



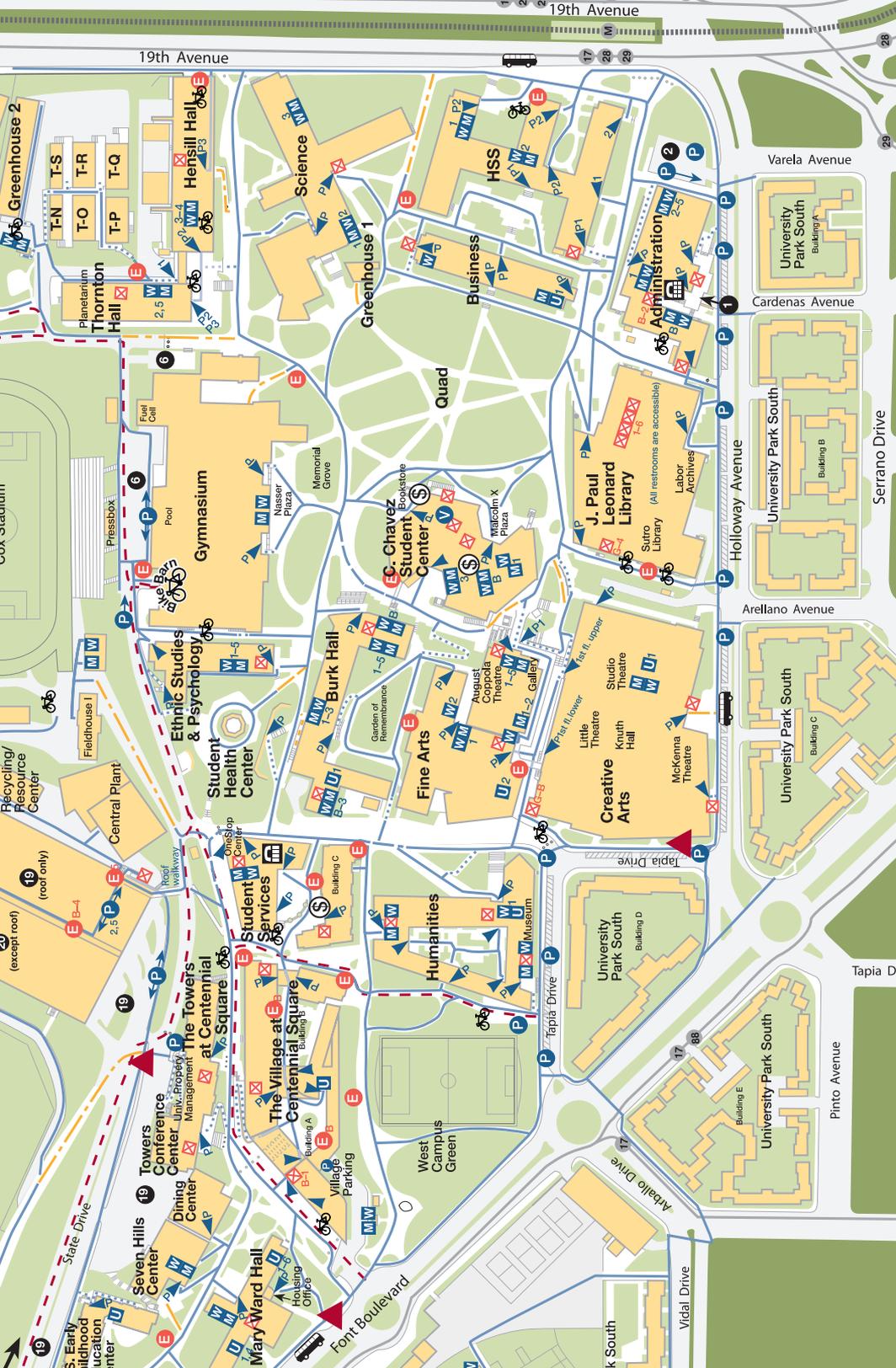


# MINDFULNESS & COMPASSION

*The Art and Science of Contemplative Practice*

*June 3 – 7, 2015*

*San Francisco State University*



Greenhouse 2  
I-N T-S  
T-O T-R  
T-P T-Q  
Planetarium  
Thornton Hall  
Hensill Hall

Science  
Greenhouse 1

Business  
HSS  
Administration  
Suro Library  
Labor Archives

University Park South Building A

University Park South Building B

University Park South Building C

University Park South Building D

University Park South Building E

Gymnasium  
Pool  
Fuel Cell  
Pressbox  
Nasser Plaza  
Memorial Grove

EC Chavez Student Center  
Bookstore  
Walcolm X Plaza  
J. Paul Leonard Library  
Suro Library

Studio Theatre  
Knuth Hall  
McKenna Theatre  
Creative Arts

Ethnic Studies & Psychology  
Student Health Center  
Central Plant  
Fieldhouse 1  
Recycling/Resource Center

Burk Hall  
August Copola Theatre  
Fine Arts  
Humanities  
Museum

Little Theatre  
Studio Theatre  
Knuth Hall  
McKenna Theatre  
Creative Arts

Seven Hills Center  
Dining Center  
The Towers at Centennial Square  
The Village at Centennial Square  
Mary Ward Hall  
Housing Offices

Student Services  
Building A  
Building B  
Building C  
Village Parking  
West Campus Green

Tapia Drive  
University Park South Building D  
University Park South Building E

S. Early Childhood Education Center  
Slate Drive

Front Boulevard

Abalio Drive

University Park South Building F

# Dear Colleagues,

On behalf of San Francisco State University, I am pleased to extend a warm welcome to all of you who are 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.

# Program – Wednesday June 3, 2015

1:00 pm **Registration**

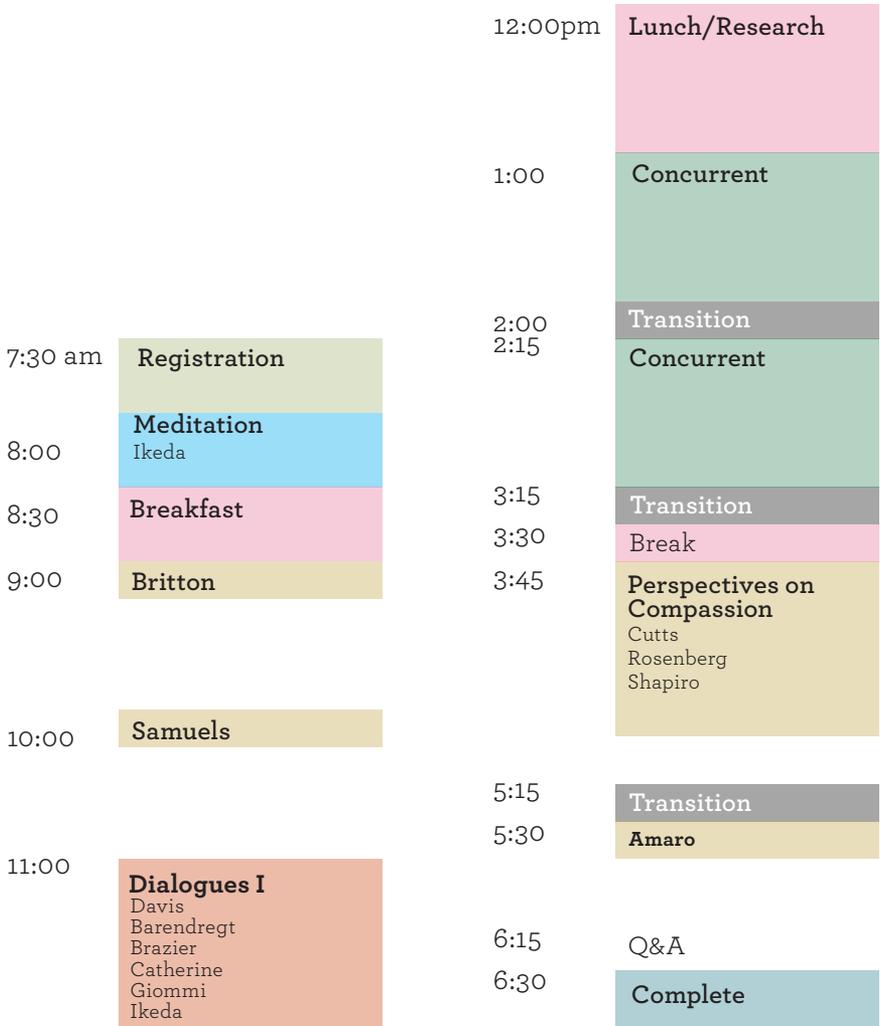
5:00 **Welcome**  
Wong & Hirshfield

5:30 **Josephine Briggs**

6:15 **Reception**

7:45 **Complete**

# Program – Thursday June 4, 2015



# Program – Friday June 5, 2015

		12:00pm	Lunch / Posters
		1:00	Concurrent
		2:00	Transition
7:30am	Registration	2:15	Concurrent
8:00	Meditation Girolami	3:15	Transition
8:30	Breakfast	3:30	Break
9:00	Vago	3:45	Concurrent
		4:45	Transition
10:00	McMahan	5:00	Posters
		5:30	Kramer
11:00	Dialogues II S Miller Stanley Miller Girolami Raffone	6:15	Q&A
		6:30	Complete

# Program – Saturday June 6, 2015

7:30am	<b>Registration</b>
8:00	<b>Meditation</b> Pasanno
8:30	<b>Breakfast</b>
9:00	<b>Saron</b>

10:00 **Thurman**

11:00 Gach  
Practice/Poetry

12:00pm	<b>Lunch</b>
12:30	<b>Ricard</b>

1:30	<b>Dialogues III</b> Amaro      Petranker Heuman     Santussika Mamo       Ezeji-Okoye
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2:30 **Closing Event**

3:00 Book Signing

3:30 **Complete**

## 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

Award-winning poet, essayist, and translator Jane Hirshfield is the author of eight collections of verse, including the newly published *The Beauty* (2015) along with a new book of essays, *Ten Windows: How Great Poems Transform the World* (2015). Her earlier books include *Come, Thief* (2011), *After* (2006), shortlisted for the T.S. Eliot prize, and *Given Sugar, Given Salt* (2001), a finalist for the National Book Critics Award.

### 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



**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 Univeristy

**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

### Examining Racial/Ethnic Differences in a Mindfulness-based Weight Loss Intervention

Rhianon Liu, Osher Center for Integrative Medicine, UCSF

### Mindfulness- and Acceptance-based Interventions (MABIs) for Weight Loss and Reduction of Impulsive Eating in Obese Individuals: A Systematic Review and Meta-analysis

Alexis Ruffault, Université Paris Descartes

## **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 Pichlhoefer, 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**

**Library 286 INTENSIVE MEDITATION**

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**

**Business 122** IN EDUCATION

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**

**Business 108** INTERVENTIONS

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 Pór, 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

**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

### **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  
Nullified by Compassion Practice: A Pilot Study**

David Ede, West Virginia University

Katie Rollins, West Virginia University

### **SESSION 23 MINDFULNESS-BASED INTERVENTIONS FOR SLEEP,**

**Library 282 CHRONIC PAIN AND STRESS**

**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.**

Amanda Gilbert, University of California, San Francisco

**Therapeutic Self-care for Patients with Chronic-Pain:  
The Effectiveness of a Self-Compassion Intervention in a  
Hospital Setting**

Taryn L. Gammon, Alliant International University

**SESSION 24 BUDDHIST DOCTRINE FOR SKILLFUL MEANS,  
Library 221 MINDFULNESS AND COMPASSION**

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

Kin Cheung, Temple University

**Sattva-ālabhana 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

**SESSION 25 MINDFULNESS INTERVENTIONS FOR TREATING  
Library 285 PHYSICAL CONDITIONS**

**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

**SESSION 26 SYMPOSIUM: EXPLORING THE MEANING OF  
Library 222 MINDFULNESS ACROSS A RANGE OF CLINICAL  
APPLICATIONS**

**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**

Wisdom

Jean Kristeller, Indiana State University

**Beyond Mono-Cultural Parochialism: Cultivating Mindfulness with Mantrams 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 Through 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)**

Andrew O. Fort, Texas Christian University

### **Finding Unique Places for Mindfulness and Compassion in the University Setting**

Jenny Rowett, University of New Brunswick

## **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"**

Marina Heifetz, York University

Amanda Dyson, University of Toronto

**Mindfulness Based Family Interventions**

Mirjam Spijker, Private Practice & Milena Hilstra, Private Practice

**SESSION 33 MINDFULNESS AND INTEROCEPTIVE EXPERIENCE**

**Library 282** 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 CONTEMPLATIVE METHODS FOR CANCER PATIENTS**

**Library 222** 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

**Complementary and Alternative Medicine on Post-treatment Cancer-Related Fatigue in Cancer Patients**

Christina Painton, Alliant International

**SESSION 35 REVISITING BUDDHIST PERSPECTIVES**

**Library 242** 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**

Ven. Sik Hin Hung, The University of Hong Kong

**From Buddhist Roots to Clinical Shoots: Disambiguating Practice Instructions in the Mindfulness Based Interventions**

Andrea Grabovac, University of British Columbia

### **SESSION 36 FEATURED SPEAKER SESSION**

**Library 121 Building a Better Society Through Awareness**

Anam Thubten, Dharmata Foundation

**Friday 3:45pm to 4:45pm**

### **SESSION 37 MINDFULNESS IN EDUCATION**

**Library 285 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 Roenpagel, University of New South Wales

### **SESSION 38 MINDFULNESS TRAINING FOR TOMORROW'S**

**Business 122 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

**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

### Mindfulness, Attention and Conscious/Unconscious Processes

Helen Rosen, The Won Institute

### **SESSION 42 VARIETIES OF TRADITIONAL CONTEMPLATIVE PRACTICES** Library 286

Compassion in Hinduism: Analyses from the Perspective of the Mahabharata

Geetesh Nirban, University of Delhi

Desert Wisdom for Mundane Practice

Siobhan Benitez, The Catholic University of America

The Significance and Practical Benefits of the Concentration Through Samatha Meditation

Ms. Kanae Kawamoto, Ryukoku University, Japan

### **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**

Book Signing with Authors

**15:30 CMC Board Meeting**

**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)**
- 13:00**      **Tours and hikes (free time)**
- 14:00**      **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.



## **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*.



## **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 he 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).



### **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.



### **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.



### **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.

## Keynote Speaker Biographies



### **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*.



### **Eijune Linda Cutts – San Francisco Zen Center**

Eijune 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 study of how intensive meditation affects cognition, emotion, and neurophysiology. She consults with both academic and non-academic workshops worldwide. Erika is co-author of the Introductory Psychology textbook, *Psychology: Perspectives and Connections*, now in its third edition with McGraw-Hill and has authored numerous scientific articles and chapters.



### **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*.

# Supporting Partners



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Associate Vice President, Human  
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### **Mary Sullivan, MSN**

Health Education & Wellness  
Director  
De Anza College Health Services

## CONFERENCE STAFF / ALLIES

### **Mariana Atwood**

### **Evonne Zheng**

**Joshua Singer** and Design  
& Industry students Andrew  
Steinmetz & Sofia Limon

## 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 years 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 Conciousnes, 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>







