On behalf of San Francisco State University, I am pleased to extend a warm welcome to all of you who attending the Mindfulness and Compassion: The Art of Contemplative Practice Conference.

San Francisco State is a dynamic urban campus with a proud tradition of fostering social justice and compassion through the work of our diverse students, faculty, staff and alumni. These values are at the core of the San Francisco State experience and are well aligned with the goals of this conference. We are honored to serve as your host.

Over the next several days, you will engage each other on questions that are important not only to science, but to our shared future. You have my best wishes for a successful conference and I hope that you enjoy all that this remarkable city and University have to offer.

Sincerely yours,

Leslie E. Wong
President
Welcome

On behalf of the San Francisco State University and the conference Organizing Committee we would like to welcome you to San Francisco and the 2015 Mindfulness and Compassion conference. We look forward to an enriching experience, a sharing of thoughts and ideas for new collaborations in research and practice. Thank you for being here with us for this important event.

Ron Purser, PhD
Adam Burke, PhD
Conference Co-Chairs

Conference Vision

For thousands of years the art of contemplative practice has been used to explore the nature of mind and its potential. Today the emerging science of contemplative practice promises to shed new light on these essential human questions. Facilitating conversation between these two worlds may provide a catalytic mutual benefit, exploring how contemplative practice and scientific research can best inform each other for a greater common good.

By encouraging a fruitful and respectful dialogue between these two disparate disciplines—modern science and ancient meditative traditions—internationally recognized scholars and practitioners will explore the field of contemplative scholarship and practice. Over several days of presentation, reflection, discussion, and practice, the goal is to examine both our present challenges and future opportunities. We will consider best evidence, current innovation, research gaps, and ways to optimize practices for greater personal and social good.
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Wednesday June 3, 2015 – At a Glance

SEVEN HILLS CONFERENCE CENTER

13:00  **Registration**
(registration will open at 1pm)

17:00  **Welcome Dr. Leslie Wong, President, San Francisco State University**

  **Jane Hirshfield**


17:30  **Opening Address**

  **Josephine Briggs, MD - Director NCCIH**

Josephine P. Briggs, MD, an accomplished researcher and physician, is Director of the National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health (NIH), the leading Federal agency for research on integrative and complementary health practices. At NIH, in addition to leadership of NCCIH, she has served as Acting Director of the Division of Clinical Innovation in the newly established National Center for Advancing Translational Sciences. Dr. Briggs’s research interests include the renin-angiotensin system, circadian regulation of blood pressure, and policy and ethical issues around clinical research. She has published more than 175 research articles, book chapters, and other scholarly publications. Dr. Briggs also has served on the editorial boards of several journals and was Deputy Editor of the Journal of Clinical Investigation. She is an elected member of the Association of American Physicians and the American Society for Clinical Investigation and a fellow of the American Association for the Advancement of Science.

18:15  **Reception**

Please join us and meet some of your colleagues. The conference has attracted individuals from around the globe.

19:30  **Complete**
Thursday June 4, 2015 – At a Glance

07:30 Registration
08:00 Meditation — Mushim Ikeda
08:30 Breakfast

KEYNOTE SPEAKERS
(bios at end of program guide)

09:00 Willoughby Britton PhD — Brown University
The Promises and Perils of Mixing Buddhism and Western Psychiatry

10:00 Geoffrey Samuels PhD — Cardiff University
Mindfulness Within the Full Range of Buddhist and Asian Meditative Practices

11:00 DIALOGUES I
Jake Davis PhD – Brown University
Henk Barendregt PhD – Radboud University
David Brazier PhD – Instituto Terapia Zen Internacional
Shaila Catherine – Insight Meditation South Bay
Fabio Giommi PhD – School of Psychotherapy, Milano
Mushim Ikeda – East Bay Meditation Center Oakland

12:00 Lunch/Posters
13:00 Concurrent Session
14:15 Concurrent Session
15:15 Seven Hills Conference Center — Break

15:45 Perspectives on Compassion
Eijun Linda Cutts – Abbess San Francisco Zen Center
1,000 Hands and Eyes of Compassion
Erika Rosenberg PhD — University of California, Davis
Stanford’s Compassion Cultivation Training Program: An Overview
Shauna Shapiro, PhD — Santa Clara University
Mindfulness and Compassion: Two Waves One Ocean

17:30 Venerable Ajahn Amaro — Abbot Amaravati Buddhist Monastery
Ethics in Mindfulness — What is Gained and Lost?
18:30 Complete

My Species

even
a small purple artichoke boiled
in its own bittered and darkening waters
grows tender,
grows tender and sweet

patience, I think,
my species

keep testing the spiny leaves
the spiny heart

– Jane Hirshfield
**Thursday 1:00pm to 2:00pm**

**SESSION 1  COMPASSION AND LOVING-KINDNESS TRAINING**  
*Business 106*

- Quiet Ego Contemplation: A Brief Intervention to Strengthen a Compassionate Self-Identity  
  Heidi A. Wayment, Northern Arizona University
- Self-Talk: From Self-Criticism to Self-Compassion  
  Rachel E. Goldsmith, Icahn School of Medicine, Seattle University
- Passage Mindfulness Fosters Compassion: A Randomized Trial of a Holistic Mindfulness Intervention  
  Doug Oman, University of California, Berkeley

**SESSION 2  MINDFULNESS IN PSYCHOTHERAPY**  
*Business 122*

- Cultivating Insight in Mindfulness Based Interventions: Clinical Implications of the Stages of Insight  
  Andrea Grabovac, University of British Columbia
- Relational Clinical Psychology Through a Tibetan Buddhist Lens  
  Deborah Rozelle, Private Practice, Lexington, MA.
- Restricted Environmental Sensory Therapies  
  Jeff Bruno, Private Practice, Pacifica, CA

**SESSION 3  MINDFULNESS IN EDUCATION (K-12)**  
*Burke Hall 229*

- Fostering Kindness, Compassion, Empathy, and Gratitude through Mindfulness in Preschool Classrooms  
  Hee Jung Min, University of Wisconsin, Madison
- Mindful Teaching in Early Childhood: Leading our Youngest Learners with “What Feels Best…”  
  Sarah Ferguson & Tori Weisberg, Independent Researchers
- Space to Slow Down: Art Museums and Contemplative Presence  
  Nico Roenpagel, University of New South Wales

**SESSION 4  MINDFUL EATING INTERVENTIONS**  
*Library 285*

- Mindfulness-Based Eating Awareness Training (MB-EAT): An Overview of Theory, Practice and Research Evidence  
  Jean Kristeller, Indiana State University

**SESSION 5  REASON, ANALYSIS AND ONTOLOGY IN MINDFULNESS**  
*Library 282*

- The Rhetoric of Nonconceptuality and the Role of Analysis in Mindfulness and Meditation  
  Jared Lindahl, Brown University
- Eudaimonia and Mindfulness: A Historical and Anthropological Perspective  
  Francis McKay, University of Chicago
- Mindful of What? Restoring the Ontological Dimension of Mindfulness  
  Jack Petranker, Managlam Research Center for Buddhist Languages

**SESSION 6  MINDFULNESS AND WELL-BEING AT WORK**  
*Business 108*

- Recovery From Work: A Comparison of the Effects of Meditation Retreat Programs and Leisure Holiday Vacations in Working European and American Adults  
  Adrienne Chang, Miami University
  Otto Pichlhofer, Medical University of Vienna
- Enhancing Well-Being in the Workplace: The Mediating Role of Mindfulness for Stress Reduction and Satisfaction with Life  
  Mathieu Molines & Rebecca Shankland, Grenoble-Alpes University
- Waking Up at Work: First-person Action Research on Mindfulness  
  Kathryn Goldman Schuyler, Alliant International University
  Susan Skjei, Naropa University
SESSION 7  MINDFULNESS AND BEHAVIORAL CHANGE
Business 110
The Role of Mindfulness and Emotional Stability in Performance Monitoring
Kristina Eichel, University of Cologne
Does Mindfulness Enhance Persistence and Success in Behavioral Change?
Hana Sysalova, University of Warwick
Yoga Practice Effects on Behavioral Self-Control in Cigarette Smokers
Laura Carim Todd, Oregon Health & Science University

SESSION 8  TRAINING MINDFULNESS PROVIDERS
Business 115
Adverse Experiences in a Randomized Trial of Mindfulness-Based Stress Reduction, Cognitive Behavioral Therapy, and Usual Care for Chronic Low Back Pain
Karen Sherman, Group Health Research Institute, Seattle, WA
Staying Mindful: Maintaining Mindfulness Practice Following Mindfulness-Based Stress Reduction Training in People with Chronic Health Conditions
Ann Doherty, Alta Bates Summit Medical Center
Measuring Mindful Responding in Daily Life: Validation of the Daily Mindful Responding Scale (DMRS)
Julien Lacaille, McGill University

SESSION 9  MINDFULNESS, THE BRAHMA VIHARAS AND INTENSIVE MEDITATION
Library 286
Comparative Effectiveness of Mindfulness-Based Stress Reduction, Cognitive Behavioral Therapy and Usual Care for Chronic Low Back Pain: A Randomized Trial
Dan Cherkin, Group Health Research Institute, Seattle, WA
Bringing Home the Brahma Viharas: Advanced Mindfulness Program Designed and Evaluated for Participants Previously Attending an MBSR Program and Suffering from Mental Fatigue After Acquired Brain Injury or Stroke
Birgitta Johansson & Helena Bjuhr, University of Gothenburg
Decreased Plasma Oxytocin Levels Following Three Weeks of Intensive, Silent Vipassana Practice
Quinn A. Conklin, University of California, Davis

SESSION 10  FEATURED SPEAKER SESSION
Library 121
Mindfulness of What?
David Brazier, International Zen Therapy Institute
Thursday 2:15pm to 3:15pm

SESSION 11  MINDFULNESS IN THE CRIMINAL JUSTICE SYSTEM
Business 106
The Practice of Mindfulness in the Prison of Rome – Italy
Rev. Dario Doshin Girolami, Centro Zen L’Arco, Rome, Italy
Contemplative Practices, Prosocial Behavior, and Rehabilitation
Stuart Moody, Green Sangha
Caring for the Caregivers Inside: A Pilot Mindfulness Training for Juvenile Justice Officers
Eve Ekman, University of California, San Francisco

SESSION 12  CRITICAL PERSPECTIVES ON MINDFULNESS IN EDUCATION
Business 122
Critical Integral Urban Education
David Forbes, Brooklyn College, CUNY Graduate Center
Mindfulness and Education within the Neoliberal Paradigm
Funie Hsu, University of California, Davis
Secular Mindfulness: Meditation and Ethics
Candy Gunther Brown, Indiana University

SESSION 13  TECHNOLOGICALLY-BASED MINDFULNESS INTERVENTIONS
Business 108
Interest in On-line Mind-Body Skills (MBS) Training: Enrollment in a New Elective for Health Professionals
Suman Gupta, The Ohio State University College of Medicine
Application of emWave Biofeedback Device: Using Technology to Increase Mindfulness
Irina Khramtsova, Arkansas State University

SESSION 14  ENGAGEMENT WITH MINDFULNESS INTERVENTIONS
Business 110
Responding with Mindfulness off the Meditation Cushion:
Daily Mindful Responding Meditates the Relationship Between Meditation Practice and Psychological Well-being
Julien Lacaille, McGill University

If I Only Had the Nerve: Mindfulness and Courage in Psychotherapy: Implications and Applications
Donna Rockwell, Michigan of Professional Psychology

Engagement in Mindfulness-Based Intervention: What Do We Know So Far?
Moitree Banerjee, University of Sussex

**SESSION 15**
**MINDFULNESS INTERVENTIONS FOR PTSD**
Library 282
Mindfulness and Compassion Meditation in the Treatment of Trauma and PTSD: Controlled Clinical Trials and fMRI Neuroimaging Studies with OEF/OIF Combat Veterans
Anthony King, University of Michigan Medical School

Mindfulness for Posttraumatic Stress: Cultivating Acceptance and Decreasing Shame
Rachel E. Goldsmith, Icahn School of Medicine at Mount Sinai and Seattle University

Randomized Pilot Study of Inner Resources for Veterans Mindfulness and Mantra Intervention for PTSD among Military Veterans
Lynn C. Waelde, Palo Alto University

**SESSION 16**
**CRITICAL AND CONSTRUCTIVIST PERSPECTIVES ON THE SECULARIZATION OF MINDFULNESS**
Library 285
Mindfulness Under (Re)construction and “Not So Secular” Psychotherapy
Ira Helderman, Vanderbilt University

Against One Method: Toward a Critical-Constructive Approach to the Adaptation and Implementation of Buddhist-based Contemplative Programs in America
Brooke Dodson-Lavelle, Mind & Life Institute and Emory University

Models of Health in Buddhist Meditation and the Scientific Study of Mindfulness Practices
Kin Cheung, Temple University

**SESSION 17**
**MINDFULNESS IN EDUCATION (HIGHER ED)**
Business 115
Cultivating Compassion and Wisdom in the Classroom
Janine Schipper, Northern Arizona University

You Want to Teach What? Mindfulness & Compassion in the College Classroom
Monica Sanford, University of the West

Fostering Mindfulness in Sports Teams: A Pilot Study
Mark E. Cole, Western Illinois University

**SESSION 18**
**RELATIONAL AND SOCIALLY-ENGAGED MINDFULNESS**
Burke Hall 229
Mindfulness in the Crucible of Social Change and Sustainability Practices
Michel Gueldry, Monterey Institute of International Studies

Integral Mindfulness, Wisdom Society, and Collective Sentience: An Exploration into the Next Stage of Human Consciousness
George Pör, Management Center, Innsbruck

Contemplative Practices and Communication Dynamics: An Exploratory Study
Noor Durrani, Aligarh Muslim University, India

**SESSION 19**
**SYMPOSIUM: SPIRITUALITY AND CONTEMPLATIVE PRACTICE: HOW DO THEY RELATE?**
Library 286
The Science of Spirituality and Contemplative Practice
Jean Kristeller, Indiana State University

Spirituality Across Cultures: Mindful Remembrance of the Exemplary Shoulders on Which We Stand
Doug Oman, University of California, Berkeley

Resting in God: Everyday Effects of a Christian Contemplative Practice
Jane Ferguson Flout, Catholic Charities

The Meaning of Unity (Tawhid) in Sufism
Arif Ellen Hammerle, Institute of Sufi Studies

**SESSION 20**
**FEATURED SPEAKER SESSION**
Library 121
A Randomized Clinical Trial of Mindfulness-based Cognitive Therapy (MBCT) for Treatment-Resistant Depression
Stuart Eisendrath, University of California, San Francisco
Friday June 5, 2015 – At a Glance

07:30  Registration
08:00  Meditation – Reverend Dario Girolami
08:30  Breakfast

KEYNOTE SPEAKERS
(bios at end of program guide)

09:00  David Vago PhD – Harvard Medical School
Mapping Modalities of Mindful Awareness: Neural Substrates and Phenomenal Clarity, Concentration, and Tranquility

10:00  David McMahan PhD – Franklin & Marshall College
Mindfulness as Self-Cultivation in Ancient and Modern Contexts

11:00  DIALOGUES II
Steven Stanley PhD – Cardiff University
Scott Mitchell PhD – Institute of Buddhist Studies
Lisa Dale Miller LMFT – Private Practice
Antonino Raffone PhD – Sapienza University
Dario Girolami MA – Centro Zen L’Arco of Rome

12:00  Lunch/Posters

13:00  Concurrent Session
14:15  Concurrent Session
15:15  Break
15:45  Concurrent Session
16:45  Seven Hills Conference Center – Posters
17:30  Gregory Kramer – Metta Programs
Insight Dialogue, Relational Meditation and Relational Dhamma
18:30  Complete
**Friday, 1:00pm to 2:00pm**

**SESSION 21 MINDFULNESS IN PROFESSIONAL EDUCATION**

Library 286 - LAW & MEDICINE

Mindfulness and Community Centered Legal Education: Cultivating Personal Transformation and Collective Liberation Inside and Outside the Classroom

Thalia González, Occidental College

Law, Neuroscience and Compassion

Gavin Anderson, University of Glasgow

A Pilot Study of the Effects of Mindfulness Techniques on Mind Wandering and MCAT Scores

Maureen Canellas, University of Denver School of Medicine

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**SESSION 22 CULTIVATING COMPASSION AND EMPATHY**

Business 122

Listening Mothers: Supporting Mother-Infant Relationships through Mindfulness, Lovingkindness, and Self-Compassion

Larissa G. Duncan, Osher Center for Integrative Medicine, University of California, San Francisco

The Effect of a Mindfulness-Based Intervention Program on the Multicomponent process of Empathic Responding: A Comparison to Other Well-being Intervention Programs

Marie Bayot, Université Catholique de Louvain, Belgium

Lab Interpersonal Stressor Induced Heart Rate Changes Nulled by Compassion Practice: A Pilot Study

David Ede, West Virginia University

Katie Rollins, West Virginia University

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**SESSION 23 MINDFULNESS-BASED INTERVENTIONS FOR SLEEP, CHRONIC PAIN AND STRESS**

Library 282

Mindfulness Meditation and Improvement in Sleep Quality and Daytime Impairment Among Older Adults with Sleep Disturbances: A Randomized Controlled Trial

David Black, University of Southern California

The effects of a mindfulness-based intervention on subjective and objective sleep in high and low stress mothers.

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**SESSION 24 BUDDHIST DOCTRINE FOR SKILLFUL MEANS, MINDFULNESS AND COMPASSION**

Library 221

Is There Upāya-Kauśalya (Skillful Means) in Promoting Mindfulness Without Ethics? The Listening Goes Both Ways

Kin Cheung, Temple University

Sattva-ālambana Karuṇā: Mistaking Selflessness and Self-Abnegation as the Bases of Buddhist Compassion

Stephen Jenkins, Humboldt State University

The Avatamsaka Four Dharma Realms and the Shurangama Meditation of Listening Intersect in Chan

Bhikshuni Guo Cheen, The Compassion Network

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**SESSION 25 MINDFULNESS INTERVENTIONS FOR TREATING PHYSICAL CONDITIONS**

Library 285

Mindfulness Based Tinnitus Stress Reduction (MBTSR) Pilot Study: A Symptom Perception-Shift Program

Jennifer Gans, University of California, San Francisco

Meditation or Exercise to Prevent Acute Respiratory Infection: Two MEPARI Randomized trials

Bruce Barrett, University of Wisconsin, Madison

A Clinical Study of a Meditation Class in Cardiac Pulmonary Rehabilitation

Tamami Shirai, Saybrook University

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**SESSION 26 SYMPOSIUM: EXPLORING THE MEANING OF MINDFULNESS ACROSS A RANGE OF CLINICAL APPLICATIONS**

Library 222

Mindfulness, meditation, and mantra: Results from practice and clinical trials of Inner Resources

Lynn C. Waelde, Palo Alto University

Mindful Eating: Cultivating Inner Wisdom and Outer
Friday June 5

Wisdom
Jean Kristeller, Indiana State University
Beyond Mono-Cultural Parochialism: Cultivating Mindfulness with Mantras and Inspired Texts
Doug Oman, University of California, Berkeley
Acceptance and Commitment Therapy: Using Mindfulness and Acceptance Processes to Create Behavioral Change
Robyn Walser, National Center for PTSD

SESSION 27 SYMPOSIUM: TWO MODELS OF MINDFULNESS-BASED INTERVENTIONS IN INTELLECTUAL AND DEVELOPMENTAL DISABILITIES
Library 242
Chair: Antonino Raffone, Sapienza University
The Mindful Engagement Support Model for Caregivers of Individuals with Intellectual and Developmental Disabilities
Monica Jackman, Little Lotus Therapy and Consulting
Mindful Engagement Modifies Reciprocal Caregiver and Client Interactions
Nirbhay N. Singh, Medical College of Georgia
Effects of Caregiver Training in Mindfulness-based Positive Behavior Support on Caregivers and Adults with Intellectual and Developmental Disabilities
Rachel E. Myers, Kennesaw State University

SESSION 28 FEATURED SPEAKER SESSION
Library 121
The Ultimate Psychotherapeutic Intervention: Cutting Though the Delusion of Self-Cherishing
Lisa Dale Miller, Private Practice

Friday 2:15pm to 3:15pm

SESSION 29 MINDFULNESS AND CONTEMPLATIVE PEDAGOGY
Library 121
The Art of the Improviser: Contemplative Inquiry as Creative Path
Mark Miller, Naropa University
Mindful Teaching and Learning: Contemplative Pedagogy in the University Setting (A Case Study)

SESSION 30 SOMATIC AND MINDFUL MOVEMENT APPROACHES
Library 286
Body Maps of Attention: Phenomenal Markers for Two Varieties of Mindfulness
Glenn Hartelius, California Institute of Integral Studies
Moving Into Stillness: A Somatic Approach to Meditation
Stuart Moody, Green Sangha
Aligning Time Consciousness and Ontological Principles of Tai Chi Within Organizational Strategic Decision-making
Debra Pearl Hockenberry, Bowie State University
Shigung Paul Miller, Lehigh Valley Martial Arts

SESSION 31 MINDFULNESS AT WORK
Business 122
Mindfulness in the Working Life: What Does It Mean? Reconsidering Mindfulness-Based Interventions in Work and Organization Contexts
Massimo Tomassini, University of Roma 3
Being Mindfully Present at Work: Analyzing the Professional Performativity of Working-Bodies in Post-Industrial IT Companies
Ilmari Kortelainen, University of Tampere
Effects of a Mindfulness-based Intervention on Entrepreneur Women’s Health and Self-efficacy: A Pilot Study
Mathieu Molines, Grenoble Ecole de Management

SESSION 32 MINDFULNESS WITH PATIENTS AND FAMILIES
Library 285
Mindfulness-Based Stress Reduction in Patients with Interstitial Lung Diseases: A Pilot, Single-Center Observational Study on Safety and Efficacy
Stefano Poletti, University of Padua
Mindfulness-Based Group for Teens with Developmental Disabilities: “Calming Thoughts, Calming Minds”
Friday June 5

Concurrent Sessions

SESSION 33  Library 282
MINDFULNESS AND INTEROCEPTIVE EXPERIENCE
From Body to Emotion Regulation: A Psychometric Study
Marie Bayot, Université Catholique de Louvain, Belgium

What Are You Aware of Right Now? How Do You Relate to It? Assessing Bodily Awareness in Mindfulness
Wolf Mehling, University of California, San Francisco

Yoga and Mindfulness: Effective Clinical Applications - Stabilizing Mood, Navigating Life Transitions
Debra Alvis, The University of Georgia

SESSION 34  Library 222
CONTEMPLATIVE METHODS FOR CANCER PATIENTS
Tibetan Yoga Improves Quality of Life of People With Lung Cancer and Their Caregivers
Alejandro Chaoul, M.D. Anderson Cancer Center, University of Texas

Home-based Mindfulness Meditation Training for Patients with Lung Cancer: Effects on Worry, Insomnia, and Dyspnea Symptoms
Rebecca Lehto, Michigan State University

SESSION 35  Library 242
REVISITING BUDDHIST PERSPECTIVES
ON MINDFULNESS
Two Theoretical Approaches to Mindfulness: Evaluating the Merits and Deficiencies of “Discovery” Model and the “Developmental” Model
Jared Lindahl, Brown University

The Theoretical Foundation and Operational Model of the Awareness Training Program: A Novel Mahayana Buddhist Teaching-based Psycho-Educational Intervention

SESSION 36  Library 121
FEATURED SPEAKER SESSION
Building a Better Society Through Awareness
Anam Thubten, Dharmata Foundation

Friday 3:45pm to 4:45pm

SESSION 37  Library 285
MINDFULNESS IN EDUCATION
Enhancing Well-Being in Adolescents: A Pilot Study
Karen Bluth, University of North Carolina

Evaluation of a Mindfulness-based Classroom Program for Social-Emotional Resilience in Youth
Lindsey Knowles, University of Arizona

Nine Insights From the Field: Contemplative Practices in University Classrooms
Nico Roepnagel, University of New South Wales

SESSION 38  Business 122
MINDFULNESS TRAINING FOR TOMORROW’S HEALTH PROFESSIONALS
Beginner’s Mind: Introducing the Psychology of Meditation Within Graduate-Level Clinical Training
Jean Kristeller, Indiana State University

Meditation Coursework to Better Respect Cultural/Religious Diversity: A Mini-Course for Health Professionals
Doug Oman, University of California, Berkeley

Efficacy of a Mahayana Buddhist Teaching Based Psycho-educational Intervention, Awareness Training Program, on Stress Management Among Middle-Aged Working People in Hong Kong: A Randomized Controlled Trial
Bonnie (Wai Yan) Wu, Centre of Buddhist Studies, The University of Hong Kong
Friday June 5

SESSION 39  CULTURAL APPROPRIATIONS OF MINDFULNESS
Library 221
Mindfulness and Kitsch
Fabio Giommi, Milan School of Cognitive Psychotherapy
The Mindful Ethic and the Spirit of Global Capitalism
Thomas Calobrisi, Graduate Theological Union and Institute of Buddhist Studies
The Line Between Psychology and Buddhism: Where Are Mindfulness-Based Interventions
David Lewis, Independent Researcher
What the Center Holds: Mindfulness in a Field Perspective
Jack Petranker, Mangalam Research Center for Buddhist Languages

SESSION 40  COMPASSION TRAINING ACROSS CONTEXTS
Library 222
The Framework of Buddhist Compassion Training
Julia Stenzel, McGill University
Cognitively-Based Compassion Training
Timothy Harrison, Emory University
Challenges in Teaching Secular Compassion
Dent Gitchel, University of Arkansas
Tonglen Meditation’s Effects on Compassion and Self-Compassion in Novice Meditators
Daphna McKnight, The University of the West

SESSION 41  MINDFULNESS IN PSYCHOTHERAPY
Library 282
Mindfulness for Older Adults (MBSR)
Patricia A. Bloom, Mount Sinai Medical Center
How Do Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction Improve Mental Health and Wellbeing? A Systematic Review and Meta-Analysis of Meditation Studies
Jenny Gu, University of Sussex
Mindfulness as a Private vs. Social/Collective Practice
James Mitchell, University of California, San Francisco
Al Collins, California Institute of Integral Studies

SESSION 42  VARIETIES OF TRADITIONAL CONTEMPLATIVE PRACTICES
Library 286
Mindfulness, Attention and Conscious/Unconscious Processes
Helen Rosen, The Won Institute

SESSION 43  MINDFULNESS, COGNITION AND DHARMA
Library 242
Meditation-Induced Plasticity of Meta-Cognitive Functions
Peter Malinowski, Liverpool John Moores University
Remote Emotional Memory for Depictions of Human Suffering Following an Intensive Meditation Intervention
Brandon King, University of California, Davis
Mindfulness and Dharma: Insights from Cognitive, Affective and Computational Neurosciences
Antonino Raffone, Sapienza University
The Alchemy Of Empathy: Transforming Stress into Meaning
Eve Ekman, University of California, San Francisco

SESSION 44  FEATURED SPEAKER SESSION
Library 121
Revisioning the Mindfulness Movement: Toward a Historical Consciousness
Steven Stanley, Cardiff University

SESSION 45  SITE VISIT
HSS 329
Tour of the Holistic Health Learning Center
Student Interns, San Francisco State University
POSTER PRESENTATIONS
4:45-5:30PM
Posters Session in Seven Hills

1. Savoring and Dampening Positive Emotions: The Impact of Emotion Regulation Strategies on Well-Being and the Self
   Ella Tarnate; Ryan T. Howell, San Francisco State University

2. Meditation training modulates empathetic physiological resonance without interfering with the ability to correctly identify the emotional state of others
   Jen Pokorny; Brandon G. King; Hirokata Fukushima; Anthony P. Zanesco; Stephen R. Aichele; Tonya L. Jacobs; David A. Bridwell; Katherine A. MacLean; Baljinder K. Sahdra; Jens Blechert; Paul Grossman; Phillip R. Shaver; B. Alan Wallace; Clifford D. Saron
   University of California, Davis

3. Brief Mindfulness Induction Increases Pro-Environmental and Pro-Social Behavior
   Brainna Morseth; Viki Papadakis; Jonathan W. Schooler, University of California, Santa Barbara

4. Relationships between mindfulness and the uses of humor styles in the U. S. and Jordan
   Ethan Reed
   Ezra Rodgers; Irina Khramtsova, Arkansas State University

5. Measuring Compassion: The Perceived Compassion Scale
   Dent Gitchel, University of Arkansas

6. Factors Associated with Engagement in Mindfulness
   Moitree Banerjee; Kate Cavanagh; Clara Strauss, University of Sussex

7. Mindfulness as mitigating influence on the fundamental attribution error
   Samantha Sim, Singapore Management University
   Adam Kay, University of British Columbia

8. Mindfulness and self-compassion as predictors of humor styles in US and Russia
   Irina Khramtsova, Arkansas State University

9. Effects of the Mindfulness-based Stress Reduction Program on Mind-Wandering: A Randomized Controlled Trial
   Alessandro Giannandrea, Sapienza University

10. The influence of mindfulness-based stress reduction and karate training on emotional well-being and cognitive performance in older adults
    Petra Jansen, University of Regensburg

11. From Neuroscience to More Peaceable World
    Bette Kiernan, Private Practice

12. What About “Mindfulness” in the Mindfulness-Based Interventions?
    Micka Moto-Sanchez, University of the West

13. Self-compassion as a Resilience factor for Mid-life Women
    Lydia Brown, University of Melbourne

14. The Efficacy of Loving Kindness Meditation on Measures of Subjective Well-Being in Healthy Young Adults: Preliminary Data
    Dr. Ahmed Dahir Mohamed, University of Nottingham Malaysia Campus and the University of Cambridge
Saturday June 6, 2015 – At a Glance

07:30 Registration
08:00 Meditation – Ajahn Passano
08:30 Breakfast

KEYNOTE SPEAKERS
(bios at end of program guide)

09:00 Clifford Saron PhD – UC Davis, Center for Mind and Brain
Minding Mindfulness: Findings, Models, and Issues in the Scientific Investigation of Contemplative Practice

10:00 Robert Thurman PhD – Columbia University
Mindfulness as Self-Cultivation in Ancient and Modern Contexts

11:00 Gary Gach
Poetry & Practice “Pause...breathe...smile.”

11:30 Lunch

12:30 Matthieu Ricard PhD – Shechen Monastery
Altruism: The Power Of Compassion To Change Yourself and The World

13:30 DIALOGUES III
Jack Petranker JD – Mangalam Research Center
Stephen Ezeji-Okoye MD – VA Palo Alto Health Care System
Linda Heuman PhD – Brown University
Laura Mamo PhD – San Francisco State University
Ajahn Amaro – Amaravati Buddhist Monastery
Ayya Santussika – Karuna Buddhist Vihara

14:30 Closing
15:00 Complete
15:30 CMC Board Meeting

Sunday June 7, 2015

OPTIONAL DAY TRIP
Green Gulch Farm Zen Center

This day trip will be an excursion to the beautiful Green Gulch Farm Zen Center, which is one of three campuses of the San Francisco Zen Center. Special chartered buses will take participants to and from the meditation center-farm, located in the Golden Gate National Recreation Center, in spectacular Marin county, across the Golden Gate Bridge.

The Green Gulch Farm Zen Center, also known as Green Dragon Temple (Soryu-ji), is a Buddhist practice center in the Japanese Soto Zen tradition offering training in Zen meditation and ordinary work. Participants may attend a Dharma talk and discussion, visit the farmers market, partake in an organic vegetarian lunch, tour the organic garden and grounds, walk to the ocean, or hike in the hills to see the spectacular view. Since weather is variable, attendees are encouraged to dress in layers.

08:00 Bus pick-up at SFSU
09:00 Arrive at Green Gulch Farm
09:25 Zazen
10:00 Dharma Talk
11:15 Tea and Farmer’s Market
11:45 Discussion with lecturer
12:15 Lunch provided (organic vegetarian)
12:15 Tours and hikes (free time)
13:00 Bus departs
15:00 Arrive back at SFSU
Keynote Speaker Biographies

**Willoughby Britton PhD — Brown University**
Dr. Britton holds a BA in Neuroscience and a PhD in Clinical Psychology, and is currently an Assistant Professor in the Departments of Psychiatry and Public Health at Brown Medical School and Research Director of the Brown University Contemplative Studies Initiative. She received sleep/EEG training at Harvard Medical School and was a Research Fellow at the National Institute on Drug Abuse (NIDA/NIH) and Andrew Weil’s Program in Integrative Medicine. She spent several years in Asia studying meditative techniques. She is investigating suitability of contemplative practices for various populations.

**David McMahan PhD — Franklin & Marshall College**
David L. McMahan received his PhD in religious studies from the UC Santa Barbara and is now the Charles A. Dana Professor of Religious Studies at Franklin & Marshall College in Pennsylvania. He is the author of numerous books including The Making of Buddhist Modernism (Oxford, 2008) and articles on Mahayana Buddhism. Current work focuses on the interface of Buddhism and modernity, including its interactions with science, psychology, modernist literature, romanticism, and transcendentalism, and the impact on Buddhist meditation practices.

**Geoffrey Samuels PhD — Cardiff University**
Geoffrey Samuel is Emeritus Professor in the School of History, Archaeology and Religion at Cardiff University and Director of the Body, Health and Religion (BAHAR) Research Group, and an Honorary Associate of the Department of Indian Sub-Continental Studies at the University of Sydney, Australia. He is President of the International Association for the Study of Traditional Asian Medicine (IASTAM), and was until recently co-editor of IASTAM’s journal Asian Medicine: Tradition and Modernity.

**David Vago PhD — Harvard Medical School**
David Vago is an associate psychologist in the Functional Neuroimaging Laboratory, Brigham and Women’s Hospital and instructor at Harvard Medical School. David has been specifically investigating brain networks supporting self-awareness, self-regulation, and self-transcendence in order to clarify adaptive mind-brain-body interactions and their therapeutic relevance in psychiatric disorders, specifically focusing on the study of mindfulness-based interventions and mechanisms. David is an avid Vipassana, Dzogchen and Hatha Yoga practitioner.

**Venerable Ajahn Amaro — Amaravati Buddhist Monastery**
Born in England in 1956, Venerable Amaro Bhikkhu received his BSc in Psychology and Physiology from the University of London. Spiritual interests led him to Wat Pah Nanachat in Thailand, a Forest Tradition monastery, where we was ordained as a bhikkhu in 1979, by Ajahn Chah. In 1996 he established Abhayagiri Monastery in Redwood Valley, California, where he was co-abbot with Ajahn Pasanno. In 2010 he returned to England to become the abbot of Amaravati Buddhist Monastery. He is the author of numerous books including Rain on the Nile (2009).

**Gregory Kramer — Metta Programs**
Gregory has been teaching Insight Meditation since 1980 and is founder and a principal teacher of Metta Programs. He developed the practice of Insight Dialogue and has been teaching it since 1995, offering retreats in North America, Asia, Europe, and Australia. He has studied with esteemed teachers, including Anagarika Dhammadina, Venerable Balangoda Ananda Maitreya Mahanayaka Thero, and others. He is the author of Insight Dialogue: The Interpersonal Path to Freedom (Shambhala), and other works.
Eijun Linda Cutts – San Francisco Zen Center
Eijun Linda Cutts came to San Francisco Zen Center in 1971 and was ordained as a priest in 1975. In 1996 Linda received dharma transmission from Tenshin Reb Anderson. Having served as Abbess of San Francisco Zen Center from 2000 to 2007, she was appointed Abiding Abbess of Green Gulch Farm Zen Center in 2010, and Central Abbess of SFZC in 2014. Linda sits on the Steering Committee of the California Interfaith Power and Light (CIPL), and interfaith group dedicated to addressing climate change. She is also on the Board of the Consciousness, Mindfulness & Compassion (CM&C) International Association.

Erika Rosenberg PhD – UC Davis
Erika Rosenberg is an emotions researcher, meditation teacher, and longtime practitioner. At the Center for Mind and Brain at UC Davis, Dr. Rosenberg is a senior investigator on the Shamatha Project, a multi-disciplinary longitudinal investigation of the effects of long-term intensive meditation, and is involved in a large collaborative study on mindfulness and autism.

Shauna Shapiro PhD – Santa Clara University
Shauna Shapiro is a professor, clinical psychologist, with twenty years of mediation experience studying in Thailand and Nepal, as well as in the West. She has published over 100 journal articles and chapters, and coauthored, the Art and Science of Mindfulness, as well as her forthcoming book, Mindful Discipline: A loving approach to setting limits and raising an emotionally intelligent child. Dr. Shapiro is the recipient of the American Council of Learned Societies teaching award, acknowledging her outstanding contributions to graduate education. Her work has been featured in Wired, USA Today, Oxygen, The Yoga Jo.

Clifford Saron PhD — University of California, Davis
Clifford D. Saron received his PhD in neuroscience from the Albert Einstein College of Medicine in 1999. He is currently an Associate Research Scientist at the Center for Mind and Brain at the University of California at Davis. Dr. Saron has a long-standing interest in the effects of contemplative practice. He has coordinated field research investigating Tibetan Buddhist mind training under the auspices of the Dalai Lama, is the principal investigator of the Shamatha Project, a multidisciplinary longitudinal investigation of the effects of long-term intensive meditation, and is involved in a large collaborative study on mindfulness and autism.

Robert Thurman PhD — Columbia University
Robert A.F. Thurman is the Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies in the Department of Religion at Columbia University, President of the Tibet House US, a non-profit organization dedicated to the preservation and promotion of Tibetan civilization, and President of the American Institute of Buddhist Studies, a non-profit affiliated with the Center for Buddhist Studies at Columbia University and dedicated to the publication of translations of important texts from the Tibetan Tengyur. He is the author of many books on Tibet, Buddhism, art, politics and culture.

Matthieu Ricard PhD — Shechen Monastery
Matthieu Ricard is a Buddhist monk, author, translator, and photographer. After completing his PhD degree in cell genetics in 1972 at the Pasteur Institute under French Nobel Laureate Francois Jacob he moved to the Himalayan region where he has been living for the past 40 years. His photographs of the Himalayas and spiritual teachers have been published in numerous magazines and books. He has participated in (as a subject) and co-authored work on long-term meditators, and is the author of several books, including most recently, Happiness: A Guide to Developing Life’s Most Important Skill.
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De Anza College Health Services

CONTEMPLATIVE STUDIES INITIATIVE

The Contemplative Studies Initiative (CSI) at San Francisco State University is a growing interdisciplinary collaboration of faculty, students and staff across campus. The purpose is to encourage scholarly work on mindfulness and compassion, and to develop new general education contemplative studies courses and curricula, and opportunities for related community service. The 2015 Mindfulness & Compassion conference is one of our CSI inaugural activities. In addition, we will be publishing a new book, including contributions from many of the authors presenting at this year’s conference. That work -- Purser R, Forbes D, Burke A (Editors), Handbook of Mindfulness: Culture, Context and Social Engagement – will be published by Springer, and available spring 2016.

CMC INTERNATIONAL ASSOCIATION

The Mindfulness and Compassion Conference was convened in conjunction with the assistance of Consciousnes, Mindfulness, Compassion (CMC) International Association. The CMC is a research and education non-profit organization.

CMC emphasizes the convergence and dialogue between science and different time-honored contemplative traditions that highlight the investigation of the mind and consciousness, such as Buddhism, for the development of awareness, wisdom, compassion and ethical responsibility, and ultimately to reduce suffering in the world

CMC aims to investigate:

- Contemplative wisdom traditions
- Experimental studies in neuroscience and psychology
- First person phenomenology
- Theory and modeling
- Clinical studies
- Philosophical and scholarly knowledge and analysis

COMING EVENTS

International Conference on Mindfulness in Rome
May 11-15, 2016
http://www.cmc-ia.org/events/international-conference-on-mindfulness-in-rome