), Kristen Rawlett, Marleen ter Avest, Kira Steinhaus, Graham Meadows (track: clinical applications)

“Online mindfulness approaches to promote well-being in the community” presented by Karen Dobkins (chair), Amanda Li, Winnie Mak, Kathleen Walsh, Eduard de Bruin, Karen Dobkins (track: clinical applications)

“Mindfulness and Other Mind-Body Interventions in Health Professions Education” presented by Aviad Haramati (chair), Sian Cotton, Raphaël Bonvin, Andrea Grabovac (track: mindfulness in society)

“Uncovering the neurocognitive mechanisms of meditation using functional Magnetic Resonance Imaging” presented by Dirk Geurts (chair), Gunes Sevinc, Anne Maj van der Velden, Thorsten Barnhofer, Gunes Sevinc (track: working mechanisms)

“From contemplative science to contemplative society” presented by Nirbhay Singh (chair), Wolfgang Lukas, Mareike Smolka, Vincenzo Giorgino & Donald McCown (track: philosophical and dharma underpinnings)

“Integrating Self-Compassion and Acceptance & Commitment Therapy (ACT) for Children and Teens” presented by David Dewulf and Sacha Rombouts (track: various)

In Buddhist traditions, where many mindfulness practices have their roots, mindfulness training is accompanied by explicit instruction in ethical conduct. In contemporary mindfulness-based programs (MBPs), explicit ethical instruction is largely absent, for a variety of cultural, professional, and legal reasons. These differing approaches to mindfulness training have led to extensive discussion of ethical issues in the contemporary mindfulness field. This keynote will provide an overview of questions of current interest. These include:

- From an ethical standpoint, are contemporary MBPs too Buddhist, or not Buddhist enough, and what are the implications of how this question is answered?
- In settings where explicit teaching of a particular ethical perspective may be inappropriate, what is the role of personal values, and can mindfulness cultivate awareness of values and values-consistent behavior?
- What is the role of professional ethics in the training of mindfulness teachers and in how MBPs are delivered?
- Can mindfulness practice be harmful? If so, what are the risks, and how can we protect participants against risks?
- Given the prevalence of positive and negative hype about mindfulness in the contemporary media, how can we communicate ethically about mindfulness, the effects of mindfulness practice, and its potential limits and risks?

Ruth Baer, PhD, is Professor of Clinical Psychology at the University of Kentucky in Lexington (USA) where she teaches and supervises several mindfulness-based interventions including acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness-based cognitive therapy (MBCT), and mindfulness-based stress reduction (MBSR). She is one of the leading authors in the field of mindfulness, researching its conceptualization, effectiveness, working mechanisms and relation to other psychological variables.
Program
Thursday 12th July
“Cost-effectiveness of Mindfulness-Based Interventions” presented by Janneke Grutters (chair), Lotte Janssen, Félix Compen, Gert Jan van der Wilt (track: clinical applications)

“Mindfulness-Based Programs for Families with Autism Spectrum Disorder” presented by Esther de Bruin (chair), Mette Elmose, Dexing Zhang, Anna Ridderinkhof, Nirbhay Singh (track: clinical applications)

“Mindfulness and Leadership Research” presented by Wendy Kersemaekers (chair), Silke Rupprecht, Kiki Vreeling, Megan Reitz, Elizabeth King (track: mindfulness in society)

“Letting in the light: The role of mindfulness in eliciting positive emotion” presented by Brian Ostafin (chair), Nicole Geschwind, Hester Trompetter, Barney Dunn, Dirk Geurts (track: working mechanisms)

“Mindfulness and cognitive processes in major depressive disorder” presented by Willem Kuyken (chair), Frances Shawyer, Christine Kuehner, Pawel Holas, Eva Henje Blom (track: working mechanisms)

“Critical and Social Perspectives on Mindfulness” presented by Kristina Eichel (chair), Rachel Lilley, David Forbes, Nicholas Canby (track: mindfulness in society)

“Are Mindfulness-Based Self-Help Resources Helpful?” presented by Clara Strauss (chair), Heather Taylor, Clara Strauss, Jenny Gu, Moitree Banerjee (track: clinical applications)

“Mindfulness-Based Interventions for Children and Adolescents with ADHD” presented by Nirbhay Singh (chair), Renée Meppelink, Herman Lo, Anna Hunguet, Corina Greven (track: clinical applications)

“Common Suffering – Addressing the Hearts, Minds, and Bodies of Health Professionals” presented by Cara Geary (chair), Lucy Sternburgh, Ruth Lerman, Dawn MacDonald, Cara Geary (track: mindfulness in society)

“Exploring the brain and behavioral mechanisms of MBIs for depression and anxiety” presented by Philippe Goldin (chair), Clara Lopez-Sola, Le-anh Dinh-Williams, Norman Farb, Philippe Goldin (track: working mechanisms)

“Assessing mindfulness and discernment” presented by Harald Walach (chair), Josef Mattes, Oscar Lecuona, Sarah Chan, Harald Walach (track: philosophical and dharma underpinnings)

“Mindfulness, art and performance” presented by Julie Artman (chair), Heather Kempton, Anne-Marie Czajkowski, Jian-Hong Chen (track: various)
The Pali term vedana refers to the affective tone of experience. During this workshop I would like to explore mindfulness of the feeling tones, which is the second foundation of the practice of mindfulness. When we come into contact through one of our six senses with the environment, we experience a pleasant, unpleasant or neither pleasant nor unpleasant feeling tone. It is important to see that feeling tones are constructed, they are not a given, they do not reside in the object we come in contact with. It is vital to be aware of feeling tones as they arise extremely fast and have a profound impact on our behavior. I would like to propose that developing a caring and careful mindfulness of feeling tones could be one of the keys to well-being.

The workshop will deal with the practical aspects of vedana, and will consist of a presentation and Q&A session, followed by different forms of practice and small group sessions focusing on listening and seeing practice.

In this workshop you will learn:
- Clarification and understanding of vedana
- How to practice mindfulness of vedana
- To see how vedanas influence moods
- To explore how to creatively engage with our automatic responses to vedana

Judson Brewer, MD, PhD, is a psychiatrist and internationally known expert in the field of mindfulness for addiction. He is Director of Research at the Center for Mindfulness and Associate Professor in Medicine and Psychiatry at UMass Medical School (USA). He has developed and tested novel mindfulness programs for habit change, including in-person and app-based mindfulness training as well as data from neuroimaging paradigms, I will describe why habits and addictions are formed, and how awareness helps us tap into these very behavioral and brain mechanisms that encourage habitual behaviors in order to step out of them.

Judson Brewer, MD, PhD, is a psychiatrist and internationally known expert in the field of mindfulness for addiction. He is Director of Research at the Center for Mindfulness and Associate Professor in Medicine and Psychiatry at UMass Medical School (USA). He has developed and tested novel mindfulness programs for habit change, including in-person and app-based treatments. Other research interests include the underlying neural mechanisms of mindfulness meditation.
Ronald Epstein

‘Attending: Mindful Practice at Work’

In this keynote, I will outline how mindfulness can be cultivated in work settings to help people flourish in their professional lives and act as a healing influence on those with whom they interact – colleagues, patients, clients, partners.

Jon Kabat-Zinn (video-link), moderated by Martine Batchelor and Mark Williams

‘The Stress of Success: Opportunities and Challenges in the Mindfulness Universe, 2018’

The explosion of interest in mindfulness world-wide carries both endless opportunities and also major challenges for clinicians, scientists, educators, and others. In this talk and conversation, Jon will explore the challenges of living the practice and embodying openhearted wakefulness in our lives at this moment on the planet. He will emphasize the universal dharma roots of mindfulness and what they call for in terms of our own individual cultivation of mindfulness as a practice and as a way of being, and how it interfaces with our work in the world as professionals – in other words, what our responsibilities are – if its healing and transformative dimensions are not to be lost or hopelessly diluted as mindfulness moves more and more into the mainstream of society.

Ronald Epstein, MD, PhD, is Professor of Family Medicine, Psychiatry and Oncology at the University of Rochester School of Medicine and Dentistry (USA), where he also directs the Center for Communication and Disparities Research. He co-directs Mindful Practice programs and the Deans Teaching Fellowship program. Through his work and development of innovative educational programs, he has been passionately devoted to promoting physician self-awareness, mindfulness and effective communication in clinical practice.

Jon Kabat-Zinn, PhD, is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School (USA). He is also the founding director of its renowned Stress Reduction Clinic and emeritus Professor of Medicine at the University of Massachusetts Medical School. Dr. Kabat-Zinn received his Ph.D. in molecular biology from MIT in 1971. He has been teaching mindfulness and Mindfulness-Based Stress Reduction (MBSR) worldwide for decades and has written numerous articles and bestselling books on mindfulness and its application. His research interests include mind-body interactions and clinical applications of mindfulness and its effects on the brain, the immune system, emotional expression, and healing in various somatic conditions, as well as the application of MBSR for prison inmates and staff, in multicultural settings; and on stress in various corporate settings and work environments.
‘Does cognitive behavioral therapy need mindfulness?’

Claudi Bockting, Johannes Michalak, Clara Strauss, Susan Bögels, moderated by Fabio Giommi.

This panel discussion will start with a short introduction and presentation by the panel members, followed by an interactive part with input from the audience, exploring the overlapping and distinct features of traditional cognitive behavioral therapy and mindfulness-based cognitive therapy, and how they relate to each other. There will be ample space for questions and reflection.

Amidst rising concerns about young people’s mental health, this timely and insightful documentary reveals the impact that mindfulness training is having on children and teenagers in educational settings across Europe. Are we seeing a new culture of consciousness emerge, which could enable young people to take responsibility for their own lives, for society and for the world?
Social justice is one of the defining issues of the time we live in. Despite enormous progress across the world in addressing poverty, there remain deep divides in terms of who gets access to education, health and social opportunities. These themes are prevalent in the context of mindfulness teaching also. The practice of mindfulness brings the issues of common humanity to the fore in a particular way. As we engage with the practice we come into deeper connection with personal and collective suffering; we become more willing to allow a greater breadth and depth of the reality of the human situation to touch and affect us; we recognise both the universality of human distress, and the particular societal patterns that perpetuate distress for certain groups; and we build a more honest way of compassionately relating to these experiences.

There is increasing awareness and action being taken in the mindfulness field in connection with issues of accessibility. We will give space to reflecting on how we can continue to engage with this theme in the midst of the fullness of the day to day demands that our mindfulness work presents. This workshop aims to be a part of a wider process of resourcing ourselves to connect more deeply with social justice, and to reflect on practical actions that each of us can take within our own research and teaching contexts.

Learning outcomes:
1. To orientate awareness to the theme of accessibility, thus resourcing participants in working skillfully with it
2. To reflect on how the practices of mindfulness and compassion can be a key way that we resource ourselves to deepen into personal connection with collective human suffering
3. To share ideas and commit to some practical actions which can be implemented in participants teaching/research context
Bethan Roberts has a background in Health Economics and Women’s Studies, with a focus on Equality and Diversity. She is an experienced Mental Health First Aid instructor and has worked for many years in the field of mental health. She has been a mindfulness teacher and trainer for the CRMP at Bangor University since 2010, teaching mindfulness programs (MBSR) to workplaces, community groups and general public groups as well as a one-to-one basis with individuals with mental health issues. Her research focuses on mindfulness and social inequalities.

Rebecca Crane, PhD, is director of the Centre for Mindfulness Research & Practice at Bangor University (UK), and has been a leading role in its development since it was founded in 2001. She has a background as occupational therapist and integrative counselor. Her research focuses on the delivery of evidence-based mindfulness-based interventions in different settings, with a particular focus on the integrity of the teaching and therapist competency. She teaches and trains internationally in both MBSR and MBCT.
Rather than basing itself on the classical Buddhist doctrine of the four noble truths, the approach of Secular Dharma is based on a radical re-reading of these truths as a set of interconnected tasks to be recognized, performed and mastered. This is summed up in the acronym ELSA: Embrace life, Let go of reactivity, See the stopping of reactivity, and Actualise a path. In providing a philosophical and ethical framework for the practice of mindfulness, ELSA moves us away from Buddhism as a set of religious beliefs and allows us to reconsider the dharma as the foundation for a secular culture of awakening.

Stephen Batchelor

‘Secular Dharma: From Truths to Tasks.’

Stephen Batchelor is a writer, translator, teacher and artist. Born in 1953, he was ordained as a Buddhist monk at the age of twenty and spent ten years training in the Tibetan Geluk and Korean Sŏn orders. Since 1986, he has taught at Gaia House meditation centre in Devon, England. In 2015 he co-founded Bodhi College, a European educational project dedicated to the understanding and application of early Buddhism. His most recent publications are After Buddhism and Secular Buddhism (Yale University Press). He travels worldwide to lecture and lead retreats and lives in south-west France with his wife Martine.
“Online mindfulness-based cognitive therapy for cancer patients” presented by Marije van der Lee (chair), Linda Cillessen, Marije van der Lee, Félix Compen, Julia Wahl (track: clinical applications)

“Mindfulness for chronic somatic conditions” presented by Barbara Pickut (chair), Gillian Mathews, Eric Loucks, Barbara Pickut, Lotte Berk (track: clinical applications)

“Mindfulness in the workplace: scientific evidence and open questions” presented by Wibo Koole (chair), Silke Rupprecht, Esther de Bruin, Wendy Kersemaekers, Linda Kantor (track: mindfulness in society)

“Mindfulness in the justice system” presented by Machteld Hoeve (chair), Jennifer McIntyre-Smith, Nelleke van Zessen & Nienke Bouw, Christina Spinelli (track: mindfulness in society)

“Trajectories and dynamic changes during and after mindfulness interventions” presented by Ruth Baer (chair), Evelien Snippe, Ivan Nykiček, Christopher May, Nina Vollbhr (track: working mechanisms)

“Breaking the cycle of desire: The role of mindfulness in craving for alcohol, drugs, and food” presented by Brian Ostafin (chair), Brian Ostafin, Esther Aarts, Mike Keesman (track: working mechanisms)

“Self-compassion interventions: qualitative and quantitative impact” presented by Maya Schroepers (chair), Maya Schroepers, Terri Messman-Moore, Marion Spijkerman, Rhoda Schuling (track: clinical applications)

“Adults with ADHD and parents of children with ADHD” presented by Philip Asherson (chair), Lotte Janssen, Philip Asherson, Dirk Geurts, Herman Lo (track: clinical applications)

Establishing a ‘Community on Contemplative Education’ in Europe presented by Katherine Waere and Sander Tideman (Special Interest Meeting)

“Diversity in the mindfulness community?” presented by Nava Levit-Binnun (chair), Inge de Leeuw, Amanda Fu, Tiara Cash (track: mindfulness in society)

“Experimental studies investigating the possible working mechanisms of mindfulness” presented by Johannes Michalak (chair), Nikolett Eisenbeck, Zaffie Cox, Inka Papenfuss, Kateleen Van der Gucht (track: working mechanisms)

“If you treasure it, measure it: assessing mindfulness, compassion, and equanimity” presented by Ruth Baer (chair), Clara Strauss, Philippe Goldin, Amit Bernstein (track: philosophical and dharma underpinnings)
The workshop consists of two parts: research and practice.

**PART 1: Meditation Safety: Research Overview**

Part 1 reviews the findings from the recent Varieties of Contemplative Experience project, the most comprehensive study to date on meditation-related challenges. Part 1 will also review adverse effects data from mindfulness-based interventions. The training includes detailed descriptions of meditation-related challenges, including subject quotes, how often they occur, how long they last, and potential risk factors.

**PART 2: Meditation Safety in Practice**

Part 2 focuses more on concrete steps to ensure safety for your program, and includes four modules: informed consent, screening, monitoring, and management. This training is accompanied by access to the Meditation Safety Toolbox, which includes official curricula and implementation guidelines, informed consent, screening instruments from the UMASS, Oxford and Bangor Centers for Mindfulness, as well as a folder of research and other resources.

**Informed Consent:** This module reviews the informed consent process, including advertising brochures, and other statement of benefits vs limitations and risks.

**Screening:** The screening module provides training in how to screen participants who are interested in taking an MBI program, and includes review of inclusion/exclusion criteria and decision trees for participation, and screening instruments.

**Monitoring:** The monitoring module teaches facilitators how to adequately monitor or track potential adverse reactions in their mindfulness clients, beyond “passive monitoring”. This module focuses on the meditation-related difficulties that are most likely to occur with MBI interventions, such as anxiety/panic, traumatic re-experiencing and dissociation.

**Management:** The management module teaches facilitators how to manage difficulties once they arise, as well as modify their instructions to minimize the likelihood of adverse reactions. This module draws heavily from trauma-informed therapies. Specific exercises and practices are provided, as well as other resources for further training.

**Learning Objectives:**

- Understand why adverse events are under-reported
- Recognize challenging experiences that can arise with meditation practice
- Learn correct methods of screening and monitoring
- Learn person-centered and culturally-informed methods of management and minimization of risk

Willoughby Britton and Jared Lindahl

‘Meditation Safety: Research and Practice’

Willoughby Britton, PhD, is a clinical psychologist and neuroscientist. She is Assistant Professor of Psychiatry and Human Behavior and Assistant Professor of Behavioral and Social Sciences at Brown University (USA) where she directs the Clinical and Affective Neurosciences Lab (CLANlab). Her research focuses on the psychophysiological and neurocognitive effects of cognitive training and mindfulness-based interventions (MBIs) for mood and anxiety disorders. As a clinician, she has taught MBSR and MBCT to both clinical and non-clinical populations. She has a specific interest in safety of MBIs and meditation practice.

Jared Lindahl, PhD, is Visiting Assistant Professor in the Department of Religious Studies at Brown University (USA) and is director of the humanities research track in the Clinical and Affective Neuroscience Lab. Since 2010 he has been involved in the Varieties of Contemplative Experience project working closely with Willoughby Britton. His ongoing research integrates historical and textual studies of contemplative traditions with phenomenological and neurobiological approaches.
During this talk I would like to explore mindfulness of the feeling tones, which is the second foundation of the practice of mindfulness. First I will try to present the different aspects of mindfulness. Secondly I will try to define feeling tones and thirdly how to be mindful of them. The Pali term vedana refers to the affective tone of experience. When we come into contact through one of our six senses with the environment, we experience a pleasant, unpleasant or neither pleasant nor unpleasant feeling tone. It is important to see that feeling tones are constructed, they are not a given, they do not reside in the object we come in contact with. It is vital to be aware of feeling tones as they arise extremely fast and have a profound impact on our behavior. I would like to propose that developing a caring and careful mindfulness of feeling tones could be one of the keys to well-being.

Martine Batchelor

‘From Cradle to Grave: Taking a life course approach to mindfulness interventions’

Mindfulness-based interventions have been applied in populations of diverse age groups and various populations including pregnant women, pre-school children, school aged children, adolescents, young adults, adult populations (e.g. working men, menopausal women), older adults and people approaching death. In this presentation, review and ongoing research on mindfulness interventions in improving health and well-being, as well as quality of life will be described using the life course perspective. Current and further plans on the evaluation of mindfulness interventions such as MYmind for children and adolescents with both externalizing and internalizing problems would also be presented.

Samuel Wong

‘The Impact of Mindfulness of Feeling Tone (vedana) on Well-Being’

During this talk I would like to explore mindfulness of the feeling tones, which is the second foundation of the practice of mindfulness. First I will try to present the different aspects of mindfulness. Secondly I will try to define feeling tones and thirdly how to be mindful of them. The Pali term vedana refers to the affective tone of experience. When we come into contact through one of our six senses with the environment, we experience a pleasant, unpleasant or neither pleasant nor unpleasant feeling tone. It is important to see that feeling tones are constructed, they are not a given, they do not reside in the object we come in contact with. It is vital to be aware of feeling tones as they arise extremely fast and have a profound impact on our behavior. I would like to propose that developing a caring and careful mindfulness of feeling tones could be one of the keys to well-being.

Martine Batchelor studied Zen Buddhism as a Buddhist nun between 1975 and 1985, primarily in South Korea. After returning to Europe in 1985 with her husband Stephen, Martine has been leading retreats, worked as a lecturer and spiritual counselor, and has written several books on, for example, Zen meditation from the female perspective.
Ajahn Amaro

‘Unshakable Well-Being – is the Buddhist concept of enlightenment a meaningful possibility in the current age?’

‘What does ‘spiritual enlightenment’ mean, particularly in the context of modern day western society? Are there gradations of such enlightenment? How could this concept from Buddhist Psychology inform mindfulness teachers, practitioners and researchers? This talk and discussion session will explore the classical Buddhist descriptions of the levels of enlightenment and their relevance in terms of the establishment of a stable and profound psychological well-being, independent of life circumstances. It will explore the levels of mental maturation from the Buddhist perspective and compare them to such western psychological concepts as Maslow’s Hierarchy of Needs; particular focus being given to practical means of bringing about such maturation and self-actualisation.

Ajahn Amaro is a Theravada Buddhist monk and teacher, and abbot of the Amaravati Buddhist Monastery in Hemel Hempstead (UK). The centre, in practice as much for ordinary people as for monastics, is inspired by the Thai forest tradition and the teachings of the late Ajahn Chah. Before the spiritual search that led him to Thailand where he was ordained as bhikkhu in 1979, Ajahn Amaro received a BSc in Psychology and Physiology from the University of London. He authored numerous books addressing various aspects of Buddhism.

George Langenberg

Mindful movement

Willoughby Britton, Jared Lindahl, Ruth Baer, Rogier Hoenders, moderated by Edel Maex.

This panel discussion will start with a short introduction and presentation by the panel members, followed by an interactive part with input from the audience, exploring the theme of safety of meditation and mindfulness-based approaches. There will be ample space for questions and reflection.
**Prison Pioneers**

Behind the tall walls of the prison, every Monday a group of prisoners comes together to participate in a Mindfulness training. Since their incarceration, they have plenty of time to think, often with the weight of a heavy conscience. Using meditation and mindfulness, they move towards the confrontation with their past, hoping to attain more inner peace and a better future. Prison Pioneers gives a unique view inside the prison, the impact of mindfulness on prisoners, and the pioneering work of the first Buddhist chaplains in the Netherlands.

**Workshop Mindful Drawing**

During this workshop you will become acquainted with the work of designer/illustrator Corien Bögels, and explore her method of quick drawing yourself. Let yourself be inspired by the interplay between mindful awareness and creativity!

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**‘Mindfulness and Cancer: A Clinical Lesson’**

In this brief presentation, Trish will share some ideas and reflections as to what in her experience are the salient issues facing people with cancer – and what mindfulness can offer. She will draw on the experiences of some of those she has worked with – to headline the key tools and approaches within MBCT for Cancer – a programme she has developed, taught and written about: Mindfulness-Based Cognitive Therapy for Cancer (Bartley, 2012) and Mindfulness: A Kindly Approach for Being with Cancer (Bartley, 2017)

**This will include:**
- The centrality of the body in managing anxiety and uncertainty
- The role of the group and connecting with ‘others like me’
- The value of micro practices in everyday life (and specific contexts, such as follow up clinics or managing waiting).
- Kindness threaded into all aspects of practice and living; if time allows, she will share some of the micro practices that she uses with hospice staff, people in crisis, and those managing terminal illness.

Trish Bartley is extensively involved in training mindfulness-based teachers to understand and support the potential of the group to benefit their participants. She has taught mindfulness to people with cancer since 2001, and developed the MBCT protocol for this group, supported by John Teasdale and Mark Williams. She teaches MBCT in groups and 1:1 to those with advanced illness. Trish is a member of the core training team at CMRP. She offers retreats and mindfulness-based training workshops in the UK, Europe and South Africa.
‘Mindfulness: keeping our balance’

In all our search for evidence of efficacy of, and mechanisms underlying mindfulness programmes, it is easy to lose sight of the paradoxes inherent in this work. How can it be that bringing awareness to potentially overwhelming emotional and physical difficulties could ever be helpful? Yet taking such a risk seems to be helpful for many people, and is transformative for some. Mindfulness walks a tightrope: Each aspect of practice has the potential to change our relationship to the thoughts, sensations, feelings and impulses that arise, or can lapse into ever-so-subtle cajoling of ourselves and others.

How can we keep our balance, when so many individuals, groups and even politicians are looking to the field for help with seemingly intractable problems?

On the one side we see challenges: these including over-enthusiasm, the risk of harm, and the danger of either over-loading mindfulness programmes or alternatively, fractionating into rival sub-fields. On the other side, we see encouraging signs: new clinical trials that extend the scope of the evidence; new perspectives both from recent psychological science and historical exploration of Greek practical philosophy; wide acknowledgement of ways in which mindfulness programmes need to build on the ‘stem cell’ of MBSR to meet the distinct needs of people who suffer from a range of emotional and physical problems for which older programs were not designed. The most encouragement comes from the continuing dialogue within the community of conscientious practitioners, teachers and scientists, and the acknowledgement of the multiple talents that need to coalesce if the field is to move forward.

Mark Williams, PhD, is emeritus Professor of Clinical Psychology and Founding Director and Honorary Senior Research Fellow at the University of Oxford Department of Psychiatry (UK) where he co-developed MBCT. He was Director of the Oxford Mindfulness Centre until his retirement in 2013. He is (co-)author of several books on mindfulness, including the pioneering work “mindfulness-based cognitive therapy for depression: a new approach to preventing relapse” (2002, 2012).

Closing Talk

In the closing talk, Susan Bögels and Anne Speckens will reflect on the ICM 2018 by zooming in on the four conference themes, supported by a visual summary of the days spent together. Of course, it will also include a word of appreciation to all who have contributed. We will end with a preview of ICM 2020 in Aarhus, Denmark.
Poster Sessions
During all breaks
**Wednesday 11th July 2018**

**W01** Van Mulders, Ineke  
A Mindfulness-Based Intervention for adolescents and young adults after cancer treatment: a pilot study

**W02** Greer, Joanna  
Reduced behavioural variability in the cognitive profile and wellbeing of expert mediators

**W03** Hanssen, Imke  
Study protocol of a multicenter randomized controlled trial of Mindfulness-Based Cognitive Therapy and Treatment as Usual in Bipolar Disorder

**W04** Kam Pui, Lee  
Mindfulness-based cognitive therapy for functional gastrointestinal symptoms among people with general anxiety disorder: a randomized control trial in a Chinese population

**W05** Sado, Mitsuhiro  
The effectiveness of supplementary mindfulness-based cognitive therapy for non-remitting patients with anxiety disorders: final report of a randomized controlled trial

**W06** Isnard Bagnis, Corinne  
Enhancing Clinicians’ Well-Being and Patient-Centered Care Through Mindfulness

**W07** Papenfuss, Inka  
Comparing the effectiveness of different mindfulness interventions for anxiety: The benefit of adding anxiety-specific practice

**W08** Vekety, Boglarka  
The effects of mindfulness-based interventions on symptoms of attention-deficit hyperactivity disorder among children: A meta-analysis

**W09** Gardner-Nix, Jacqueline  
The Influence of Mindfulness-Based Chronic Pain Management courses in Ontario, Canada, on Medication Consumption, Work Return, and Productivity

**W10** van der Lee, Marije  
Validation of the Dutch Freiburg Mindfulness Inventory in Patients With Medical Illness

**W11** Kassai, Reka & Vekety, Boglarka  
Effects of meditation interventions on cortisol levels. A meta-analysis.

**W12** Martinon, Léa  
Compassion-based meditation influences thoughts’ content in both young and older adults.

**W13** Kassai, Reka  
Comparing the Efficacy of Mindfulness to Other Interventions to Foster Children’s Executive Function Skills: A Series of Meta-Analyses

**W14** Proeve, Michael  
Meditation may not be beneficial for shame: Meditation practice and two types of shame

**W15** Schondel, Maja  
Stressful or Mindful? Sustained Impact of Mindfulness-Based Stress Reduction on Stress, Well-Being and Sick Leave for 1 Year in Patients with Work-related Stress.

**W16** Szabó, Marianna  
What is mindful parenting? An empirical test of the dimensions of ‘mindful parenting’ in a cross-cultural context.

**W17** Belsie, Marc  
Effects of an 8-week mindfulness based stress reduction program on anxiety and fatigue levels of patients with multiple sclerosis

**W18** Benda, Jan  
Self-compassion and shame-proneness in four different mental disorders: Comparison with healthy controls

**W19** Büssing, Arndt  
Influence of spirituality, personality traits and burnout symptoms on Catholic Priests’ Compassion and Altruism

**W20** Hansen, Nanja Holland  
Effectiveness of Compassion Cultivation Training (CCT) for caregivers.

**W21** Jones, Shane  
Pilot randomized controlled trial (RCT): Integrating mindfulness into an evidence-based preventive intervention for children and their parents: Optimization of effects

**W22** Lattimore, Paul  
Mindfulness based emotional eating awareness training: taking the emotional out of eating.

**W23** Leeuwerik, Tamara  
What is the relationship of mindfulness and self-compassion with obsessive-compulsive symptoms? Results from a large survey with treatment-seeking adults.

**W24** Lönnberg, Gunilla  
Mindfulness Based Childbirth and Parenting: an RCT on effects on stress, depression, breastfeeding, labor and biomarkers

**W25** Masih, Tasmiah  
An 8-week, worksite-based relaxation program to reduce stress and attenuate stress-driven eating: A randomized feasibility trial.

**W26** Roux, Benjamin  
Implementation of a Mindfulness-Based Intervention among adolescents with behavior disorders: a randomized controlled trial

**W27** Walsh, James  
The interactive effect of state and trait mindfulness on reducing implicit racial bias

**W28** Wrzesien, Maja  
A meta-analysis of the association between compassion and psychopathology: A transdiagnostic approach

**W29** Andrés-Rodríguez, Laura  
Impact of MBSR on pro- and anti-inflammatory cytokines in fibromyalgia

**W30** Bensliman, Saida  
Feasibility and perception of a MBSR program on COPD patients

**W31** Birtwell, Kelly  
The development of a feasible and acceptable Low-Intensity Mindfulness-Based Intervention

**W32** Bismark, MD, MPH, Rashmi S.  
Development of a Mindfulness-based Program for Informal Cancer Caregivers in a Clinical Oncology Context

**W33** Clague, Fiona  
Effect of Mindfulness Based Interventions on depression and anxiety outcomes in chronic physical disease: a systematic review and meta-analysis protocol

**W34** de Bruin, Esther  
Mindfulness-based program for children with autism and their parents: Direct and long-term improvements

**W35** Dobkins, Karen  
Principles of Clarity — Effects of a novel mindfulness workshop on improving mental well-being

**W36** Feliu-Soler, Albert  
Effect of MBSR on perceived cognitive dysfunction (fibrofog) in patients with fibromyalgia

**W37** Jackman, Monica  
Randomized Controlled Trial of a Mindfulness-based Social Emotional Learning Curriculum for Preschool Children

**W38** Jermann, Françoise  
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**W39** Lensen, Bernadette  
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**W40** Li, Amanda C. M.  
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**W41** Mizusaki, Yuki  
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**W42** Šumec, Rastislav  
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| W47  | Kee, Ying Hwa | Development and testing of BellowTrack: A mindful breathing tracking and training mobile application for athletes |
| W48  | Kosugi, Teppei | A pilot study of mindfulness based cognitive therapy for improving well-being of healthy and ill individuals in Japan: Final report |
| W49  | Mashhadi, Ali | The Effectiveness of Mindfulness-Based Cognitive Therapy (MBCT) on Externalizing Problems and Attention Functions in Girls Adolescents with ADHD |
| W50  | Rampes, Hagen | Patient Preference for individual Mindfulness-Based Cognitive Therapy (MBCT) |
| W51  | Sado, Mitsuhiro | Effectiveness of mindfulness based cognitive therapy for improving subjective well-being of healthy individuals: study protocol for a randomized controlled trial |
| W52  | Spinelli, Christina | Stop Suppressing, Stop Smoking? A Protocol Study Comparing Mindfulness, Suppression, and Distraction Strategies for Smoking Cessation |
| W54  | Stiles, Meri | Brief Mindfulness Intervention with College Students for the Reduction of Test Anxiety |
| W55  | Lee, Inyeoung | Study of negative parenting of middle aged Korean mothers |

**Thursday 12th July 2018**

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| T02  | Gouveia, Maria | The protective effect of adolescent’s dispositional mindfulness on the association between weight and shame |
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| T04  | Dunning, Darren | The Effects of Mindfulness-Based Interventions on Cognition and Mental Health in Children and Adolescents: A Meta-Analysis of RCTs |
| T05  | Masters-Waage | Integrating Mindfulness in Education: A working model for developing an effective mindfulness training program for high-school students |
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| T07  | Keng, Shian-Ling | Does Equanimity Predict Slower Aging? Association among Trait Mindfulness, Leukocyte Telomere Length, and Psychological Symptoms in Han Chinese |
| T08  | Vekety, Boglarka | Best Mindfulness Meditation Practices for Children: A Content Analysis of Evidence-Based Interventions |
| T09  | Mwaba, Kelvin | Mindfulness and learning styles among South African university students |
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| T13  | Rupprecht, Slika | Mind the teachers! The impact of mindfulness training on self-regulation and classroom performance in a sample of German teachers. |
| T14  | Artman, Julie | If the Buddha Walked Mindfully On Stage: Mindfulness and Buddha-Nature Across Disciplines |
| T15  | Bagaric, Branka | Mental and physical health of Croatian police officers before and after MBCT |
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| T17  | Lin, Wei-Fang | Being mindfulness buffer the negative effects of active-destructive response. |
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Aarhus, Denmark heads the chart as the world’s most mindful city.

Can a city be mindful? According to World Economic Forum it can. They have created a chart based on analysis of various databases including the World Bank’s World Development Indicators, the UN World Happiness Report, OECD’s Better Life Index, The Economist’s Economist Intelligence Unit’s Most Liveable Cities, the Global Footprint Network and a Gallup World Poll, where we find Aarhus at the very top!