

Inaugural Annual Conference

University of California, San Diego

February 2-5, 2023



**INTERNATIONAL
SOCIETY FOR
CONTEMPLATIVE
RESEARCH**



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Conference Schedule of Events



**INTERNATIONAL
SOCIETY FOR
CONTEMPLATIVE
RESEARCH**

**Inaugural Annual Conference
University of California, San Diego
February 2-5, 2023**

	DAY 1 - Thursday, 2/2 - The Scripps Seaside Forum			DAY 2 - Friday, 2/3 - Price Center						DAY 3 - Saturday, 2/4 - Price Center						DAY 4 - Sunday, 2/5
7:00	Breakfast on own			Breakfast on own Meditation and other events Zen Based Meditation - 7:45-8:15am						Breakfast on own Meditation and other events						Breakfast on own Mindfulness Meditation Chair Yoga 7:45-8:15am
8:00				Strategies for Funding Contemplative Science Panel - 8:00-8:45am						Mindfulness Meditation Qigong - 7:45-8:15am						
9:00	Preconference 1 9:00-10:30am Virtual Reality in Mindfulness and Compassion Training	Preconference 2 9:00-12:00pm Exploring "Theatrework" as Contemplative Practice and Research Method: Cross-cultural Dialogues	Preconference 3 9:00-10:30am Mindfulness and Emotional Regulation	Keynote 1 - Culture, Well-Being, and Universality: Questions and Contexts for Contemplative Research William Edelglass, PhD						Invited Interdisciplinary Symposia - 8:30-10:00am Non duality & Self Transcendence: Converging Evidence and Relevance						Keynote - Looking for Inspiration Jack Feldman, PhD
10:00				Coffee Break/Posters						Coffee Break/Posters						Invited Interdisciplinary Symposia Set, Setting, and Sensation: Key Mind-Body Paradigms for Therapeutic Change
11:00	Preconference 4 10:30-12:00pm Challenges & Opportunities in Mobile MindBody Health, Digital Therapeutics Re- search & Implementation			Invited Interdisciplinary Symposia - 2 Concurrent - 10:30-12:00pm						Concurrent Interdisciplinary Panels - Block 3 - 10:20-12:00pm						
				Contemplative Pedagogy in Higher Education: Centering Wholeness, Equity and Anti Oppression			Clinical: Overcoming the "Valley of Death": Adapting evidence-based contemplative practice programs for real people in the real world			Human- ities	Education	Human- ities	Clinical	Neuro- science	Clinical	
12:00	Lunch on own			Lunch Provided						Lunch on own Zen Based Meditation 12:00-12:40pm						Closing Session Where Do We Go From Here?
1:00	Preconference 5 1:00-4:00pm Contemplative practice in higher education: reflections and learnings from a School of Social Work	Preconference 6 1:00-2:30pm The art and science of Kundalini yoga.	Preconference 7 1:00-2:30pm Contemplative Practices for Equity & Justice: Cur- rent Realities and Future Possibilities	Concurrent Interdisciplinary Panels - Block 1 - 1:00-2:40pm						Concurrent Interdisciplinary Panels - Block 4 - 1:20-3:00pm						
2:00				Human- ities	Education	Social Science	Clinical	Neuro- science	Interdisc- iplinary	Human- ities	Education	Clinical	Clinical	Neuro- science	Interdisc- iplinary	
3:00		Preconference 8 2:30-4:00pm New perspectives on meditation-related unusual and adverse experiences.	Preconference 9 2:30-4:00pm Mindfulness Research with BIPOC Communities: Con- ceptual, Methodological, and Ethical Considerations	Break						Break						
4:00				Concurrent Interdisciplinary Panels - Block 2 - 3:00-4:40pm						Invited Interdisciplinary Symposia - 3:30-5:00pm Compassion, Social Justice, and Interpersonal Regulation of Emotion						
				Human- ities	Education	Social Science	Clinical	Neuro- science	Interdisc- iplinary							
5:00	Welcome Reception Drinks and hors d'oeuvres			Keynote 2 - The Power of Ceremony: Indigenous Contemplative Practices, Neurodecolonization, and Mindfulness Michael Yellow Bird MSW, PhD						Keynote 3 - Keynote 3 - Dharma on the Dark Side: Shadow Work in Contemplative Qualitative Research Kakali Bhattacharya, PhD						
6:00	Opening Ceremony ISCR: The Future of Contemplative Research Aztec Dancers Performance			Poster Reception - 6:00-7:30pm Drinks and hors d'oeuvres*						Poster Reception - 6:00-7:30pm Drinks and hors d'oeuvres*						
7:00				*Drink ticket and cash bar						*Drink ticket and cash bar						

Concurrent Sessions - Friday, February 3



INTERNATIONAL SOCIETY FOR CONTEMPLATIVE RESEARCH | Inaugural Annual Conference - University of California, San Diego
February 2-5, 2023

	Bear Room	Marshall College Room	Green Table Room	Ballroom West	Roosevelt College Room	Red Shoe Room
	Humanities Moderator: Hal Roth	Education Mindfulness, Equity and Inclusion Research and Applications in Education Moderator: Laura Rendon & Vijay Kanagala	Social Science Moderator: Doris Chang	Clinical Science of Behavior Change Moderator: Linda Carlson (Virtually Streamed)	Neuroscience Mechanisms for Breath Regulation Moderator: Sahib Khalsa	Interdisciplinary Moderator: Cheryl Woods Giscombe
1:00	Skillful Means and Compassion: Expanding the Parameters Panel/Symposia Judith Simmer-Brown, PhD Paul Condon, PhD, Andrew Dreitoe, PhD, John Dunne, PhD & Aizaiah Yong PhD	1:00 - Mindfulness in Social Justice Education: Critical Race Feminist Perspectives Kathryn McIntosh, Erin Hillary Block, Ed.M., & Faran Saeed	1:00 - Self-transcendence in Indigenous Concepts of Kin-Relationality and Ecological Belonging Yuria Celidwen PhD	1:00 - The Role of Contemplative Practices and Research in 21st Century Police Reform 40 Minutes Dan Grupe, PhD, Carmen Alonso, PhD, Kristen Roman	1:00 - Translational Research in Breath-Based Therapies in Human and Animal Models of Stress Panel/Symposia - 60 Minutes Helen Lavretsky, M.D., M.S., Jack Feldman, PhD, Dara Ghahremani, PhD & Paul Macey, PhD	1:00 - Using Art, Simulated Learning, and Somatic Activities to Increase Capacity in Anti-Oppressive Dialogue Roundtable - 60 Minutes Ericka Echavarria, JD, LMSW
		1:20 - Mindfulness and Self-Care in the College Spanish Curriculum: A Case Study of Virtual "Familias" Sarah Montgomery, PhD and Zak Montgomery, PhD	1:20 - VOICES in Contemplative Community-Based Participatory Research Richa Gawande, Rahil Rojiani, MD & River Chevannes			
		1:40 - The Cajita Project as a Contemplative Activity Sandra Guzman-Foster, PhD	1:40 - To sit or not to sit: Optimizing app-based meditation training Session - 40 Minutes Simon Goldberg, PhD, Sin U Lam, MA, Kevin Riordan, & Zishan Jiwani	1:40 - Mindfulness and the Science of Behavior Change Panel/Symposia - 60 Minutes Zev Schuman-Olivier PhD, Ethan Moitra, PhD, Eric Loucks, PhD, David Vago (Discussant)		
2:00		2:00 - Beyond all Splits - Future Directions in Science on Mindfulness and Compassion in Education Symposia - 40 Minutes Robert Roeser, PhD, Brian Galla, PhD, & Michael Warren, PhD			2:00 - Breath Awareness and the Brain: Getting There and Back Again Norman Farb, PhD	2:00 - Heartfulness: Mindfulness, Compassion, and Responsibility Stephen Murphy-Shigematsu, EdD
	DISCUSSION		DISCUSSION		2:20 - Discussion	2:20 - Comparative Analysis of Meditation Practices with Contentless Goal-States: Findings from the Contentless Experience Project Toby Woods, PhD
	2:40-3:00 - Coffee Break	2:40-3:00 - Coffee Break	2:40-3:00 - Coffee Break	2:40-3:00 - Coffee Break	2:40-3:00 - Coffee Break	2:40-3:00 - Coffee Break
	Humanities Practical Problems in Contemplative Philosophy Moderator: Bret Davis	Education Contemplative Practices and Implications for Research in Education Moderator: Laura Rendon & Vijay Kanagala	Social Science Moderator: Doris Chang	Clinical MBIs and Mental Health Moderator: Linda Carlson (Virtually Streamed)	Neuroscience Inflammation Moderator: Dave Vago	Interdisciplinary Moderator: Cheryl Woods Giscombe
3:00	3:00 - Moving Beyond Epistemologies of Ignorance Lisa Udel, PhD	3:00 - The Conversation Project: Infusing Contemplative Practices Across the Curriculum to Support Dialogue Wendy Petersen-Boring, PhD	3:00 - Mindfulness and Protective Factors Buffer Impact of Discrimination in Diverse Sample of Family Dyads Marissa Ferry, MA	3:00 - Mindfulness-Based Interventions for Anxiety and Depression: Clinical Trial Outcomes and Mechanistic Panel/Symposia - 60 Minutes Elizabeth Hoge, MD, Zev Schuman-Olivier MD & Michael Datko, PhD	3:00 - Probing Inflammatory Mechanisms of Meditation: Glymphatics, Telomeres, and Cytokines Panel/Symposia - 60 Minutes Manus Donahue, PhD, Rael Cahn, MD, PhD, & Quinn Conklin, PhD (David Vago, PhD-Discussant)	3:00 - A Micro-Phenomenological Study of Meditation Processes in Two Insight Meditation Traditions Willeke Rietdijk, PhD
	3:20 - Material Contemplation in the Anthropocene Adam Lobel, PhD	3:20 - On a Pedagogy of Contemplative Solidarity: Lessons in Navigating Collective Trauma in the Classroom Aizaiah Yong, PhD	3:20 - Neurophenomenology of High Arousal Contemplation: Speaking in Tongues and Jhana Meditation Josh Brahinsky, PhD & Jonas Mago			3:20 - One, Not Separate: Disrupting models that harm, other and invisibilize Monika L Son, PhD
	3:40 - Mindfulness Meditation, No-Self, and the Problem of Verification Karsten Struhl	3:40 - The Imagination in Contemplative Contexts Michael Lifshitz, PhD	3:40 - Dissemination of a Mindfulness Intervention through a Mentoring Program for High-Risk Adolescents Rachel Lucas-Thompson, PhD			3:40 - Mentalizing Imagery Therapy for Family Caregivers: Clinical and Neuroimaging Results Felipe Jain, MD
4:00		4:00 - Reconceptualizing and Recontextualizing "Mindfulness for Life" for Higher Education in Japan Ryotaro Kusumoto	4:00 - Mindfulness and Mothering: How mindfulness training impacts black women's transition into motherhood Maura Tennor & Debbie Gioia, PhD	4:00 - In Search of Balance: Mindfulness-Based Cognitive Therapy in Bipolar Disorders Imke Hanssen, PhD & Jelle Lubbers	4:00 - Neuroscience - Awareness (Memory and Reward Systems) - Using awareness to subvert the brain's dominant paradigm for habit change Judson Brewer, MD, PhD	
	DISCUSSION	DISCUSSION	DISCUSSION	4:20 - A framework for the empirical investigation of mindfulness meditative development Julieta Galante	DISCUSSION	DISCUSSION

Concurrent Sessions Saturday, February 4



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	Contemplative Pedagogy in the Humanities Moderator: Erin McCarthy	Education Moderator: Laura Rendon	Humanities - Daoist and Buddhist BodyMind Practices Moderator: Bret Davis	Clinical - Digital Health Interventions Moderator: Elissa Epel (Virtually Streamed)	Neuroscience - MIXED MECHANISMS - Mindfulness Moderator: Sahib Khalsa	Clinical - Physical Health Conditions and Health Care Providers Moderator: Linda Carlson	
10:20	10:20 - A Call for Contemplative Philosophy in the Classroom Neil Dalal	10:20 - Contemplative Visual Pedagogies: Cultivating Seeing, Sensing, and Belonging in Higher Education Symposium - 90 Minutes Kate Mondloch, PhD & Anita Chari	10:20 - Interbeing, Creativity, Dialogue: "The Breath Poetry of Henri Chopin" Kiene Brillenburg Wurth	10:20 - Mindfulness and Compassion Training Effects on Parochial Empathy and Intergroup Prosociality Denise Zheng	10:20 - How do meditation-based interventions work? Examining evidence for specific ingredients and common Simon Goldberg, PhD, Claire Laubacher, MA & Melissa Rosenkranz, PhD	10:20 - Brief Mindfulness Training Improves Knee and Hip Replacement Patient Outcomes: Results from 3 RCTs Adam Hanley, PhD	
	10:40 - Pedagogical & Epistemological Challenges in Developing a Contemplative Studies University Program Chiara Mascarello, PhD		10:40 - Interbeing, Creativity, Dialogue: Dogen and Neurodiversity Chiara Robbiano, PhD	10:40 - Efficacy of a remote yoga intervention on improving positive psychological well-being Madhura Phansikar, PhD		10:40 - Psychosocial effects & symptom network analysis of mindfulness for women with gynecological cancer Marie-Estelle Gagnard, MD	
11:00	11:00 - A Season of Change: Teaching Philosophy as a Way of Life David Storey, PhD		11:00 - Beyond Concentration: Peripheral Awareness, Vigilance, and Affectivity Bradley Park, PhD	11:00 - Brief Digital Mindfulness & Compassion for Medical Trainees Jyoti Mishra, PhD, MBA		11:00 - MBCT & Integrative Body-Mind Training: shared and unique neural therapeutic mechanisms? Anthony King, PhD	11:00 - Mind-Body Medicine and Oncology Group Visits for Diverse Patients: Centering on Health Equity Kavita Mishra, MD, MPH
	11:20 - Flourishing as Practice: An Inclusive Model of Self, Interdependence, and Sustainability Blake Hestir, PhD, Mark Dennis, Ph.D		11:20 - Dispersion through Distraction Larson Di Fiori, PhD	11:20 - Visualizing Compassion: Episodic Simulation as Contemplative Practice Christy Wilson-Mendenhall, PhD		11:20 - The Impact of Mindfulness Training on Working Memory and White Matter Microstructural Integrity Elizabeth Kaplan, BS, BA	11:20 - How does mindfulness modulate chronic low back pain? Current concepts, challenges and controversies Wolf Mehling, MD
	DISCUSSION		11:40 - DISCUSSION	11:40 - Visualizing data from the Contemplative Coping during COVID-19 project Quinn Conklin, PhD		11:40 - Evaluation of a Training that Contextualizes Mind-Body Tools for the Healthcare Work Environment Phoebe Franco, PhD & Krista Gregory, M.Div.	
12:00	LUNCH BREAK						
	Humanities - Contemplative Studies and Mystical Experience Moderator: Hal Roth	Education Moderator: Laura Rendon & Vijay Kanagala	Clinical - Reviews and Mechanisms of MBIs Moderator: Linda Carlson	Clinical - Health Equity Moderator: Doris Chang (Virtually Streamed)	Neuroscience - Pain Mechanisms Moderator: Fadel Zeidan	Interdisciplinary/Clinical Mix Moderator: Cheryl Woods Giscombe	
1:20	1:20 - "Head in the Cloud?": A Human Dialectic, Neuroscience, and The Cloud of Unknowing Stephen Molvarec, SJ, PhD & Christopher Krall, SJ, PhD	1:20 - Mindfulness and the Reduction of Racial Disparities in School Discipline Lindsay Romano	1:20 - Is mindfulness just a placebo? Current evidence and future considerations Jonathan Davies, PhD	1:20 - Can contemplative practices support social justice and health equity in marginalized communities? Panel/Symposia - 90 Minutes Simon Goldberg, PhD, Amit Bernstein, PhD & Zishan Jiواني	1:20 - Mindfulness training alters brain response to evoked pain in patients with anxiety and/or depression Michael Datko, PhD	1:20 - Mindfulness Training to Enhance Emotion Regulation in a Polarizing Political Context Hadley Rahrigh, PhD	
	1:40 - Applying contemporary meditation categories to a foundational Christian historical source Cullan Joyce, PhD	1:40 - Mindfulness and connection training reduce teacher attrition four years later Matthew Hirshberg, PhD	1:40 - The mismeasurement of mindfulness: Evidence of a jangle fallacy in popular mindfulness scales Polina Beloborodova, PhD & Kirk Warren Brown		1:40 - MM reduces acutely exacerbated chronic back pain through nonopioidergic mechanisms Lora Khatib	1:40 - A Holistic Psycho-Spiritual Approach to Well-Being: Yoga, Meditation and Positive Practices Garima Rajan, PhD	
2:00	2:00 - Contemplative States of Absorption in Abrahamic Traditions Nathan Fisher	2:00 - Mindfulness & Ethics: An Analysis of Ethical Frames, Prosocial Motivations, and Pedagogies in School Deborah Schussler, EdD & Sebrina L. Doyle Fosco, PhD	2:00 - Compassion-based interventions: efficacy and mechanisms Ausiàs Cebolla, PhD, Joaquim Soler, Javier García Campayo, PhD, & Marcelo Demarzo, PhD, MD		2:00 - Neuroscience - Mixed Mechanisms - Compassion - Expanding the Circle of Care? EEG Microstate Sequences Differentiate Targets of Compassion Alea Skwara, PhD	DISCUSSION	
	DISCUSSION	2:20 - The Marrow of Educator's Presence-Nurturing Educator's Presence through embodied contemplative prac Roundtable - 40 Minutes Neera Malhotra, EdD	2:20 - Individual participant data meta-analysis of RCTs assessing mindfulness for mental health promotion Julieta Galante		2:20- Self-compassion and gut microbiota in pregnant individuals Lianne Tomfohr-Madsen, PhD		
3:00		2:40 - What can we learn about (un)successful contemplative interventions using implementation science? Jennifer Mascaro, PhD & Deanna Kaplan, PhD	DISCUSSION		DISCUSSION		



Day 1 – Thursday, 2/2 – The Scripps Seaside Forum

Preconference Workshops - 9:00am

Preconference Workshop 1
Breakout Room 1

Virtual Reality in Mindfulness and Compassion Training

Presenters:

- Cassandra Vieten, PhD
Associate Research Scientist, Arthur C. Clarke Center for Human Imagination, University of California, San Diego

Preconference Workshop 2
Breakout Room 2

Exploring “Theatrework” as Contemplative Practice and Research Method: Cross-cultural Dialogues

Presenters:

- Yuki Imoto, PhD
Keio University
- Masaki Matsubara, PhD
University of Tsukuba

Preconference Workshop 3
Breakout Room 3

Mindfulness and Emotion Regulation

Presenters:

- Ruchika Prakash, PhD - Professor, Department of Psychology, The Ohio State University
- Megan Fisher, MS - Graduate Research Fellow, Ohio State University
- Bruna Martins-Klein, PhD - Assistant Professor, Department of Psychology, University of Southern California
- Lauren Hallion, PhD - Assistant Professor

Preconference Workshops - 10:30am

Preconference Workshop 4

Challenges & Opportunities in Mobile MindBody Health, Digital Therapeutics Research & Implementation

Presenters:

- David Vago, PhD - Research Associate Professor, Vanderbilt University; Research Lead, RoundGlass
- Eliane Boucher, PhD - Senior Director, Research Strategy, Twill
- Jennifer Huberty, PhD - Fractional Chief Science Officer
- Emily Hu, PhD Director of Research, Headspace Health
- Trina Histon, PhD, Vice President of Clinical Product Strategy, Woebot Health
- Simon Goldberg, PhD, Assistant Professor, University of Wisconsin, Healthy Minds App

Preconference Workshops - 1:00pm

Preconference Workshop 5
Breakout Room 1

Contemplative practice in higher education: reflections and learnings from a School of Social Work

Presenters:

- Emmanuelle Khoury, PhD - Assistant professor, School of Social Work, Université de Montréal
- Myriam Richard - Université de Montréal
- Berna Elias - Université de Montréal

Preconference Workshop 6
Breakout Room 2

The art and science of Kundalini yoga.

Presenters:

- Helen Lavretsky, MD, MS - UCLA, Professor, Director, Integra-tive Psychiatry
- Sat-Bir Khalsa, PhD - Harvard Medical School
- Julie Staples, PhD - Georgetown University School of Medicine

Preconference Workshop 7
Breakout Room 3

Contemplative Practices for Equity & Justice: Current Realities and Future Possibilities

Presenters:

- Vijay Kanagala, PhD - Associate Professor and Program Coordinator
- Alberto Pulido, PhD - Professor of Ethnic Studies
- Amaury Nora, EdD - Professor Emeritus
- Deidra Jefferson - Wellbeing Graduate Resident Advisor, Academic Coach

Preconference Workshops - 2:30pm

Preconference Workshop 8
Breakout Room 2

New perspectives on meditation-related unusual and adverse experiences

Presenters:

- Jonathan Davies, PhD - Postdoctoral Researcher, Con-templative Studies Centre, University of Melbourne
- Amit Bernstein, PhD - Observing Minds Lab, University of Haifa
- Imke Hanssen, PhD - Radboudumc, department of psychiatry, the Netherlands

Preconference Workshop 9
Breakout Room 3

Mindfulness Research with BIPOC Communities: Conceptual, Methodological, and Ethical Considerations

Presenters:

- Denise Chavira, PhD - Professor of Psychology, University of California, Los Angeles
- Jeffrey Proulx, PhD - Assistant Professor of Behavioral and Social Sciences and Assistant Professor of Psychiatry and Human Behavior
- Stephen Murphy-Shigematsu, PhD - Psychologist and Heartfulness Lab Director, Stanford University
- Rhonda Magee, JD - Professor of Law at the University of San Francisco

Welcome Reception - 5:00pm

Includes Drinks and Hors d'ouevres

Opening Ceremony - 6:00pm

CHICHIMECA-AZTECA DANCERS

Inspired by ancient rituals, spiritual traditions and traditional dance, San Diego's Danza Mexi'cayotl is led by Capitán-General Mario Aguilar and Capitana Beatrice Zamora-Aguilar. The Chichimeca-Azteca Dancers, dancing in full traditional regalia, will offer a blessing and set sacred space for the ISCR conference as they honor their ancestral history and offer a prayer through their contemplative movements.

ISCR: The Future of Contemplative Research - 6:30pm - 7:00pm



Day 2 – Friday, 2/3 – The Price Center

Strategies for Funding Contemplative Science - 8:00am

Roosevelt College Room

Panelists: Fadel Zeidan, PhD, Linda Carlson, PhD., R.Psych, FABMR, FSBM, FMLI, Erin Quinlan, PhD, and Carey Dickinson, PhD

Keynote 1 - 9:00am

Ballroom West (Virtually Streamed)

William Edelglass, PhD

Culture, Well-Being, and Universality: Questions and Contexts for Contemplative Research

With the documented success, in both clinical and non-clinical populations, of mindfulness-based interventions in improving mental well-being, researchers are making significant progress toward realizing the vision of the ISCR. This talk explores some of the questions raised by this vision of the rigorous investigation of contemplative and other mind-body practices to benefit “the health and well-being of all”: how can we remain sensitive to the “culture and context” of contemplative practices while making them “universally available”? in what ways is our understanding of universality—in the context of Western modernity, secularism, and the dominance of science—itsself culturally conditioned? and finally, how might our research into contemplative and other mind-body practices benefit from an understanding of action and cognition as embodied and embedded in the surrounding world?

Invited Interdisciplinary Symposia - 10:30am

Marshall College Room

LIMITED ROOM AVAILABLE

Contemplative Pedagogy in Higher Education: Centering Wholeness, Equity and Anti Oppression

Moderator: Laura I. Rendón, Ph.D

Speakers:

- Beth Berila, Ph.D
- Yuria Celidwen, Ph.D.,
- Ram Mahalingam, Ph.D
- Kamilah Majied, Ph.D,

Ballroom West (Virtually Streamed)

Overcoming the “Valley of Death”: Adapting evidence-based contemplative practice programs for real people in the real world

Moderator: Linda E. Carlson, Ph.D., R.Psych, FABMR, FSBM, FMLI

Speakers:

- David Creswell
- Cheryl L. Woods Giscombé, PhD, RN, PMHNP-BC, FAAN
- Willem Kuyken, PhD, DClinPsy, Moderator

Concurrent Panels 1 - 1:00pm

Refer to Concurrent Schedule

Concurrent Panels 2 - 3:00pm

Refer to Concurrent Schedule

Keynote 2 - 5:00pm

Ballroom West (Virtually Streamed)

Michael Yellow Bird MSW, PhD

The Power of Ceremony: Indigenous Contemplative Practices, Neurodecolonization, and Mindfulness

Description: Traditional Indigenous lifestyle practices create resilient coping in the brain and body. In particular, Indigenous contemplative practices provide a powerful means to decolonize the mind and body from past and present colonization. In this presentation, Dr. Michael Yellow Bird, discusses colonization, decolonization, neurodecolonization, what happens to traumatized, colonized mind and body, and how the mind and body are changed through Indigenous contemplative practices.

Poster Reception - 6:00pm - 7:30pm

Ballroom West

Includes Drinks and Hors d'ouvres

Day 3 – Saturday, 2/4 – The Price Center

Invited Interdisciplinary Symposia - 8:30am

Ballroom West (Virtually Streamed)

Nonduality & Self Transcendence: Converging Evidence and Relevance

• Speakers:

- Eric Garland, MSW; Ph.D.
- Harold D. Roth, Ph.D
- Fadel Zeidan, Ph.D.
- Loriljai Biernacki, PhD

Concurrent Panels 3 - 10:20am

Refer to Concurrent Schedule

Lunch - 12:00pm



Day 3 (Continued) – Saturday, 2/4 – The Price Center

Invited Interdisciplinary Symposia - 3:30pm

Ballroom West (*Virtually Streamed*)

Compassion, Social Justice, and Interpersonal Regulation of Emotion

Moderator: William Mobley, MD, PhD

Speakers:

- Judith Simmer-Brown Ph.D
- Jin Y. Park, Ph.D
- Thupten Jinpa, Ph.D

Keynote 3 - 5:00pm

Ballroom West (*Virtually Streamed*)

Kakali Bhattacharya, PhD

Dharma on the Dark Side: Shadow Work in Contemplative Qualitative Research

Description: Qualitative research lends easily to contemplative practices as it requires beholding, bearing witness, understanding interconnectivity, interiority of people's experiences, and mindful analysis of one's positionality as a researcher. Within the space of justice work in qualitative research, there are moves to disrupt interconnected power structures, un/learn privileges, and create pathways for empowering possibilities. In this talk, Dr. Bhattacharya will discuss the role of shadow work when integrated with contemplative qualitative research. Grounded in discussions of Dharma, Dr. Bhattacharya will forward arguments about how we need to engage in a de/colonial understanding of Dharma, interrogate pervasive white supremacy, colonialism, and other structures of oppression, to create generative and expansive terrain for contemplative approaches in qualitative research.

Poster Reception - 6:00pm - 7:30pm

Day 4 – Sunday, 2/5 – The Price Center

Keynote 4 - 9:00am

Ballroom West (*Virtually Streamed*)

Jack Feldman, PhD

Looking for Inspiration

Description: Breathing is a vital rhythmic motor behavior with a surprisingly broad influence on the brain and body. The apparent simplicity of breathing belies a complex neural control system, the breathing central pattern generator (bCPG), that exhibits diverse operational modes to regulate gas exchange and coordinate breathing with an array of behaviors. In my talk, I focus on selected advances in our understanding of the bCPG. At the core of the bCPG is the preBötzing complex (preBötC), which drives inspiratory rhythm via an unexpectedly sophisticated emergent mechanism. These dynamics are modulated by inputs from throughout the brain, including signals related to emotion, cognition and volition, and generate rhythmic, patterned activity that is widely distributed throughout the brain. The connectivity and an emerging literature support a link between breathing, emotion, and cognition that is becoming experimentally tractable. These advances bring great potential for elucidating function and dysfunction in breathing and illuminate how controlled breathing can have such a profound effect on emotional well being.

Invited Interdisciplinary Symposia - 10:00am

Ballroom West (*Virtually Streamed*)

Set, Setting, and Sensation: Key Mind-Body

Paradigms for Therapeutic Change

Moderator: Chuck Raison, MD

Speakers:

- Sahib Khalsa, MD, PhD
- Rachel Yehuda, PhD
- Robin Carhart Harris, PhD
- Anja Loizaga-Velder, PhD

Closing Session - 11:30am

Ballroom West

Where Do We Go From Here?