



**INTERNATIONAL
SOCIETY FOR
CONTEMPLATIVE
RESEARCH**



2nd Annual Conference

June 19 – 23, 2024
Padova, Italy

ISCRsociety.org

ISCR 2024

Co-organizers: Mind and Life Europe, The University of Padova (Postgraduate Program in Contemplative Studies), and the Italian Buddhist Union Research Center



Program at a Glance

Date	Day	Venue												
19-Jun	Wed	San Gaetano Cultural Centre												
20-Jun	Thu		San Gaetano Cultural Centre											
21-Jun	Fri			San Gaetano Cultural Centre										
22-Jun	Sat				San Gaetano Cultural Centre									
23-Jun	Sun					San Gaetano Cultural Centre								
19-Jun	Wed						Beato Pellegrino Complex							
20-Jun	Thu							Beato Pellegrino Complex						
21-Jun	Fri								Beato Pellegrino Complex					
22-Jun	Sat									Beato Pellegrino Complex				
23-Jun	Sun										Beato Pellegrino Complex			
19-Jun	Wed											Capitanoo Palace		
20-Jun	Thu												Capitanoo Palace	
21-Jun	Fri													Capitanoo Palace
22-Jun	Sat													
23-Jun	Sun	Capitanoo Palace												
19-Jun	Wed		Registration/Info Desk Open											
20-Jun	Thu			Registration/Info Desk Open										
21-Jun	Fri				Registration/Info Desk Open									
22-Jun	Sat					Registration/Info Desk Open								
23-Jun	Sun						Registration/Info Desk Open							
19-Jun	Wed							Meditation Room Open						
20-Jun	Thu								Meditation Room Open					
21-Jun	Fri									Meditation Room Open				
22-Jun	Sat										Meditation Room Open			
23-Jun	Sun											Meditation Room Open		
19-Jun	Wed												Posters Open	
20-Jun	Thu													Posters Open
21-Jun	Fri													
22-Jun	Sat	Posters Open												
23-Jun	Sun		Posters Open											
19-Jun	Wed			Practice - 08:30										
20-Jun	Thu				Practice - 08:30									
21-Jun	Fri					Practice - 08:30								
22-Jun	Sat						Practice - 08:30							
23-Jun	Sun							Practice - 08:30						
19-Jun	Wed								Keynote Speech 1 09:00 - 10:00					
20-Jun	Thu									Keynote Speech 1 09:00 - 10:00				
21-Jun	Fri										Keynote Speech 2 09:00 - 10:00			
22-Jun	Sat											Keynote Speech 3 09:00 - 10:00		
23-Jun	Sun												Keynote Panel 4 09:00 - 10:30	
19-Jun	Wed													Morning Break
20-Jun	Thu													
21-Jun	Fri	Morning Break												
22-Jun	Sat		Morning Break on your own											
23-Jun	Sun			Morning Break on your own										
19-Jun	Wed				Session Block 1 10:30 - 11:45									
20-Jun	Thu					Session Block 1 10:30 - 11:45								
21-Jun	Fri						Session Block 4 10:30 - 11:45							
22-Jun	Sat							Session Block 7 10:30 - 12:30						
23-Jun	Sun								Session Block 9 11:00 - 13:00					
19-Jun	Wed									Transition				
20-Jun	Thu										Transition			
21-Jun	Fri											Transition		
22-Jun	Sat												Lunch on your own 12:30 - 14:00	
23-Jun	Sun													Closing Session
19-Jun	Wed													
20-Jun	Thu	Session Block 2 12:00 - 13:15												
21-Jun	Fri		Session Block 5 12:00 - 13:15											
22-Jun	Sat			Lunch on your own 12:30 - 14:00										
23-Jun	Sun				Lunch on your own 13:30 - 15:00									
19-Jun	Wed					Lunch 13:15 - 14:30								
20-Jun	Thu						Lunch 13:15 - 14:30							
21-Jun	Fri							Lunch 13:15 - 14:30						
22-Jun	Sat								Session Block 8 14:00 - 16:00					
23-Jun	Sun									Post-Conference Workshops 15:00 - 16:15				
19-Jun	Wed										Session Block 3 14:30 - 16:00			
20-Jun	Thu											Session Block 3 14:30 - 16:00		
21-Jun	Fri												Session Block 6 14:30 - 16:00	
22-Jun	Sat													Afternoon Break on your own
23-Jun	Sun													
19-Jun	Wed	Afternoon Break												
20-Jun	Thu		Afternoon Break											
21-Jun	Fri			Afternoon Break										
22-Jun	Sat				Keynote Panel 3 16:30 - 18:00									
23-Jun	Sun					Post-Conference Workshops 16:45 - 18:00								
19-Jun	Wed						Keynote Panel 1 16:30 - 18:00							
20-Jun	Thu							Keynote Panel 1 16:30 - 18:00						
21-Jun	Fri								Keynote Panel 2 16:30 - 18:00					
22-Jun	Sat									Practice 18:00 - 18:30				
23-Jun	Sun										Free Time			
19-Jun	Wed											Poster Session 1 18:00 - 19:00		
20-Jun	Thu												Poster Session 1 18:00 - 19:00	
21-Jun	Fri													Poster Session 2 18:00 - 19:00
22-Jun	Sat													
23-Jun	Sun	Free Time												
19-Jun	Wed		Opening Ceremony & Reception 18:00 - 21:00											
20-Jun	Thu			Free Time										
21-Jun	Fri				Concert at San Gaetano Cultural Center 20:00 - 21:00									
22-Jun	Sat					Free Time								
23-Jun	Sun						Free Time							





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ISCR Leadership

Executive Committee

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Doris F. Chang, *Clinical Psychology*
Bret W. Davis, *Philosophy*
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Erin McCarthy, *Philosophy*

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Ramaswami (Ram) Mahalingam, *University of Michigan*
Sarah Mattice, *University of North Florida*
Andreas Roepstorff, *Aarhus University*
Robert Roeser, *Penn State University*
Melissa Rosenkranz, *University of Wisconsin-Madison*
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CONTEMPLATIVE SCIENCES CENTER
 UNIVERSITY of VIRGINIA

**Combining contemplation,
 connection, and research to
 enhance flourishing.**

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2024 Program Committee

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Francesco Tormen, *Ca' Foscari University of Venice*

Dave Vago, *Brigham & Women's Hospital*

Amy Cohen Varela, *Mind and Life Europe*

ISCR Administration

ASSOCIATION SECRETARIAT & CONFERENCE MANAGEMENT

PODIUM CONFERENCE SPECIALISTS (Canada)



- Marischal De Armond
- Gail McHardy
- Agathe Deacon-Erasmus

MEET & WORK (Italy)



- Beatrice Sbalchiero



**Journal of
Contemplative
Studies**

**Advancing contemplative
knowledge and practice**

University of Virginia
Contemplative Sciences Center
contemplativejournal.org



Membership Information

Why should I become a member of ISCR?

Join a community of like-minded colleagues in the premier international multi-disciplinary academic society for contemplative research. Your membership supports society initiatives!

EDUCATIONAL PROGRAMS

- Webinars on scholarly and trending research topics
- Career development webinars
- Research Methods and grant writing workshops
- Annual flagship conference

DISCOUNTS ON ISCR ANNUAL CONFERENCE

- Discounted registration fees
- Conference scholarships and travel grants
- CMEs/CEUs

MENTORSHIP OPPORTUNITIES

- Access to mentorship program for junior scholars and investigators

COMMITTEES

- Opportunities to join/create committees within Contemplative Science community and influence direction of the society

GROUPS & CONNECTIONS

- Opportunities to form and join Special interest groups at relevant academic societies
- Connecting researchers with scholars and contemplative practitioners from relevant traditions

JOURNALS

- Connecting with publishers and journals in the area
- Discounted access to partner journals

CONNECTION

- Connecting researchers and scholars with contemplative practitioners

RESEARCH

- Facilitating multi-site and interdisciplinary research

NEWSLETTER

- Access to newsletter with member highlights, new publications, and relevant events in the community

NETWORKING

- Interdisciplinary networking and community building opportunities



General Conference Information

Conference Venues

To enhance the visibility and impact of our conference, we have chosen to host it across three significant venues in Padova—the **San Gaetano Cultural Center**, the **Beato Pellegrino Complex**, and the **Capitanoio Palace**. The first is one of the vibrant centers of the city's cultural life and belongs to the municipality, while the other two belong to the university. This approach integrates the conference into the city's fabric, raising awareness of the emergent field of Contemplative Studies among the public and university community. Moreover, it provides attendees with the opportunity to experience Padova's rich cultural and historical heritage firsthand.

Centro Culturale Altinate San Gaetano THE SAN GAETANO CULTURAL CENTER

Via Altinate, 71, 35121 Padova PD, Italy

Located in the heart of Padova, the San Gaetano Cultural Center is one of the city's premier public spaces. The historic building housing the center, San Gaetano Palace, was originally a convent built in the 16th century for the Order of the Regular Theatine Clerics. Designed by the renowned architect Vincenzo Scamozzi, who also completed many of Andrea Palladio's unfinished projects, the convent and the adjacent Church of San Gaetano showcase his architectural prowess. The Municipality of Padova purchased it in 1874. In the post-war period, the former convent was renovated to become the City Courthouse, which operated until 1995. A major renovation in 2008 transformed the building into a stunning edifice where Scamozzi's classical designs blend seamlessly with modern steel and tempered glass. This redesign earned the complex the nickname "The Padovan Beaubourg," a reference to the Parisian Centre Pompidou. The center has a versatile covered plaza, also known as the "city's living room." The opening ceremony on June 19 and the plenary sessions on June 20-21 will be hosted

here. Concurrent sessions will take place in various rooms, including the Auditorium and the beautiful Teatini Hall in the adjacent San Gaetano Church..

Polo Beato Pellegrino

THE BEATO PELLEGRINO COMPLEX

Via Beato Pellegrino, 28, 35137 Padova PD, Italy

Inaugurated in 2019, the Beato Pellegrino Complex previously housed a geriatric hospital and now is dedicated to educational excellence. Designed with sustainability in mind, the complex features open spaces and cloisters that promote social interaction among students and scholars of the Humanistic Centre. The complex masterfully combines historical elements, such as the two cloisters, with modern solutions like the covered gallery overlooking the teaching rooms. As the first gas-free building of the University of Padova, it incorporates thermal-acoustic insulation, solar panel shading, and renewable energy systems using geothermal probes and photovoltaic panels.

Palazzo Del Capitanoio

THE CAPITANIO PALACE

Piazza Capitaniato, 3, 35139 Padova PD, Italy

The Capitanoio Palace is a remarkable 14th-century palace situated in the historic center of Padova. It served as the residence and administrative headquarters for the Capitano, the highest authority representing the Republic of Venice in the city. Built on the site of the former Da Carrara Palace, the palace features an ancient tower. Renovations began as early as 1426, with the installation of the Clock in 1427. The Hall of Giants, the jewel of the complex, is splendidly frescoed and has always been connected to the life of the university. For our conference, we will be using both the Hall of Giants and another historic room, the frescoed Hall of Niches.



Registration - What's Included?

Access to four days of exciting content including:

- invited speaker talks;
- invited speaker panels;
- individual and panel presentations;
- dedicated poster sessions;
- contemplative practices;
- social events (see the program for updates);
- post-conference workshops

Networking opportunities with likeminded people and leading contemplative researchers.

Name Badges

Your name badge is your admission ticket to the conference sessions, coffee breaks, poster sessions and reception. Please wear it at all times. At the end of the Conference, we ask that you recycle your name badge in one of the name badge recycling stations that will be set out or leave it at the Registration Desk.

Registration and Information Desk Hours

The ISCR Registration and information desk will be open during the following dates and times:

June 19, 2024 12:30 – 18:00

June 20 – 23, 2024 08:00 – 18:00

If you need assistance during the conference, please visit the Registration Desk.

Poster Information

SET UP/REMOVAL

There are two poster sessions during the conference and posters have been allocated to one of the sessions. Poster presenters must set-up and remove their posters during the following times.

Poster Session 1 (all posters starting with **#P1**):
Thursday, June 20, 2024

- Set Up: Between 8:00 – 9:00
(San Geatano Cultural Centre)
- Session Time: 18:00 – 19:00
- Tear Down: Directly after Session 1 at 19:00 on Thursday, June 20

Poster Session 2 (all posters starting with **#P2**):
Friday June 21, 2024

- Set Up: Between 8:00 – 9:00
(San Geatano Cultural Centre)
- Session Time: 18:00 – 19:00
- Tear Down: Directly after Session 2 at 19:00 on Friday, June 21

Any posters that are not taken down by the removal deadline will be held at the registration desk until the end of the Conference. Any posters that remain unclaimed by the end of the Conference will be disposed of.

Information on Poster Authors (Lead), Poster Numbers and Poster Titles begins on page 42. Digital copies can be downloaded from the ISCR website.

Staff

ISCR staff from Podium Conference Specialists and Meet and Work can be identified by orange ribbons on their name badges. Feel free to ask anyone of our staff for assistance. For immediate assistance please visit us at the Registration Desk.

Internet Services

Free wireless Internet is available in Padova City by accessing **PADOVAweb**. Kindly note, the WiFi strength is ideal for checking emails and websites but is not strong enough for streaming videos or heavy social media use.



Social Media

If you are active on social media, make sure to hashtag **#ISCR2024** when referring to the meeting. We ask all ISCR delegates to respect no live tweeting of presentations without prior approval from the speakers/authors. We encourage social tweets about the conference and look forward to growing our online community.

If you require assistance, please visit the registration desk and we will endeavour to assist you.

No Smoking Policy

The venues are completely non-smoking venues. Smoking is permitted in designated locations outside of the venue.

Meals

The following meals are included with your registration:

WEDNESDAY, JUNE 19TH

Afternoon Coffee Break

THURSDAY, JUNE 20TH

Morning Coffee Break

Lunch

Afternoon Coffee Break

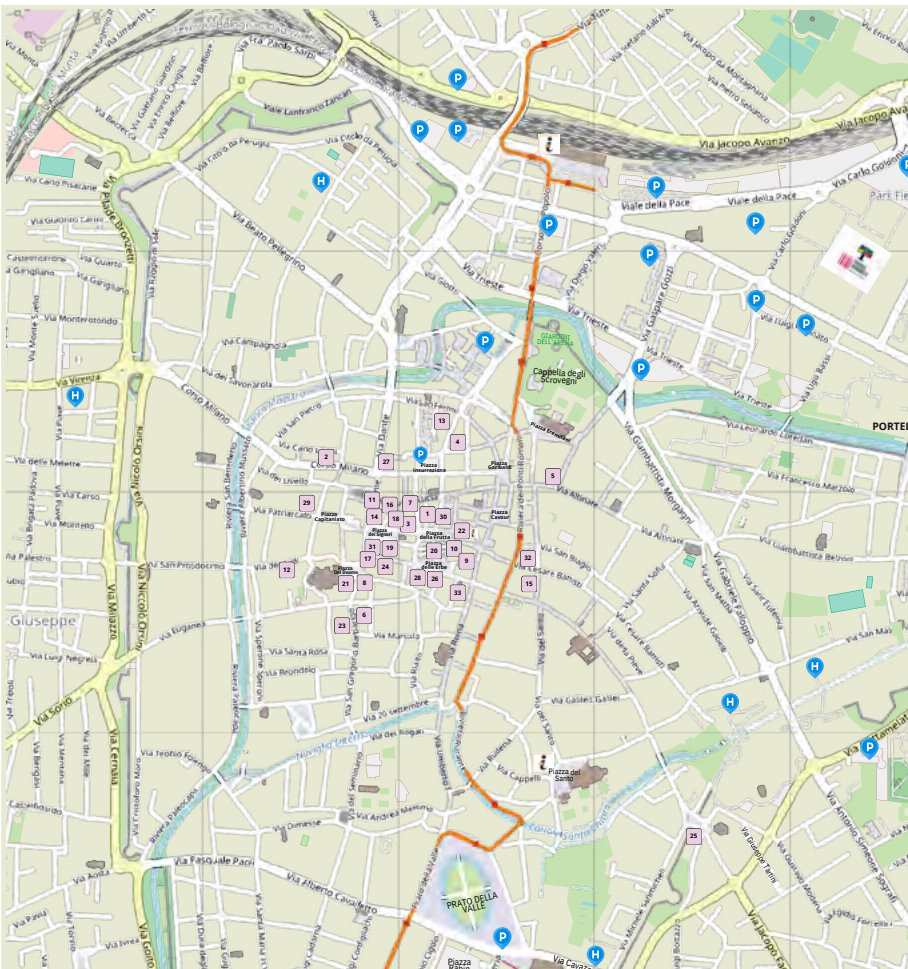
FRIDAY, JUNE 21ST

Morning Coffee Break

Lunch

Afternoon Coffee Break

For any other meals, please refer to the *Destination* webpage.



RISTORAZIONE APERTA DOMENICA

OPEN FOR DINING ON SUNDAY

1 All'Ombra della Piazza €	18 La Lanterna €
2 Antico Brolo €	19 La Prosciutterie €
3 Antico Forno €	20 Pastasuta €
4 Antico Forno €	21 Pasticceria al Duomo €
5 Antico Forno €	22 Pasticceria Graziati €
6 Bacaro Padovano €	23 Pizzeria Al Duomo €
7 Bar Pasticceria Nova €	24 Pizzeria Marechiaro €
8 Caffè al Duomo €	25 San Michele Sud Experience €
9 Caffè Antille €	26 Serafina €
10 Caramel Caffè €	27 Si Streetalian Food €
11 daPRETTE €	28 Steampower €
12 Enoteca dei Tadi €	29 Taverna La Yarda €
13 Flower Burger €	30 Trequarti €
14 Frida Tapas Bar €	31 Uva €
15 Gourmetteria €	32 Vecchia Padova €
16 Hosteria Ai Do Archi €	33 Vin Et €
17 Il Gancino €	

LEGENDA

KEY TO SYMBOLS

€ PREZZO FINO A 10-15 EURO / PRICE UP TO 10-15 EURO
 €€ PREZZO OLTRE 15 EURO / PRICE OVER 15 EURO

⌚ SERVIZIO VELOCE, ANCHE PER ASPORTO / FAST SERVICE, ALSO FOR TAKEAWAY
 ⌚⌚ SERVIZIO PIU' CURATO E AL TAVOLO / MORE REFINED SERVICE AND TABLE SERVICE



Keynote Speakers

• **Bret Davis**, *Loyola University, Maryland*



Bret W. Davis is Professor and Higgins Chair in Philosophy at Loyola University Maryland, USA. In addition to attaining a Ph.D. in philosophy at Vanderbilt University, he lived for more than a dozen years in Japan, where he studied Buddhism and modern Japanese philosophy while practicing Rinzai Zen. He was authorized to teach Zen by Kobayashi

Gentoku Rōshi, abbot of Shōkokūji monastery in Kyoto. His recent publications include *Real Zen for Real Life* (Great Courses), *The Oxford Handbook of Japanese Philosophy* (Oxford University Press), and *Zen Pathways: An Introduction to the Philosophy and Practice of Zen Buddhism* (Oxford University Press).

• **Marcello Ghilardi**, *University of Padova*



Marcello Ghilardi, PhD, is Associate Professor of Aesthetics and of Philosophy of Interculturality at the University of Padova, where he is also vice-director of the Master program in Contemplative Studies and member of the research groups HermAes (Hermeneutics and Aesthetics) and Mushin'en (on Intercultural

Philosophy). Among his books: *Filosofia dell'interculturalità* (2012); *Il vuoto, le forme, l'altro* (2014); *The Line of the Arch. Intercultural Issues between Aesthetics and Ethics* (2015); *The Bloomsbury Research Book on Chinese Aesthetics and Philosophy of Art* (with H.-G. Moeller, 2021).

• **Anne Klein**, *Rice University*



Anne Carolyn Klein/Rigzin Drolma, is Professor and a former Chair of the Department of Religion, Rice University, where she helped develop a contemplative studies concentration for graduate students. Co-founder of the Dawn Mountain Center for Tibetan Buddhism. She is a Lama in the Nyingma (ancient) Buddhist tradition. Her central thematic

interest is the embodied interaction between head and heart across a spectrum of Buddhist theories of cognitive and somatic knowing. She participates also in the emerging field of micro-phenomenology where the juxtaposition of philosophical, scientific, and experiential research promises a fresh way of bridging traditional and contemporary cultures' ways of knowing.

• **Olga Klimecki**, *Technische Universität Dresden*



Olga Klimecki, PhD, is a neuroscientist and psychologist. She is privatdocent in Psychology at the University of Jena and will temporarily hold the chair of Biological Psychology at the Technische Universität Dresden from April 2024. Her research focuses on the promotion of mental and physical health, as well as the peaceful resolution of conflicts through meditation-based intervention. Olga (co-) authored over 80 publications and has received several grants and awards. She is co-principal investigator of the longest meditation study to date – the Medit-Ageing / Silver Santé study. Olga also teaches mindfulness meditation in institutions and corporations around the world.



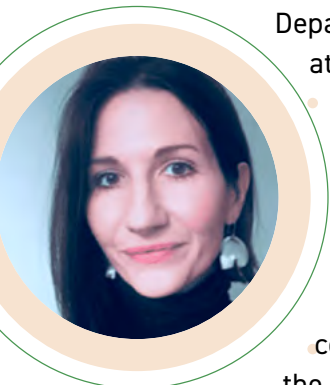
Rhonda Magee, *University of San Francisco School of Law*



Professor Rhonda V. Magee is a teacher of mindfulness-based stress reduction interventions for lawyers, law students, and for minimizing social-identity-based bias. A full-time faculty member at University of San Francisco since 1998, and a full professor since 2004, she has been named Dean's Circle Research Scholar,

served as co-director of the University's Center for Teaching Excellence, and co-facilitator of the Ignatian Faculty Forum faculty development program. She teaches Torts; Race, Law and Policy; and courses in Contemplative and Mindful Law and Law Practice.

Josipa Mihic, *University of Zagreb*

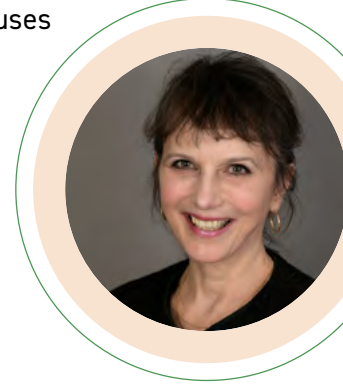


Josipa Mihic is an associate professor at the Department of Behavioral Disorders at the Faculty of Education

and Rehabilitation Sciences, University of Zagreb. She is a co-founder of the Laboratory for Prevention Research (PrevLab) within which she researches risk behaviors, emotional and social competencies in children and youth, the effect of contemplative education

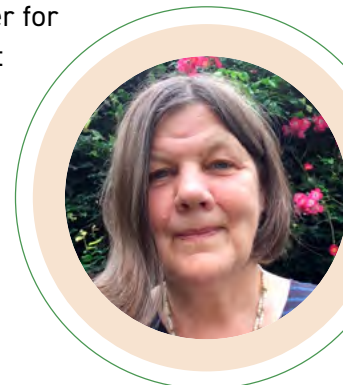
and mindfulness practice on mental health and positive development, and the role of self-compassion and compassion in preventing behavioral problems and promoting mental health. She is a trained Gestalt psychotherapist and a co-founder of a MiniMindfulness learning platform.

Claire Petitmengin, *Emeritus Professor Institut Mines-Telecom Business School*



Claire Petitmengin's research focuses on the usually unrecognized dynamics of lived experience and "micro-phenomenological" methods enabling us to become aware of it and highlight its essential structures. She studies the epistemological conditions of these methods, as well as their educational, therapeutic, artistic and contemplative applications. She is currently especially interested in the links between the ecological crisis and our blindness to our lived experience.

Sarah Shaw, *Oxford University*



Sarah Shaw is a Part-time lecturer for the Oxford University Department of Continuing Education, and a Faculty Member of the Oriental Institute.

Her research interests include:

- Early Buddhist (Pāli) suttas and Abhidhamma material on meditation
- Early Buddhist narrative: literary features of Jātakas and Dhammapada stories
- Indian and Asian influences on British nineteenth-century writers
- Modern South and Southeast Asian Buddhist ritual, chant and meditation



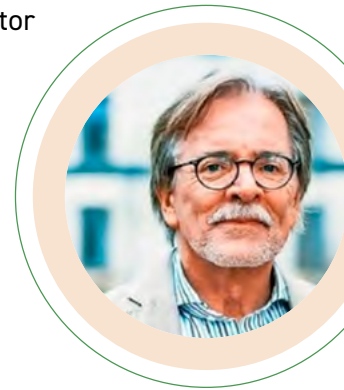
• **Christian Suhr, Aarhus University** •



Christian Suhr is a filmmaker and professor of visual and multimodal anthropology at Aarhus University. He is the PI of the ERC project: "Heart Openings: The Experience and Cultivation of Love in Buddhism, Christianity, and Islam" (2021-26). His recent film *Light upon light* (Suhr and Lotfy 2022) explores religious experiences of luminosity and love

• in post-revolutionary Egypt. He is also the author of the award-winning film and book *Descending with angels* (Manchester University Press 2019) about jinn possession, Islamic exorcism, and psychiatry. Suhr's edited work includes the books *Transcultural montage* (Berghahn 2013) and *When the media sets the agenda* (DJØF 2021).

• **Franz Vollenweider, University of Zürich** •



Franz X. Vollenweider is Co-Director of the Center for Psychiatric Research, Director of the Neuropsychopharmacology and Brain Imaging Unit, and Professor of Psychiatry in the School of Medicine, University of Zurich. He is also the Director of the Heffter Research Center Zurich for Consciousness Studies (HRC-ZH), which he founded in 1998 and

• incorporated in his research group. His research interest is focused on the neuronal basis of affective and psychotic disorders as well as the foundations of psychedelic and non-psychedelic-induced altered mental states using concepts from cognitive neuroscience and systems biology (PET, fMRT/EE, MRS, ERP; TMS-EEG).

• **Shirley Telles, Patanjali Research Foundation** •



Shirley Telles, MBBS, PhD, is a research consultant at Patanjali Research Foundation, Haridwar, India, where she studies the physiological effects of yoga, especially yoga breathing, and higher states of consciousness induced by meditation. She has over 200 research articles indexed in bibliographic databases and authored seven books. In the course

• of her career she has received awards from the Templeton Foundation, the Fulbright Foundation and the Indian Council of Medical Research. Dr. Telles is an enthusiastic yoga practitioner.

• **Andreas Weber, Independent philosopher** •



Dr. Andreas Weber is a biologist, philosopher and nature writer. He focuses on a re-evaluation of our understanding of the living. He proposes to view – and treat – all organisms as subjects and hence the biosphere as a meaning-creating and poetic reality. Andreas is Visiting Professor at the UNISG, Pollenzo, Italy and teaches at the University of the Arts, Berlin. He contributes to major German newspapers and magazines and has published more than fifteen books, in English language most recently *Enlivenment. A Poetics for the Anthropocene*, MIT Press, 2019 and *Sharing Life. The Ecopolitics of Reciprocity*, Boell Foundation, 2020.



Special Events

- Please join us for the following social events:

OPENING CEREMONY AND RECEPTION

Wednesday, June 19th

18:00 – 21:00

San Gaetano Cultural Centre

MUSICAL CONCERT

Friday, June 21st

20:00 – 21:00

CONCERT AT

- SAN GAETANO CULTURAL CENTER

Playing the Present. Music for Awakening

Musicafoscari Ensemble

Arianna Moro, *soprano*

Silvia Cattarinich, *soprano*

- **Ottavia Carlon**, *violin*

Federica Lizio, *alto saxophone*

Daniele Goldoni, *trumpet*

Francesco Rossi, *electric guitar*

Eugenio Cereser, *keyboard*

Dance: **Marieke van Vugt**

- Music by Terry Riley, Philip Glass; Improvisations.

Our music is oriented towards adopting an ethical attitude for “deep” listening in the continually flowing present moment. “Deep listening” is a concept and practice inspired by Pauline Oliveros. It is an immersive experience, rather like a sound meditation. This “deep” attitude towards sound, which allows us to focus on musical ideas through repetitions and improvisational variations, has been the foundation for many important contemporary composers, including John Cage, Giacinto Scelsi, Cornelius Cardew, Philip Glass, Terry Riley, and Steve Reich. In our performance we adopt this immersive attitude towards sound and music, which enables us to improvise free from tonal and rhythmic prescriptions. We listen to the sound that resonates in the internal, intimate memory of our

- own musical experience, remaining awake to the music, the improvisations of the other musicians, the resonance of the audience's response, and the sound of the environment. This is how we produce unexpected music in which everyone is free to express themselves and become themselves, being responsible for the collective result.



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Awards

- Congratulations to the following scholarship awardees for ISCR 2024!

Antonia Zepeda

Bianca Ventura

Bok Hui Lee

Catherine Andreu

Chris Zajner

Christopher Yang

Constance Miller

Constanza Baquedano

Elli Marie Tragel

Ema Demsar

Haley Mather

Helen Min

Jasa Cerne

Jenna McClear

Jessica Carrasco

Jieun Chang

Jonas Mago

Jonathan Hamilton

Joseph Diehl

Judson Murray

Kevin Berryman (Bhikkhu Sadaro)

Lilian Urbini

Mar Estarellas

Pooja Sahni Sahni

Renata Cueto de Souza

Tatiana Amato

Tenzin Sonam

MIND & LIFE PODCAST
Exploring frontiers of contemplative science

Anne Klein
The Wisdom of the Body

Rhonda Magee
Mindfulness, Interconnection, and Justice

Dave Vago
Meditation, Neuroscience, and Self

Amy Cohen Varela
The Power of Undoing

Marieke Van Vugt
Finding Balance

Fadel Zeidan
Mindfulness and Pain

www.podcast.mindandlife.org



Pre-Conference Workshops

June 19, 2024

13:00 – 14:40 *Reimagining contemplative education*

and

15:10 – 16:30

Co-Chairs:

Chiara Mascarello, *University of Padua; Ca' Foscari University of Venice*

Josipa Mihić, *University of Zagreb*

Robert W. Roeser, *Pennsylvania State University*

Harold D. Roth, *Brown University*

Sponsored by **Mind & Life Institute**



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Workshop Description

Please join us for a preconference on Reimagining Contemplative Education at this pivotal moment in history when the opportunities for developing a common scholarly language, building community, engaging in collaborative research and practice, and networking within and across different educational settings in relation to Contemplative Education seem genuinely limited. These challenges can be seen as opportunities for renewal, and we see this as a critically important time to reimagine what Contemplative Education could be as a field of scholarly study and practice.

The goal of this preconference is to realize the opportunity for renewal that is at hand by spending time together: (a) determining the range of interests, expertise, and research within our broadly defined field; (b) discussing and defining what we mean by "Contemplative Education;" (c) experiencing contemplative practice together; (d) starting to build community; and (e) planning for future meetings in terms of a newly formed collaborative network.

What is Contemplative Education and what is its relevance during this time of global change and the movement towards AI? What are the best pedagogical approaches and desired outcomes of Contemplative Education? What educator qualifications are needed? What theories can guide research and practice in this regard, and what does research regarding Contemplative Education say currently about this endeavor? Finally, what opportunities and barriers exist currently regarding the introduction of contemplative practices in schools and higher education settings, and how can we better organize ourselves to collectively take advantage of such opportunities and overcome barriers? In this preconference, we will engage with these issues in a dialogic and collaborative way as a means of beginning to form a new network around Contemplative Education. We hope you will join us.



13:00 – 14:40 *Advancing Efficacious, Liberatory Methods and Approaches to Contemplative Research: An Interdisciplinary Workshop and*
and
15:10 – 16:30 *Community Conversation*

Sponsored by the ISCR REACH (Re-imagining Equitable and Anti-oppressive Contemplative research and Healing) Committee

Co-Chairs:

Doris Chang, *New York University*

Kamilah Majied, *California State University, Monterey Bay*

Lindsay E. Romano, *New York University*

Workshop Description

With special thanks to the following members of the REACH committee, who provided valuable input in the development of this preconference workshop: **Blake Colaianne**, **Eve Ekman**, **Kamilah Majied**, **Alem Makonnen**, **Clayton McClintock**, **Nicole Nicotera**, **Alberto López Pulido**, **Zev Schuman-Olivier**, **Maura Tennor**, and **Lisa Udel**

13:00 – 13:50 PROGRAM 1: *Reflective Inclusive Imagining: Insight and Liberation in Contemplative Scholarship and Research*

Speakers:

Kamilah Majied (chair), **Alem Makonnen**, **Laura Candiotta**

Given that contemplative practices center being fully present in our embodied, cognitive, and affective experience while being aware of how our sociocultural experience is interacting with the moment, this session is an invitation to reflective inquiry regarding how privilege limits awareness and how each of us has biases that inform the expression and scope of our scholarship. This framing session aims to discuss and activate participants' capacity to envision how their conceptualizations of the humanities, natural sciences, education, and clinical science, could be more inclusive.

14:00 – 14:50 PROGRAM 2: *Advancing Liberatory Methods in Contemplative Research and Scholarship: An Interdisciplinary Panel and Community Conversation*

Speakers:

Doris F. Chang (Chair), **Rhonda Magee**, **Fadel Zeidan**, **Lindsay Romano**, **Cheryl Woods-Giscombé**

An interdisciplinary panel of scholars from across the humanities, education, clinical sciences, neuroscience, and other disciplines will discuss antiracist and liberatory approaches to building an inclusive, contextualized, and rigorous field of contemplative research and scholarship. The goal of this panel and community conversation is to share formal principles and best practices to promote contemplative research in partnership with, and benefiting the most vulnerable members of society.

14:50 – 15:10 AFTERNOON BREAK



15:10 – 16:00 PROGRAM 3: *Community Participatory Contemplative Research: Applications Across Diverse Settings and Contexts*

Speakers:

Lindsay Romano (Chair), Alberto López Pulido, Doris Chang

In this third program, we highlight how community participatory methods can enhance contemplative science and scholarship. Three scholars will share specific examples of participatory research involving different methods (ethnography, qualitative research, mixed-methods experiment), academic disciplines (ethnic studies, psychology, education) and social contexts.

16:10 – 16:30 COMMUNITY REFLECTIONS AND CONVERSATION

Pre-Conference Workshops | Wednesday, June 19, 2024





Post-Conference Workshops

June 23, 2024

15:00 – 16:15 ***Anthropology of and from the heart***

Chair:

Christian Suhr, Aarhus University

Workshop Description

Attending to the heart is not easy but it might be useful and perhaps necessary in order to understand and counteract some of the tensions, the indifference, and the intercultural misunderstandings that characterize our contemporary world. Is it possible to give the qualities of the heart more space in research and teaching, in scientific criticism, and in our engagement with the communities and environments in which we live and work? Can the bodily, emotional, and spiritual heart be both an object of enquiry and a starting point for research? In this talk I introduce audiovisual, multimodal, and microphenomenological methods that I believe can help us to address these questions by deepening our understanding of the role of the senses, the body, and emotions in human life. I also invite for a short auto-elicitation exercise and present examples from ongoing research on the ways in which practitioners in Buddhist, Christian, and Muslim traditions relate to the heart and how in different ways they experience and seek to cultivate love in their lives. Taking inspiration from the exercise and these examples I hope to engage the audience in a discussion about what an anthropology of and from the heart would look like.

15:00 – 16:15 ***Measurement issues in contemplative science***

Co-Chairs:

David Vago, Virginia University

Marieke van Vugt, University of Groningen

Workshop Description

Subjectively, people tend to feel engaging in a contemplative practice has a huge effect on them. However, objective evidence for such effects is often lagging behind. In this workshop, we will discuss suitable outcome measures to quantify the effect of contemplative practices. We will discuss tasks, paradigms, psychological and biological measures that may show the most promise. In tandem, we will discuss what the target psychological constructs are for a variety of contemplative practices. We hope to end with an outcomes measure registry that includes a repository of target tasks and measures that can then be used across labs to build a more solid base of evidence.



15:00 – 16:15 *Frontiers in Contemplative Education: Where do we go from here?*

Co-Chairs:

Chiara Mascarello, *University of Padua; Ca' Foscari University of Venice*

Josipa Mihić, *University of Zagreb*

Robert W. Roeser, *Pennsylvania State University*

Harold D. Roth, *Brown University*

Workshop Description

Following the ISCR Meeting 2024, we will hold a 90-minute post-conference session aimed at (a) evaluating insights and experiences around frontiers in Contemplative Education explored at the conference; (b) planning for future activities and gatherings to continue the momentum around these frontiers and the more general task of reimagining Contemplative Education going forward; and (c) establishing a mentorship network that supports the creation and development of educational programs in Contemplative Studies. We warmly welcome you and encourage you to attend this post-conference reflection and planning meeting.

16:45 – 18:00 *“The Elephant in the Room” – Do Contemplative researchers need their own contemplative practice?*

Chairs:

Harold D. Roth, *Brown University*

Marieke van Vugt, *University of Groningen*

Workshop Description

The field of contemplative research has many unresolved issues, no doubt. But the one that makes us the most uncomfortable is the question of should a contemplative researcher, scholar, or educator have a personal contemplative practice in order to be able to competently work in their particular area? Or is it better to completely abjure any personal practice in order to do the most objective work? At issue here is the question of whether or not bringing in a subjective perspective in any way actually informs or biases our own research. Directly related to this is the issue of whether any research is truly objective. Finally, how does this question pertain to contemplative educators? To what extent should we ourselves have our own contemplative practice in order to be responsible teachers in the primary, secondary, and post-secondary classroom. And if we are educational researchers, to what extent is our work improved or biased by our own personal practice?



16:45 – 18:00 *Contemplative Practices in Liberatory Mentorship and Leadership*

Co-Chairs:

Doris F. Chang, *New York University Silver School*

Cheryl Woods Giscombé, *University of North Carolina School of Nursing*

Ram Mahalingam, *University of Michigan*

Kamilah Majied, *California State University, Monterey Bay*

Felipe Mercado, *California State University, Fresno*

Workshop Description

This session offers guidance and inspiration for enriching your approach to mentoring with contemplative approaches as well as best practices for developing more effective mentorship programs. We will discuss how we developed a nonhierarchical mentorship paradigm wherein both mentors and mentees grow and learn. We will demonstrate how mentorship grounded in contemplative practices can deepen inquiry and insight in research, clinical practice, teaching, and other scholarly activities. We will demonstrate how to center the development and leadership of Global Majority (aka BIPOC) scholars, clinicians, educators, and researchers towards the advancement of all scholars and institutions. This model challenges the status quo by building an inclusive educational culture that nurtures individual development and professional success, interpersonal holistic growth, and institutional equity. Our vision of successful mentorship is not just about navigating present challenges but reimagining what mentor-mentee relationships can achieve in the rich tapestry of global academic communities.

Participants in this session will learn:

- How contemplative practice can be incorporated into mentorship
- How to effectively mentor and be mentored by Black, Latinx, Indigenous, Arab and Asian scholars
- How to engage contemplative practices in eliminating racism, ableism, Islamophobia and other inequities in higher education and the academy.



16:45 – 18:00 *Integrating contemplative practices with psychedelic-assisted psychotherapy research: Methodology, best practices, and ethics*

Co-Chairs:

Aviva Berkovich-Ohana & Yair Dor-Ziderman, *University of Haifa*

Rael Cahn, *University of Southern California*

Linda E. Carlson, *University of Calgary*

Franz Vollenweider, *University of Zurich*

Workshop Description

Presenters in this workshop will briefly review research highlights of the current renaissance of psychedelic-assisted therapy for treating conditions such as treatment-resistant major depression, substance abuse disorders, trauma and existential anxiety, and potential neural and psychosocial mechanisms of action. They will consider efforts within these realms to incorporate mindfulness and other contemplative training into preparation and integration components of the therapy. The bulk of the workshop will be devoted to informal interactive discussion of issues regarding research methodology and best practices, and ethical considerations in psychedelic assisted therapy more generally.





Detailed Program

Wednesday, June 19, 2024 | San Gaetano Cultural Centre

12:30 – 18:00 REGISTRATION/INFO DESK OPEN

12:30 – 18:00 MEDITATION ROOM OPEN

13:00 – 14:40 PRE-CONFERENCES

Sponsored by **Mind & Life Institute**



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WORKSHOP 1: **Reimagining contemplative education**

Chiara Mascarello, *University of Padua; Ca' Foscari University of Venice*

Josipa Mihić, *University of Zagreb*

Robert W. Roeser, *Pennsylvania State University*

Harold D. Roth, *Brown University*

WORKSHOP 2: **Advancing efficacious, liberatory methods and approaches to contemplative research: An interdisciplinary workshop and community conversation**

Doris Chang, *New York University*

Kamilah Majied, *California State University, Monterey Bay*

Lindsay E. Romano, *New York University*

14:40 – 15:10 AFTERNOON BREAK

15:10 – 16:30 PRE-CONFERENCES CONTINUED

Sponsored by **Mind & Life Institute**



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WORKSHOP 1: **Reimagining contemplative education**

Chiara Mascarello, *University of Padua; Ca' Foscari University of Venice*

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WORKSHOP 2: **Advancing efficacious, liberatory methods and approaches to contemplative research: An interdisciplinary workshop and community conversation**

Doris Chang, *New York University*

Kamilah Majied, *California State University, Monterey Bay*

Lindsay E. Romano, *New York University*

16:30 – 18:00 FREE TIME

18:00 – 21:00 OPENING CEREMONY & RECEPTION



Thursday, June 20, 2024 | San Gaetano Cultural Centre

8:00 – 18:00 REGISTRATION/INFO DESK OPEN

8:00 – 18:00 MEDITATION ROOM OPEN

8:30 – 9:00 PRACTICE: THAI SAMATHA MEDITATION

Sarah Shaw

9:00 – 10:00 KEYNOTE SPEAKER 1

Rhonda V. Magee, *University of San Francisco School of Law*
Chaired by **Doris F. Chang**

Sitting in a house afire? On contemplative pedagogy and science in a time of social unrest

10:00 – 10:30 MORNING BREAK

Sponsored by **Contemplative Science Centre** and
Journal of Contemplative Studies, *University of Virginia*



10:30 – 11:30 PRACTICE: YOGA

Sat Bir Khalsa

10:30 – 11:45 SESSION BLOCK 1 – PANELS

SESSION 1.1: ***Health economics research in contemplative studies***

Cate Bailey, *University of Melbourne*

Julieta Galante, *University of Melbourne*

Anne Speckens, *Radboud University Medical Centre*

Jonathan Davies, *Contemplative Studies Centre, University of Melbourne*

SESSION 1.2: ***Capturing the ineffable: Overcoming barriers of measurement in contemplative sciences***

Oscar Lecuona, *Faculty of Psychology, Universidad Complutense de Madrid*

Sara De Rivas, *Faculty of Health Sciences, Universidad Rey Juan Carlos*

Raquel Rodríguez-Carvajal, *Faculty of Psychology, Universidad Autónoma de Madrid*

Nicholas Van Dam, *Melbourne School of Psychological Sciences, University of Melbourne*



10:30 – 11:45 SESSION 1.3: *The neurophenomenology of Jhana meditation: Neuroscientific, computational, and phenomenological perspectives on meditative absorption*

Mark Miller, Monash University, University of Toronto, Hokkaido University

Jonas Mago, McGill University

Matthew Sacchet, Harvard Medical School / Massachusetts General Hospital

Joshua Brahinsky, McGill University

Michael Lifshitz, McGill University

SESSION 1.4: *Contemplative practices and skills in preservice teacher education: Research from Mexico, Germany, and the United States*

Matthew Hirshberg, University of Wisconsin Madison

Summer Braun, University of Alabama

Alison Hooper, University of Alabama

Tenzin Sonam, Emory University

11:45 – 12:00 TRANSITION

12:00 – 13:00 PRACTICE: SUFISM

Andreas Weber

12:30 – 13:15 SESSION BLOCK 2 – PANELS

SESSION 2.1: *Tibetan contemplative practices: Interdisciplinary frameworks*

Michael Sheehy, University of Virginia

Jim Rheingans, Vienna University

Julian Schott, Vienna University

Nicole Willock, Old Dominion University

SESSION 2.2: *Queering the dharma for the benefit of all: Multidisciplinary views on how queer perspectives intersect with Buddhist meditation and concepts in contemporary societies*

Julieta Galante, University of Melbourne

Ana Dragojlovic, University of Melbourne

Oscar Lecuona, Faculty of Psychology, Universidad Complutense de Madrid

Sara De Rivas, Faculty of Health Sciences, Universidad Rey Juan Carlos



12:30 – 13:15 SESSION 2.3: ***Beyond wellbeing: The intersection of art and technology to catalyze contemplative consciousness and deep relating***

Eve Ekman, Greater Good Science Center

Ausiàs Cebolla, I-PIS-TEC Lab, Faculty of Psychology, University of Valencia

Jesse R Fleming, The Awareness Lab, Johnny Carson Center for Emerging Media Arts, University of Nebraska-Lincoln

Emiliana Rodriguez, Made for Joy

Dave Vago, Brigham & Women's Hospital

SESSION 2.4: ***Integrating mindfulness and compassion in education: Comparative insights and global perspectives from the Whole School Mindfulness and PRICES frameworks***

Tyralynn Frazier, Emory University

Sebrina Doyle Fosco, Penn State University

13:15 – 14:30 LUNCH

14:30 – 15:30 PRACTICE: TIBETAN BUDDHIST MEDITATION

Ven. Losang Gendun

14:30 – 16:00 SESSION BLOCK 3 – THEMATICALLY ORGANIZED INDIVIDUAL TALK SESSIONS

SESSION 3.1: ***Exploring Compassion-Related Interventions – Chaired by Alberto Voci***

S3.1.1: *Cultivating compassion in education across borders: The preliminary impact of implementing a compassion-based prosocial development program in schools in the United States, Colombia, and India*

Tyralynn Frazier, Emory University

S3.1.2: *Building resilience and social-emotional competencies in elementary school students through a compassion-based SEE searning curriculum*

Hee Jung (Hyeju) Min, Dongguk University

Sang Hee Park, Daegu Student Suicide Prevention Center, Kyungpook National University Chilgok Hospital



14:30 – 16:00

S3.1.3: *For compassionate living: A scientific approach to developing an ethical socioemotional program in Brazil*

Tatiana Amato, UNIFESP

Emérita Opaleye, NEPSIS – Núcleo de Pesquisa em Saúde e Uso de Substâncias, Department of Psychobiology, Universidade

S3.1.4: *Empathetic dialogue: Lessons from cultivating compassionate communication in clinical interactions with marginalized communities*

Jessica Carrasco, Jennifer Moreno Veterans Affairs Hospital

14:30 – 16:00

SESSION 3.2: *Towards Embodied Wisdom*

Chaired by Gabor Karsai

S3.2.1: *Cultivating a grammar of non-confrontation in contemplative practice, education, and the world*

Ferdinand Von Muench, Colgate University

S3.2.2: *Towards a critical mindfulness pedagogical approach to anti-racist and anti-oppressive education*

Gio Iacono, University of Connecticut

Spencer Evans, University of Connecticut, University of Connecticut School of Social Work

S3.2.3: *Embodied wisdom: Are there common categories of experience that help humans learn and point toward connection and freedom?*

Judson Brewer, Brown University

S3.2.4: *Making sense: A contemplative quest towards an emotive epistemology*

Alberto Pulido, University of San Diego

14:30 – 16:00

SESSION 3.3: *Funding options for contemplative research*

Chaired by Dave Vago & Marieke van Vugt

Cheryl Woods Giscombe, UNC Chapel Hill School of Nursing

Jennifer Baumgartner, NIH

Christian Suhr, Aarhus University

Anthony King, Ohio State Wexner Medical Center



14:30 – 16:00 SESSION 3.4: *Mindfulness and Resilience*

Chaired by **Linda E. Carlson**

S3.4.1: *The effectiveness of a mindfulness-based intervention on the executive functions and mental health in children at a vulnerable school*

Carlos Garcia Rubio, Nirakara Lab – Complutense University of Madrid

Catherine Andreu, University of Valencia

S3.4.2: *Mindfulness and acceptance training to improve student mental health during exam period*

Karoly Schlosser, Goldsmiths, University of London

Juanjo Macias, University of Malaga

S3.4.3: *Intersubjectivity in clinically distressed families: Mindfulness and its role in connection and relationship*

Katarina Tabi, UBC; Centre for Mindfulness, Reproductive Mental Health

Program, CW Hospital, BCCH Centre for Mindfulness, Reproductive Mental Health

Program, The University of British Columbia; Centre for Mindfulness

S3.4.4: *The effects of mindfulness based cognitive therapy on psychological distress in people with Parkinson's disease – A randomized controlled trial*

Franziska Goltz, Donders Centre for Cognitive Neuroimaging, Radboudumc

Anouk Van Der Heide, Radboud university medical centre, Department of Neurology, Nijmegen, the Netherlands

16:00 – 16:30 AFTERNOON BREAK

16:30 – 18:00 KEYNOTE SPEAKER PANEL 1

Chaired by **Laura Candiotta**

Laura Candiotta, University of Pardubice

Anne C. Klein, Rice University

Christian Suhr, Aarhus University

Andreas Weber, Berlin University of the Arts

Embodying love

18:00 – 19:00 POSTER SESSION 1



Friday, June 21, 2024 | San Gaetano Cultural Centre

8:00 – 18:00 REGISTRATION/INFO DESK OPEN

8:00 – 18:00 MEDITATION ROOM OPEN

8:30 – 9:00 PRACTICE: TIBETAN BUDDHIST MEDITATION

Anne C. Klein

9:00 – 10:00 KEYNOTE SPEAKER 2

Bret W. Davis, *Loyola University*

Chaired by Marcello Ghilardi

Groundless zen: On Nishitani in and beyond the embodied mind

10:00 – 10:30 MORNING BREAK

10:30 – 11:30 PRACTICE: YOGA

Sat Bir Singh Khalsa

10:30 – 11:45 SESSION BLOCK 4 – PANELS

SESSION 4.1:

S4.1.1 (55 MIN): *Feeding your demons: An embodied practice, historical context, and contemporary research on turning towards and transforming difficult emotions*

Eve Ekman, *Greater Good Science Center*

Kate Greer Dickson, *Pacifica Graduate Institute*

Dorje Lopön Chandra Easton, *Dharma Teacher and author, Tara Mandala Retreat Center*

S4.1.2 (20 MIN): *Transforming empathy-based stress to compassion: Skillful means to preventing teacher burnout*

Helen Min, *University of Virginia*

Patricia Jennings, *University of Virginia*

SESSION 4.2: *Neural mechanisms of mindfulness-based interventions promoting mental health and resilience*

Guusje Collin, *Radboudumc and Donders Institute for Brain, Cognition and Behavior*

Clemens Bauer, *Northeastern University, Department of Psychology; Massachusetts Institute of Technology*

Jiahe Zhang, *Northeastern University, Department of Psychology*

Ivana Buric, *University of Amsterdam, Department of Psychology*



10:30 – 11:45 SESSION 4.3

S4.3.1 (55 MIN): *Cultivating humanistic education: Ongoing studies in contemplative pedagogy*

Galia Patt-Shamir, Tel Aviv University, Department of East Asian Studies, Department of Philosophy and School of Culture

Raquel Shaoul, Tel Aviv University

Naomi Lossin, Tel Aviv University, The Mandel Center for Public Humanities, The Faculty of Humanities

S4.3.2 (20 MIN): *Free time*

SESSION 4.4: *Relational awakening: The liberative power of spiritual friendship (kalyana mitta)*

Fabio Giommi, NOUS- School of Specialization (PsyD) in Psychotherapy mindfulness-oriented, Milano

Janet Surrey, Insight Dialogue Community

Stefano Poletti, Stefano Poletti Centre de Recherche en Neurosciences de Lyon Bron, Rhone-Alpes FRANCE

Antonella Commellato, AIM-Associazione Italiana per la Mindfulness; Insight Dialogue Community

12:45 – 12:00 TRANSITION

12:00 – 13:15 SESSION BLOCK 5 – PANELS

SESSION 5.1: *From mindfulness and psychedelics to nature therapy: Exploring the spectrum of integrative and contemplative interventions in oncology*

Linda Carlson, University of Calgary

Haley Mather, University of Calgary

Hanna Conradi, University of Calgary

Jamie Petersson, University of Calgary

SESSION 5.2: *Emptying ourselves, sustaining the planet: How contemplative sciences can help tackling global challenges through deconstructing the self*

Oscar Lecuona, Faculty of Psychology, Universidad Complutense de Madrid

Sara De Rivas, Faculty of Health Sciences, Universidad Rey Juan Carlos

Ausias Cebolla Marti, University of València

Raquel Rodríguez-Carvajal, Faculty of Psychology, Universidad Autónoma de Madrid



12:00 – 13:15 SESSION 5.3: *Implementation and impact studies of a college course on human flourishing: Results from three universities across three years*

Blake Colaianne, Penn State University

Matthew Hirshberg, University of Wisconsin Madison

Robert Roeser, Pennsylvania State University

Karen Inkelas, University of Virginia

SESSION 5.4: *Impact of mindfulness meditation on neurophysiological, cognitive, and behavioural indices of self-related processing*

Ivan Nyklicek, Tilburg University

David Vago, Brigham & Women's Hospital/Harvard Medical School

Karin Matko, Chemnitz University of Technology

Fynn-Mathis Trautwein, University of Freiburg

Baruch Rael Cahn, USC Brain and Creativity Institute

12:00 – 13:00 PRACTICE: JAPANESE ZEN RINZAI MEDITATION

Bret W. Davis

13:15 – 14:30 LUNCH

14:30 – 15:30 PRACTICE: TIBETAN BUDDHIST MEDITATION

Anne C. Klein

14:30 – 16:00 SESSION BLOCK 6 – THEMATICALLY ORGANIZED INDIVIDUAL TALK SESSIONS

SESSION 6.1: *Meditation for Teachers*

Chaired by: **Doris F. Chang**

S6.1.1: Operationalizing mindful co-regulation to promote social connectedness in secondary schools

Desiree Murray, University of North Carolina at Chapel Hill

Rachel Mills-Brantley, University of North Carolina at Chapel Hill

S6.1.2: Teacher mindfulness as a collective “view,” not an individual “do”

Rebecca Baelen, Center for Reaching and Teaching the Whole Child

Lindsay Romano, New York University

S6.1.3: Mindfulness-informed practices for digital wellness in open, digital & distance education

Agnieszka (Aga) Palalas, Athabasca University

Mae Doran, Athabasca University



14:30 – 16:00

S6.1.4: *Examining teachers' uptake of mindfulness practices: Insights from CARE implementation during COVID-19*

Helen Min, *University of Virginia*

Karime Cameron, *University of Virginia*

14:30 – 16:00

SESSION 6.2: *Dealing with Pain*

Chaired by **Fadel Zeidan**

S6.2.1: *Neurochemical correlates of psilocybin-based therapy for chronic phantom limb pain*

Jon Dean, *University of California, San Diego*

Ethan Hurwitz, *UC San Diego, Department of Anesthesiology*

S6.2.2: *The shape of pain: Microphenomenology interviews reveal varieties of painful experience after mindful interoceptive exposure training for chronic low back pain*

Wolf Mehling, *University of California San Francisco*

Rick Hecht, *University of California San Francisco*

S6.2.3: *The feasibility and acceptability of integrating an online mindfulness-based stress reduction program for chronic musculoskeletal pain management within pain clinics in Australia*

Anita Barros Carlos De Amorim, *The University of Sydney*

Trudy Rebbeck, *The University of Sydney*

S6.2.4: *Novel mechanisms supporting the modulation of pain by mindfulness and placebo*

Fadel Zeidan, *UC San Diego*

14:30 – 16:00

SESSION 6.3: *Contemplative Practice and Relationality*

Chaired by **Bret W. Davis**

S6.3.1: *The effect of Tibetan monastic debate on emotion regulation*

Marieke Van Vugt, *University of Groningen*

Sudhakar Mishra, *Indian Institute of Technology Kanpur*



14:30 – 16:00

S6.3.2: *Scientist-practitioner collaborations to advance research into religious contemplative practices: The case of Hitbodedut*

Aaron Cherniak, *Stockholm University*

S6.3.3: *A modal approach to cultivating intersubjective values*

Theodore Locke, *University of Massachusetts Boston*

S6.3.4: *Examining the dyadic impact in daily life of individual participation in a meditation-based or an active-control well-being program*

Christopher May, *University of Groningen*

Marieke Van Vugt, *University of Groningen*

14:30 – 16:00 **SESSION 6.4: *Arts, Embodiment and Contemplative Practice***

Chaired by **Laura Candiotta**

S6.4.1: *Contemporary art and contemplative action*

Tim Mchenry, *Rubin Museum of Art*

Tracy A. Dennis-Tiwary, *The Emotion Regulation Lab, Hunter College, The City University of New York*

S6.4.2: *Contemplative polyphony – Aesthetic contemplation as a conceptual leitmotiv for musical composition*

Jakob Stillmark, *Zurich University of the Arts / University of Music and performing Arts Graz*

S6.4.3: *Coupling philosophical frameworks with embodied practices: Integrating body and mind, me and others, in higher education*

Chiara Robbiano, *Utrecht University*

S6.4.4: *Body politic and the art of perception: A case study of contemplative liberal arts pedagogy in a North American public university honors college context*

Kate Mondloch, *University of Oregon*

16:00 – 16:30 **AFTERNOON BREAK**



KEYNOTE SPEAKER PANEL 2

Chaired by **Harold D. Roth**

Gábor Karsai, *Dharma Gate Buddhist College*

Chiara Mascarello, *University of Padua; Ca' Foscari University of Venice*

Josipa Mihić, *University of Zagreb*

Harold D. Roth, *Brown University*

New models for contemplative education

18:00 – 19:00 POSTER SESSION 2

20:00 – 21:00 CONCERT AT SAN GAETANO CULTURAL CENTER

Playing the Present. Music for Awakening

Musicafoscarini Ensemble

Arianna Moro, *soprano*

Silvia Cattarinich, *soprano*

Ottavia Carlon, *violin*

Federica Lizio, *alto saxophone*

Daniele Goldoni, *trumpet*

Francesco Rossi, *electric guitar*

Eugenio Cereser, *keyboard*

Dance: **Marieke van Vugt**

Music by Terry Riley, Philip Glass; Improvisations.

Our music is oriented towards adopting an ethical attitude for “deep” listening in the continually flowing present moment. “Deep listening” is a concept and practice inspired by Pauline Oliveros. It is an immersive experience, rather like a sound meditation. This “deep” attitude towards sound, which allows us to focus on musical ideas through repetitions and improvisational variations, has been the foundation for many important contemporary composers, including John Cage, Giacinto Scelsi, Cornelius Cardew, Philip Glass, Terry Riley, and Steve Reich. In our performance we adopt this immersive attitude towards sound and music, which enables us to improvise free from tonal and rhythmic prescriptions. We listen to the sound that resonates in the internal, intimate memory of our own musical experience, remaining awake to the music, the improvisations of the other musicians, the resonance of the audience’s response, and the sound of the environment. This is how we produce unexpected music in which everyone is free to express themselves and become themselves, being responsible for the collective result.



Saturday, June 22, 2024 | Beato Pellegrino Complex

8:00 – 18:00 REGISTRATION/INFO DESK OPEN

8:00 – 18:30 MEDITATION ROOM OPEN

8:30 – 9:00 PRACTICE: JAPANESE RINZAI ZEN MEDITATION

Bret W. Davis

9:00 – 10:00 KEYNOTE SPEAKER 3

Franz Vollenweider, *University of Zürich*

Chaired by Dave R. Vago

*Neuroscientific foundations of psychedelic experience:
Potential synergies with mindfulness meditation and clinical
implications*

10:00 – 10:30 MORNING BREAK ON YOUR OWN

10:30 – 11:30 PRACTICE: ZEN-BASED EMBODIMENT TRAINING

Harold D. Roth

10:30 – 12:30 **SESSION BLOCK 7 – PANELS**

10:30 – 11:30 SESSION 7.1: *A longitudinal study on time, space and the
self in a postgraduate program in contemplative studies:
Psychological, philosophical and educational insights and
implications*

Chiara Mascarello, *Ca' Foscari University of Venice*

Elisa Paluan, *University of Padova*

Bianca Ventura, *University of Ottawa*

SESSION 7.2: *Self as process and its effacement: Western and
Buddhist psychology views*

Fabio Giommi, *Nous- School of Specialization (PsyD) in Psychotherapy mindfulness-
oriented, Milano*

Shaun Gallagher, *Department of Philosophy, University of Memphis, USA and SOLA,
University of Wollongong, Australia*

Aviva Berkovich-Ohana, *University of Haifa*

SESSION 7.3: *Yoga for improving mental health and functioning:
Relevance for contemplative states*

Sat Bir Khalsa, *Harvard Medical School*

Shirley Telles, *Patanjali Research Foundation*

Helen Lavretsky, *University of California, Los Angeles*



10:30 – 12:30 SESSION 7.4: *Meditation and its Impacts – Thematically Organized Individual Talk Sessions*

Chaired by **Marieke van Vugt**

S7.4.1: *Floatation therapy as a gateway to improved interoception, mindfulness, and body image in anorexia nervosa*

Sahib Khalsa, *Laureate Institute for Brain Research*

Emily Choquette, *Laureate Institute for Brain Research*

S7.4.2: *Longitudinal dose-response effects for meditation on personality change*

Haisu Sun, *University of Melbourne*

Nicholas Bowles, *University of Melbourne*

S7.4.3: *ENIGMA-meditation: A new world-wide meditation neuroscience consortium*

Anthony King, *The Ohio State University*

S7.4.4: *Do contemplative practices make us moral?*

Kevin Berryman, *Monash Centre for Consciousness and Contemplative Studies, Monash University*

Jakob Hohwy, *Monash Centre for Consciousness & Contemplative Studies Melbourne, Australia*

S7.4.5: *Modelling the self in relation to meditation practice: Can different interdisciplinary views ever be reconciled?*

Tim Wood, *University of Melbourne*

Julieta Galante, *University of Melbourne*

11:30 – 12:30 SESSION 7.5: *Beyond standard mindfulness-based interventions: Investigating the effects of sustained mindfulness practice in patients with persistent depression*

Thorsten Barnhofer, *University of Surrey*

Jonathan Hamilton, *University of Surrey*

Anne Speckens, *Radboud University Medical Centre*



11:30 – 12:30 SESSION 7.6: *Redefining resilience to end oppression and support intersectional equity and prosociality in contemplative research and praxis*

Sarina Saturn, *ADVANCE Journal for Individual and Institutional Transformation for Social Justice*

Kamilah Majied, *California State University, Monterey Bay*

Christa Tinari, *Garrison Institute*

SESSION 7.7: *Free time*

12:30 – 14:00 LUNCH ON YOUR OWN

14:00 – 15:00 PRACTICE: THAI SAMATHA MEDITATION

Sarah Shaw

14:00 – 16:00 SESSION BLOCK 8 – THEMATICALLY ORGANIZED INDIVIDUAL TALK SESSIONS

SESSION 8.1: *Innovative Tools for Supporting Meditation*

Chaired by **Sahib Khalsa**

S8.1.1: *On becoming aware that one is dreaming: A micro-phenomenological investigation of signal-verified lucid dream experiences*

Ema Demsar, *Monash University*

Mahdad Jafarzadeh Esfahani, *Donders Institute for Brain, Behaviour, and Cognition, Radboudumc*

S8.1.2: *Lucid dreaming VR: Exploring the potential of virtual reality in fostering lucid dreaming according to Tibetan dream yoga*

Francesco Tormen, *Ca' Foscari University of Venice*

S8.1.3: *Modulation of neural responses to heartbeats during a novel meditation practice targeting manipulation of bodily-self consciousness*

Hang Yang, *Laboratory of Cognitive Neuroscience, Neuro-X Institute and Brain-Mind Institute, EPFL*

Chuong Ngo, *All Here SA*



14:00 – 16:00

S8.1.4: *Breathing bio-feedback during meditation in virtual reality enhances meditation experience and bodily-self effects*

Monika Stasytyte, *All Here SA*

Hang Yang, *Laboratory of Cognitive Neuroscience, Neuro-X Institute and Brain-Mind Institute, EPFL*

S8.1.5: *Cultivating mental stillness: EEG-based neurofeedback training for upregulating non-harmonic alpha-theta cross-frequency interactions during focused attention meditation*

Hendrik-Jan De Vuyst, *KU Leuven*

Angeliki-Ilektra Karaiskou, *KU Leuven*

14:00 – 16:00

SESSION 8.2: *Pathways and Obstacles: Navigating the Path*

Chaired by **Chiara Mascarello**

S8.2.1: *How do meditators find meaning in meditation-related adverse experiences?*

Merle Kock, *KU Leuven*

Tim Wood, *University of Melbourne*

S8.2.2: *Nonlinear path or pathology? A culturally sensitive complex systems approach to meditation-related difficulties in Abrahamic traditions*

Nathan Fisher, *Brown University*

S8.2.3: *A qualitative study examining the lived experiences of stress among female sexual assault survivors in an 8-week trauma-sensitive yoga intervention*

Nicole Nicotera, *University of Denver*

Megan Connolly, *University of Denver*

S8.2.4: *Progress in meditation practice: A Delphi consultation study with Buddhist and secular meditation teachers*

Lillian Ward, *University of Melbourne*

Tim Wood, *University of Melbourne*

S8.2.5: *Ananda & Sukha: Indian model of happiness & its mental health implications*

Jyotsna Agrawal, *National Institute of Mental Health and Neuro Sciences (NIMHANS)*


14:00 – 16:00 SESSION 8.3: *Contemplative Pedagogies in Higher Education*

 Chaired by **Harold D. Roth**
S8.3.1: *William & Mary interdisciplinary contemplative research & education – An overview*
Mark McLaughlin, *College of William and Mary*
Anne Ryan Gareis, *William & Mary*
S8.3.2: *The uneven terrain of sociology's articulations with contemplative practice, yoga and martial arts, with a proposal for a Field's consolidation*
Michael Kennedy, *Brown University*
S8.3.3: *Cultivating attention through literary engagement: Developing a mindful reading curriculum which encourages intersections between literature and contemplative practice*
Anton Krueger, *Rhodes University*
S8.3.4: *Contemplative pedagogy, student learning and wellness, and contemporary social issues*
Judson Murray, *Capital University*
S8.3.5: *Embodied pedagogy for emerging contemplative researchers*
Jenna Faith McClear, *Duke University*
Joseph Diehl, *Duke University*
14:00 – 16:00 SESSION 8.4: *Exploring Meditation's Impact on Brain and Cognition*

 Chaired by **Dave R. Vago**
S8.4.1: *Proactive control enhances reappraisal efficacy, especially among low mindfulness individuals*
Bruna Martins-Klein, *University of Southern California*
Ziyuan Chen, *University of Southern California*
S8.4.2: *Mindfulness and metacognitive monitoring accuracy in young meditators compared to non-meditators*
Regula Neuenschwander, *University of Bern*
Janina Eberhart, *University of Tübingen*



14:00 – 16:00

S8.4.3: *Neural signatures of mindfulness: Decoding the transient and enduring effects of an intensive meditation retreat on brain connectivity*

Sébastien Czajko, Lyon Neuroscience Research Center, INSERM, Lyon

Arnaud Pouban-Couzardot, Lyon Neuroscience Research Center, INSERM, Lyon

S8.4.4: *Meditation engages imaging biomarkers of the neurofluid circuit (i.e., glymphatic pathways) similar to sleep and potentially different from paced breathing*

David Vago, Brigham & Women's Hospital/Harvard Medical School

Manus Donahue, Vanderbilt University Medical School

S8.4.5: *Evaluating the protective effects of a brief mindfulness instruction towards food cravings triggered by food Advertising*

Constanza Baquedano, Universidad Adolfo Ibañez

Antonia Zepeda, Universidad Adolfo Ibanez

15:00 – 16:00

PRACTICE: TAIJI

Larson di Fiori

16:00 – 16:30

AFTERNOON BREAK ON YOUR OWN

16:30 – 18:00

KEYNOTE SPEAKER PANEL 3

Chaired by **Marieke van Vugt**

Anne C. Klein, Rice University

Olga Klimecki, Technische Universität Dresden

Claire Petitmengin, Institut Mines-Telecom Business School

Marieke van Vugt, University of Groningen

Microphenomenology, contemplative practice and intersubjectivity

18:00 – 18:30

PRACTICE: TIBETAN BUDDHIST MEDITATION

Ven. Losang Gendun



Sunday, June 23, 2024 | Capitanio Palace

8:00 – 18:00 REGISTRATION/INFO DESK OPEN

8:00 – 18:00 MEDITATION ROOM OPEN

8:30 – 9:00 PRACTICE: ZEN-BASED EMBODIMENT TRAINING
Harold D. Roth

9:00 – 10:30 KEYNOTE SPEAKER PANEL 4

Chaired by **Marcello Ghilardi**

Marcello Ghilardi, *University of Padua*

Olga Klimecki, *Technische Universität Dresden*

Sarah Shaw, *Oxford University*

Shirley Telles, *Patanjali Research Foundation*

New paradigms for body-mind practices

10:30 – 11:00 MORNING BREAK ON YOUR OWN

11:00 – 12:00 PRACTICE: CONTEMPLATIVE DANCE
Marieke van Vugt

11:00 – 13:00 **SESSION BLOCK 9 – THEMATICALLY ORGANIZED
INDIVIDUAL TALK SESSIONS**

SESSION 9.1: *Contemplation within Religious Traditions*

Chaired by **Harold D. Roth**

S9.1.1: *Looking within: Contemplation and body cultivation
in early China*

Christopher Yang, *Brown University*

S9.1.2: *The scope of transformation in Daoist practice*

Larson Di Fiori, *Brown University*

S9.1.3: *Active while in contemplation: The integration of
contemplative and active life in the Christian tradition*

Daniele Gunetti, *University of Turin*

S9.1.4: *“You have no need to travel anywhere – journey
within yourself” making space for Sufism in contemplative
research*

Andrea Pintimalli, *University of Padova*



11:00 – 13:00

S9.1.5: *Christian apophatic Tradition in the Latin Catholic church and contemplative studies*

Rossano Zas Friz, Santa Clara University

11:00 – 13:00

SESSION 9.2: *Contemplation and the Environment*

Chaired by Chiara Mascarello

S9.2.1: *Contemplative ecological educational practices from ancient India*

Pooja Sahni, Indian Institute of Technology Delhi

S9.2.2: *Psychedelics and environmental virtues*

Nin Kirkham, The University of Western Australia

Chris Letheby, The University of Western Australia

S9.2.3: *The path of the Ecosattva in uncertain times*

Karsten Struhl, New School for Public Engagement

S9.2.4: *Opening (to) the sacred: The ecology of contemplation in the Tibetan treasure tradition*

Oriane Lavole, Stanford University

11:00 – 13:00

SESSION 9.3: *Meditation at the Edge: Exploring Consciousness*

Chaired by Francesco Tormen

S9.3.1: *Beyond “mindfulness” and toward a science of advanced meditation: Neurophenomenological investigations of absorption and cessation*

Matthew Sacchet, Harvard Medical School / Massachusetts General Hospital

S9.3.2: *Meditation Beyond Relaxation: Wakeful alertness, alpha suppression and peak meditative states studied in a meditation expert*

Chuong Ngo, All Here SA

Hang Yang, Laboratory of Cognitive Neuroscience, Neuro-X Institute and Brain-Mind Institute, EPFL

S9.3.3: *Cessations of consciousness during meditation*

Ruben Laukkonen, Southern Cross University

Heleen Slagter, Vrije Universiteit Amsterdam



11:00 – 13:00

S9.3.4: *Meditators' brains show an acceptance of death which predicts positively-valenced self-dissolution experiences*

Yair Dor Ziderman, *University of Haifa*

Aviva Berkovich-Ohana, *University of Haifa*

S9.3.5: *The contemplative practice involved in Thukdam: A post-clinical death meditation observed among certain Tibetan monks*

Tenzin Bhuchung, *Princeton University*

11:00 – 13:00 **SESSION 9.4: *The Challenges of Measuring Compassion***

Chaired by **Dave R. Vago**

S9.4.1: *Unraveling the science of Tonglen meditation: A psychophysiological study of active compassion in healthcare professionals*

Catherine Andreu, *University of Valencia*

Joana Vidal, *University of Valencia*

S9.4.2: *"Ready to help, no matter what you did": Responsibility attribution and compassion in expert Buddhist practitioners*

Enrico Fucci, *Institute for Globally Distributed Open Research and Education (IGDORE)*

Oussama Abdoun, *INSERM – Centre de Recherches en Neurosciences de Lyon*

S9.4.3: *The quality of practice matters: Exploring the effect of Tonglen meditation practice in daily life*

Aida Palacios, *Instituto del Polibienestar, Universidad de Valencia*

Desirée Colombo, *Department of Basic Psychology, Clinic and Psychobiology, Universitat Jaume I (Spain)*

S9.4.4: *Challenges of measuring and conceptualizing self-compassion among Tibetan population*

Tenzin Sonam, *Emory University*

Shawn Chen, *Emory University*

S9.4.5: *We are in this together: Ascetic practice and cultivating compassion in Nyungne retreat*

Renee Ford, *Aarhus University*



13:00 – 13:30 CLOSING SESSION

13:30 – 15:00 LUNCH ON YOUR OWN

15:00 – 16:15 **POST-CONFERENCE WORKSHOPS**

- WORKSHOP 1: ***Anthropology of and from the heart***
Christian Suhr, Aarhus University

WORKSHOP 2: ***Measurement issues in contemplative science***
David Vago, Virginia University
Marieke van Vugt, University of Groningen

- WORKSHOP 3: ***Frontiers in contemplative education: Where do we go from here?***
Chiara Mascarello, University of Padua; Ca' Foscari University of Venice
Josipa Mihić, University of Zagreb
Robert W. Roeser, Pennsylvania State University
Harold D. Roth, Brown University

16:15 – 16:45 AFTERNOON BREAK ON YOUR OWN

16:45 – 18:00 **POST-CONFERENCE WORKSHOPS**

- WORKSHOP 4: ***"The Elephant in the Room" – Do Contemplative researchers need their own contemplative practice?***
Harold D. Roth, Brown University
Marieke van Vugt, University of Groningen

WORKSHOP 5: ***Contemplative practices in liberatory mentorship and leadership***

Doris F. Chang, New York University Silver School
Cheryl Woods-Giscombé, University of North Carolina School of Nursing
Ram Mahalingam, University of Michigan
Kamilah Majied, California State University, Monterey Bay
Felipe Mercado, California State University, Fresno

WORKSHOP 6: ***Integrating contemplative practices with psychedelic-assisted psychotherapy research: Methodology, best practices and ethics***

Aviva Berkovich-Ohana & Yair Dor-Ziderman, University of Haifa
Rael Cahn, University of Southern California
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About the Poster Sessions:

ISCR is pleased to present a wide range of current research through the poster sessions. The posters have been divided over two sessions, with each session on display for a dedicated period of time.

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Thursday, June 20, 2024

Session Time: 18:00 – 19:00

POSTER SESSION 2 (all posters starting with P2):

Friday, June 21, 2024

Session Time: 18:00 – 19:00

The poster board numbers work in the following way:

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Thursday, June 20, 2024

Session Time: 18:00 – 19:00

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Aizaiah Yong ¹

¹ Claremont School of Theology

P1-3 *Could mindfulness-based programmes improve work performance?*

Maris Vainre ¹, Tim Dalglish ¹, Please Refer To The Abstract For The Remaining Authors ²

¹ University of Cambridge, ² and their affiliations

P1-4 *Cultivating Identity Development and Mindfulness: Exploring Embodied Cognition at Historically Black Colleges and Universities*

Marybeth Gasman ¹

¹ Rutgers University

P1-5 *A randomized clinical trial of Mindfulness-Based Relapse Prevention (MBRP) for opioid use disorder (OUD): Interpreting drug-use cessation and Environmental Reward from an Embodied Cognition Perspective*

Michael Gawrysiak ¹, Stevie Grasseti ¹, Ebony White ², Alice Laughlin ¹, Michelle Yoong ¹, Sebastian Ehmann ¹, Sam Wayne ¹, Hortencia Correa ¹, Michael Szczechowski ¹, John Cuzzupe ¹

¹ West Chester University of Pennsylvania,

² Drexel University

P1-6 *Embracing Mindfulness-Based Professional Development in Early Childhood Education*

Drew Giles ^{1,2}

¹ San Francisco Unified School District, ² Oakland Unified School District

P1-7 *Bildungsroman and contemplative practice: an analysis of Pablo d'Ors novels*

Alonso Varo Varo ¹

¹ Christopher Newport University

P1-8 *Towards an Active Inference Account of Deep Meditative Deconstruction*

Shawn Prest ¹, Kevin Berryman ²

¹ Monash University, ² Monash Centre for Consciousness and Contemplative Studies, Monash University

P1-9 *Transformation of meaning-making in Chan meditation: perspectives from semiotics*

Elli Marie Trigel ¹

¹ University of Tartu

P1-10 *Empathy Bodyssence: Temporal Dynamics of Sensorimotor and Physiological Responses and the Subjective Experience in Synchrony with the Other's Suffering*

David Martínez-Pernía ¹, Alejandro Troncoso ², Kevin Blanco ², Antonia Zepeda ², Anaís Aluicio ², Álvaro Rivera-Rei ²

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- P1-11 "Contemplative Practices: A Pathway to Spiritual Identity and Transformation"**
 Rebecca Tavangar ¹
¹ None
- P1-12 Introducing Contemplative Practices into Leadership Studies: An Assessment**
 Catherine Gidney ¹
¹ St. Thomas University
- P1-13 From Suffering to Flourishing: Toward a Synthesis of Mindfulness Practice and Positive Psychology in Tertiary Education**
 Jochen Reb ¹, Hiro Saito ², Eva Peters ¹, William Tov ¹
¹ Singapore Management University, ² University of Tokyo
- P1-14 Pocket Gurus: What meditation app engagement can (and cannot) tell us about building a meditation habit**
 Julia Adams ¹, Nicholas Van Dam ¹, Jonathan Davies², Julieta Galante ¹
¹ University of Melbourne, ² Contemplative Studies Centre, University of Melbourne
- P1-15 Experimental Phenomenological Study of Pain Empathy in Patients with Parkinson's Disease.**
 Antonia Zepeda ¹, David Martínez-Pernía ², Anaís Aluicio ^{3,4}
¹ Universidad Adolfo Ibáñez, ² Center for Social and Cognitive Neuroscience (CSCN), School of Psychology, Universidad, ³ Center for Social and Cognitive Neuroscience (CSCN), School of Psychology, Universidad Adolfo Ibáñez, ⁴ Center for Social and Cognitive Neuroscience (CSCN), School of Psychology, Adolfo Ibañez University
- P1-16 Mindfulness with 5 to 12 years old living in a context of vulnerability. A seven-year experience and research**
 Annie Devault ¹, Michèle Corbeil ²
¹ Université du Québec en Outaouais, ² private practice
- P1-17 Unveiling the pathways: The effects of mindfulness and recreational psychedelic experiences on meaning in life, pro-sociality, well-being, and non-dual awareness.**
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¹ West Chester University of Pennsylvania
- P1-18 Online Mindfulness in the Military: A Korean Pilot Study**
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¹ KAIST, ² Naval War College
- P1-20 Fostering Mental Health, Embodied Cognition, and Intersubjectivity in LGBTQIA+ Youth Amid Current Anti-LGBTQIA+ Political Attacks: A Pilot Study of Tuned In! - an Affirmative Mindfulness-Based Intervention**
 Gio Iacono ¹, Leah Holle ², Emily Loveland ², Spencer Evans ², Cindy Pan ³, Tyler Haggerty ²
¹ University of Connecticut, ² University of Connecticut School of Social Work, ³ University of Connecticut School of Medicine, Department of Public Health Sciences
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 Marisa Decollibus ¹, Jennifer Frank ¹, Robert Roeser ²
¹ The Pennsylvania State University, ² Pennsylvania State University
- P1-22 The Mechanisms Underlying the Relationship Between Self-Compassion and Psychological Outcomes: A Systematic Review**
 Jun Wang ¹, Constance Drossaert ², Maleah Knevel ¹, Ernst Bohlmeijer ², Maya Schroevers ¹
¹ University Medical Center Groningen, ² University of Twente
- P1-23 Designing and Testing a Mindfulness-Based Program for Clinician Burnout**
 Lia Antico ¹, Judson Brewer ¹
¹ Brown University
- P1-24 Breathing Practices for Stress and Anxiety Reduction: Conceptual Framework of Implementation Guidelines Based on a Systematic Review of the Published Literature**
 Tanya Bentley ¹, Gina D'andrea-Penna ², Marina Rakic ³, Nick Arce ¹, Michelle Lafaille ¹, Rachel Berman ¹, Katherine Cooley ⁴, Preston Sprimont ¹
¹ Health and Human Performance Foundation, ² University of California, San Diego, ³ Emory University, ⁴ Saybrook University



P1-25 Relationships between trait mindfulness and subjective emotion regulation processes in older adulthood

Megan Fisher¹, Ruchika Prakash^{1,2}

¹ The Ohio State University, ² The Ohio State University Center for Cognitive and Behavioral Brain Imaging

P1-26 The Mindful-Gut Feasibility Trial Protocol: Investigating Effects of Mindfulness-Based Cancer Recovery (MBCR) on the Gut Microbiome, Mindfulness, Gastrointestinal and Psychosocial Symptoms in People with Cancer

Jamie Petersson¹, Julie Deleemans², Athina Spiropoulos¹, Raylene Reimer¹, Linda Carlson¹

¹ University of Calgary, ² The University of Calgary Cumming School of Medicine

P1-27 Intense Meditation-Related Experience Impacts on the Sense of Self: A Phenomenological Study

Tim Wood¹, Merle Kock², Nicholas Van Dam¹, Julieta Galante¹, Jasmine Childs-Fegredo³

¹ University of Melbourne, ² KU Leuven, ³ York St John University

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Jochen Reb¹, Eva Peters¹, Monika Elser¹, Juan Humberto Young¹

¹ Singapore Management University

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Jaša Černe¹, Urban Kordeš¹

¹ University of Ljubljana

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Madhvi Venkatesh^{1,2}, Yevgeniya Zastavker³

¹ Vanderbilt University School of Medicine, ² Vanderbilt University Medical Center, ³ Olin College of Engineering

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Robert Goree¹

¹ Wellesley College

P1-32 Participants Experiences Following a Mindfulness Based Intervention for University Students; A Qualitative Study

Colette Kealy¹, Eoin Reade¹, Esther Ibilola¹, Cathan Bonner¹, Donal Higgins¹, Varsha Manojthampi¹, Catherine Doody¹

¹ University College Dublin

P1-33 Creating A Socially Engaged Mindfulness-Based Intervention: Enhancing Social Work Students' Capacity for Wellbeing and Social Action

Gio Iacono¹, Vivien Roman-Hampton², Tyler Haggerty², Lisa Werkmeister Rozas², Caitlin Elsaesser², Sadie Macdonald², Rafay Qureshi², Paula Nieman²

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P1-34 Neural Signatures of Mindful Parenting In-The-Moment

Vani Gupta¹, Heidemarie Laurent¹, Katherine Haigler¹

¹ Pennsylvania State University

P1-35 Dignity, Mindfulness and Well-Being in South Korean Graduate Schools

Jieun Chang¹, Ramaswami Mahalingam¹

¹ University of Michigan

P1-36 Embracing Apophatic Philosophy: A Non-Dualist Path Towards Enlightened Personal and Societal Transformation

Rodger Ricketts¹

¹ Centro sociale anziani l'età d'oro

P1-37 Embracing Apophatic Philosophy: A Path Towards Personal and Societal Transformation

Rodger Ricketts¹

¹ Centro sociale anziani l'età d'oro



- P1-38 Mindful Movers: An investigation of Laban/Bartenieff Movement Studies for Embodied Education**
Dario Cottica ¹
¹ Universität für Musik und darstellende Kunst Wien, Vienna, Austria
- P1-39 Consciousness Unveiled: The Essence of Humanity**
Nabaghan Ojha ¹
¹ UNDP
- P1-40 MBRP Online for Mental Health Promotion among Brazilian College Students: A mixed methods feasibility study**
Ana Regina Noto ¹, Beatriz Iannotta ², Joyce Salgado Santos ², Marina Noto Faria ², Larissa Saletti ², Ana Cristina Atanes ²
¹ NEPSIS - Núcleo de Pesquisa em Saúde e Uso de Substâncias, Department of Psychobiology, Universidade, ² Universidade Federal de São Paulo - Brazil
- P1-41 Control over conscious perception through meditation?**
Surya Rajan Selvam ¹, Ruben Laukkonen ², Brendan Hutchinson ¹, Daphne Witmer ¹, Tess Roder ¹, Johannes Fahrenfort ¹, Heleen Slagter ¹
¹ Vrije Universiteit Amsterdam, ² Southern Cross University
- P1-42 Latent Ecologies of the Mind: Exploring Harmonic Synchrony and Complexity in Human Brain Signals And Beyond.**
Mar Estarellas ^{1,2}, Antoine Bellemare ^{3,4}
¹ Consciousness and Cognition Lab, Queen Mary University London, ² Queen Mary University London, ³ Music Department, Concordia University, Montreal; CoCoLab, Department of Psychology, UdeM, ⁴ Music Department, Concordia University; CoCoLab, UdeM
- P1-43 Using converging operations to synthesize mindfulness: preliminary evidence from a novel research strategy**
Jeff (Yanli) Lin ¹
¹ Washington University in St. Louis
- P1-44 Biological effects of mindfulness-based interventions for cancer populations: a systematic review**
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¹ Sapienza University of Rome; University of Udine, ² University of Trieste, ³ University of Pisa, ⁴ University of Udine; School of Advanced Studies Sant'Anna, Pisa
- P1-45 Mindfulness as a safe space program (MSSP) to expand consciousness through inclusive altruism**
Olga Restrepo ¹
¹ Independent
- P1-46 The MATCH Study: Mindfulness and Tai Chi for Cancer Health. Primary Results of a Comparative Effectiveness Trial**
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¹ University of Calgary, ² University Health Network Toronto, ³ Harvard University, ⁴ Memorial University Newfoundland
- P1-47 Rethinking Common Humanity. Application and effects on social connection**
Claudio Araya ¹
¹ Adolfo Ibañez University
- P1-48 Exploring the transformation of embodied co-presence in Buddhist practices online**
Anastasiia Shabalina ¹
¹ Adam Mickiewicz University in Poznan, Poland



POSTER SESSION 2

Friday, June 21, 2024

Session Time: 18:00 – 19:00

P2-1 *Learning to Attenuate Myself: A Predictive Processing Account of Body Awareness in Meditation*

Valeria Becattini¹

¹ Humboldt-Universität zu Berlin

P2-2 *Making peace inwardly and outwardly: Leveraging mindfulness- and compassion-based practices in family courts for divorcing families in the United States*

Na Zhang¹, Karey O'hara², Sharlene Wolchik², Irwin Sandler², Michele Porter²

¹ University of Connecticut, ² Arizona State University

P2-3 *Compassion-based interventions to improve wellbeing: a one-stage meta-analytic structural equation model*

Ausias Cebolla Marti¹, Pedro Sarrión¹, Joana Vidal², Belen Fernández-Castilla³, Daniel Medina², Jessica Navarro-Siurana¹

¹ University of València, ² University of Valencia, ³ Universidad Nacional a Distancia (UNED)

P2-4 *Cultivating Kindness and Compassion with Mindfulness Apps: Can algorithms teach us to be kind and compassionate?*

Ana Dragojlovic¹, Julieta Galante¹

¹ University of Melbourne

P2-5 *Inducing Self-Transcendent Emotions through Virtual Reality: A pilot study*

Joana Vidal¹, Catherine Andreu¹, Maja Wrzesien², Desirée Colombo^{3,4}, Rosa Baños^{1,5}, Justin Wall⁶, Dave Glowacki⁶

¹ University of Valencia, ² University of Valencia (Spain), ³ Department of Basic Psychology, Clinic and Psychobiology, Universitat Jaume I (Spain), ⁴ Universitat Jaume I (Spain), ⁵ Polibienestar Institute, University of Valencia, CIBERobn, ⁶ CiTIUS~Centro Singular de Investigación en Tecnoloxías Intelixentes, Santiago de Compostela, Spain

P2-6 *Experimental Evidence for the Benefits of Contemplative Training With Educators: Multiple Tests of Novel Developmental Model of Teaching*

Matthew Hirshberg¹, Lisa Flook², Richard Davidson³

¹ University of Wisconsin Madison, ² University of Wisconsin-Madison, ³ University of Wisconsin – Madison

P2-7 *Ingredients for Enlightenment: Food and the Path of Liberation*

Anne Ryan Gareis¹

¹ William & Mary

P2-8 *Who benefits from, and who deteriorates with, preventative mindfulness-based programs? Insights from an individual participant data meta-analysis of RCTs*

Julieta Galante¹, Claire Friedrich², Nana Kosugiyama¹, Abigail Chapman³, Ian White³, Peter B Jones², Tim Dalgleish², Napaporn Aeamla-Or⁴, Marieke Arts-De Jong⁵, Bruce Barrett⁶, Susan M Bögels⁷, Jan K Buitelaar⁵, Mary M Checovich⁶, Michael S Christopher⁸, Richard J Davidson⁶, Antonia A Errazuriz⁹, Simon B Goldberg⁶, Corina U Greven⁵, Matthew J Hirschberg⁶, Shu-Ling Huang¹⁰, Matthew Hunsinger⁸, Yoon-Suk Hwang¹¹, Oleg Medvedev¹², Melissa A Rosenkranz⁶, Melanie P Schellekens⁵, Anne Speckens⁵, Nienke Siebelink⁵, Nirbhay N Singh¹³, Feng-Cheng Tang¹⁴, Lianne Tomfohr-Madsen¹⁵

¹ University of Melbourne, ² University of Cambridge, ³ University College London, ⁴ University of Phayao, ⁵ Radboud University Medical Centre, ⁶ University of Wisconsin-Madison, ⁷ University of Amsterdam, ⁸ Pacific University, ⁹ Pontificia Universidad Católica de Chile, ¹⁰ Chung Shan Medical University Hospital, ¹¹ Australian Catholic University, ¹² University of Waikato, ¹³ Augusta University, ¹⁴ Chaoyang University of Technology, ¹⁵ University of British Columbia



P2-9 Experiences of People with Musculoskeletal Conditions Participating in a Mindfulness-Based Stress Reduction Program

Anita Barros Carlos De Amorim¹, Claire Ashton-James^{1,2}, Evangelos Pappas³, Talia Barnett-Happles¹, Kathryn Refshauge¹, Trudy Rebbeck¹, Nathalia Costa⁴

¹ The University of Sydney, ² the University of Sydney, ³ University of Wollongong, ⁴ The University of Queensland

P2-10 Mindful music listening decreases pain among chronic musculoskeletal pain patients: Results from two pilot randomized controlled clinical trials

Adam Hanley¹, Sean Young²

¹ Florida State University, ² University of California, Irvine

P2-12 Impact of a brief mindfulness training on the quality of social support.

Viktoriya Manova¹, Bassam Houry¹

¹ McGill University

P2-13 Longitudinal dose-response effects for meditation on mental health and well-being

Nicholas Bowles¹

¹ University of Melbourne

P2-14 Contemplative Behavioral Economics: Nudging Toward Prosociality

Joshua Wright¹

¹ City University of New York

P2-15 Questioning as a contemplative practice -from the questions of the Buddha to the applications of contemporary education

Bok Hui Lee¹

¹ Dongguk University

P2-16 Understanding the psychological aspects of the yoga tradition

Jyotsna Agrawal¹

¹ National Institute of Mental Health and Neuro Sciences (NIMHANS)

P2-18 Revisiting contemplative education for meaning in life in the light of the intersubjectivity turn

Renata Cueto De Souza¹

¹ Simon Fraser University

P2-19 Open-focus Attention: A Path Towards Embodiment and Well-being

Jayprakash Show¹

¹ Indian Institute of Technology Jodhpur

P2-20 Cardiophenomenology of stress anticipation experience in MBSR and meditation-naive participants

Liudmila Gamaiunova¹

¹ University of Lausanne

P2-21 From Disconnection to Compassion: Exploring the Embodied Experience of Empathy in Natural Interactions through Phenomenological approach

Alejandro Troncoso^{1,2}, Antonia Zepeda¹, Vicente Soto², Ellen Riquelme², Sissi Fuentealba³, Catherine Andreu⁴, Ausias Cebolla Marti⁵, David Martínez-Pernía⁶

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P2-23 Exploring Healthcare Professionals' Perspectives on Mindfulness-Based Interventions for Chronic Musculoskeletal Pain: A Qualitative Study

Anita Barros Carlos De Amorim¹, Talia Barnett-Happles¹, Trudy Rebbeck¹, Nicholas Van Dam², Charlotte Johnstone³, Claire Ashton-James¹, Nathalia Costa⁴, Matthew Jennings⁵, Kathryn Refshauge¹, Evangelos Pappas⁶

¹ The University of Sydney, ² University of Melbourne, ³ Sydney Local Health District, ⁴ The University of Queensland, ⁵ South Western Sydney Local Health District, ⁶ University of Wollongong



P2-24 An Integrative Mechanistic Framework for Mindfulness-Induced Cognitive Change

Luis Cásedas¹, Jonathan Schooler², Juan Lupiáñez³
¹ Universidad Autónoma de Madrid, ² University of California Santa Barbara, ³ Universidad de Granada

P2-25 Racial Discrimination and Mental Health among Underrepresented Minorities (URM) in Residential Addiction Treatment: Interpreting Environmental Reward and Drug Craving from an Embodied Cognition Perspective

Stevie Grassetti¹, Ebony White², Sebastian Ehmann¹, Michelle Yoong¹, Michael Gawrysiak¹
¹ West Chester University of Pennsylvania, ² Drexel University

P2-26 The Monitoring of Momentary Experiences Task: A multi-study exploring a new measure of open monitoring awareness

Ivan Nyklicek¹
¹ Tilburg University

P2-27 The Harmony Study To Improve Biopsychosocial Mechanisms Influencing Cardiometabolic Health among African American Women: A Report of Protocol, Recruitment, Baseline Data, and Research Training Opportunities in the Context of the COVID Pandemic

Cheryl Giscombe¹, Susan Gaylord², Keturah Faurot², Andrew Bradford³, Sierra Vines³, Kelly Eason², Charity Lackey³, Raven Smith³, Dorothy Addo-Mensah³, Karen Sheffield-Abdullah³, Latonia Chalmers³, Quinshetta Alston³, Silvia Marques-Davis³, Tomeka Day³, Kerri Green-Scott³, Aisha Chilcoat⁴, Giselle Corbie³, Kelly Evenson³, Carmen Samuel-Hodge³, Tene Lewis⁵, Lily Chen³, Taleah Frazier⁶, Jamie Crandell³, Millicent Robinson³
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P2-28 The impact of personal values on well-being: A structural equation model

Ausias Cebolla Marti¹, Pedro Sarrión¹, Mireia Santamaria¹, Marta Miragall², Oscar Lecuona³, Sara Martínez¹, Rosa M^a Baños¹
¹ University of València, ² University of Valencia, ³ Faculty of Psychology, Universidad Complutense de Madrid

P2-29 Development of the Youth Compassion Measure to Identify Developmentally Appropriate Domains of Embodied Compassion in Youth

Tyralynn Frazier¹, Denise Buote²
¹ Emory University, ² Arbor Educational

P2-30 Taking Rewards Seriously: Developing a Scale for Pleasant Effects of Meditation

Joshua Wright¹
¹ City University of New York

P2-31 Meditation, Education, and Transformation: An Empirical Test of Students' Experiences in a Meditation and Wellness Course

Kevin Aviles¹, Adrian Bravo¹, Mark McLaughlin²
¹ William & Mary, ² College of William and Mary

P2-32 Experiences of Fatigue Improvement in Female Cancer Survivors Undergoing Exercise/Nutrition Training vs. Qigong: A Qualitative Analysis of A Randomized Controlled Trial

Gnaneswari Karayi¹, Nova Chen^{1,2,3}, Chloe Zimmerman Gunsillius^{1,3,4}, Harrison Moretz⁵, Catherine Kerr¹, Stephanie Jones^{1,4,6}
¹ Brown University, ² Brown Department of Neuroscience, ³ Carney Institute, ⁴ Brown University Department of Neuroscience, ⁵ Taoist Studies Institute, ⁶ Carney Institute

P2-33 The Mindful Researchers - A multi-layered co-creation process for the cultivation of contemplative practices in science, academia and beyond

Wolfgang Lukas¹, Francesco Noera^{2,3}, Ayda Duroux^{2,3}, Rocío Martínez Vivot⁴
¹ Institute for Globally Distributed Open Research and Education (IGDORE), ² TODO, ³ Independent Researcher, ⁴ Institute for Biomedical Research (BIOMED) - UCA - CONICET



• **P2-34 Mindfulness, Social Connectedness, Dignity, and Coworker Relationships**

Jieun Chang ¹, Ramaswami Mahalingam ¹

¹ University of Michigan

• **P2-35 Mindfulness, Nature Connectedness, A Caring Attitude towards Nature, and Pro- Environmental Behavior**

Jieun Chang ¹, Ramaswami Mahalingam ¹

¹ University of Michigan

• **P2-36 Effects of a Mindfulness-based Cognitive Therapy on autobiographical memory specificity of non-clinical adults**

Jade Araujo ¹

¹ Mente Aberta - Federal University of Sao Paulo

• **P2-37 An Embodied and Relational Contemplation: Retrieval of a Fourteenth-Century Practice of Contemplation Through the Lens of Mimetic Theory**

Susan Mcelcheran ¹

¹ Regis St. Michael's Faculty of Theology, University of Toronto

• **P2-38 Decolonizing College Science Courses through Contemplative Practices**

Amy Bohorquez ¹

¹ Peralta Community College District - Laney College

• **P2-39 Who practices what and why? A pilot study for a Global Exploration of Meditators**

Karin Matko ^{1,2}

¹ Chemnitz University of Technology, ² University Medicine Greifswald

• **P2-40 Prevalence of Meditation Use In Australia and New Zealand: Results from the first nationally-representative survey**

Jonathan Davies ¹, Cate Bailey ², Julieta Galante ², Nicholas Van Dam ²

¹ Contemplative Studies Centre, University of Melbourne, ² University of Melbourne

• **P2-42 Prevalence and 20-year Trends in Meditation, Yoga, Guided Imagery and Progressive Relaxation Use Among US Adults From 2002 to 2022**

Jonathan Davies ¹, Anna Faschinger ², Julieta Galante ³, Nicholas Van Dam ³

¹ Contemplative Studies Centre, University of Melbourne, ² Charité Universitätsmedizin Berlin, ³ University of Melbourne

• **P2-43 Shedding light on changes in subjective experience during an intensive contemplative retreat: the Lyon Assessment of Meditation Phenomenology (LAMP) questionnaire**

Oussama Abdoun ¹, Arnaud Poublan-Couzardot ², Giuseppe Pagnoni ³, Antoine Lutz ²

¹ INSERM - Centre de Recherches en Neurosciences de Lyon, ² Lyon Neuroscience Research Center, INSERM, Lyon 1 University, ³ Department of Biomedical, Metabolic and Neural Sciences, University of Modena and Reggio Emilia

• **P2-44 Improved quality of life and psychological symptoms following mindfulness and cognitive rehabilitation in multiple sclerosis and their mediating role for cognition: a randomized controlled trial**

Anne Speckens ¹, Ilse Nauta ², Maureen Van Dam ³, Dirk Bertens ⁴, Roy Kessels ⁴, Luciano Fasotti ⁴, Bernard Uitdehaag ², Brigit De Jong ²

¹ Radboud University Medical Centre, ² MS Center Amsterdam, Neurology, Amsterdam UMC location VUmc, Amsterdam, the Netherlands., ³ MS Center Amsterdam, Anatomy and Neurosciences, Amsterdam UMC location VUmc, Amsterdam, ⁴ Radboud University, Donders Institute for Brain, Cognition and Behaviour, Nijmegen, the Netherlands.



● **P2-45 Positive health outcomes of mindfulness-based interventions for cancer patients and survivors: A systematic review and meta-analysis**

Nasim Badaghi ^{1,2}, Cecilie Buskbjerg ³, Linda Kwakkenbos ⁴, Sabien Bosman ⁵, Robert Zachariae ³, Anne Speckens ²

¹ Radboud University Medical Center, Department of Psychiatry, Nijmegen, The Netherlands., ²

Radboud University Medical Centre, ³ Unit for Psycho-oncology & Health Psychology, Aarhus University Hospital and Aarhus University, Aarh, ⁴ Department of Clinical Psychology, Behavioral Science Institute, Radboud University,

⁵ Department of Psychiatry, Radboud University Medical Center, Nijmegen, The Netherlands

● **P2-46 Neurofeedback and single-trial prediction of meditation states**

Henrik Roehr ¹, Fynn-Mathis Trautwein ², Marieke Van Vugt ¹

¹ University of Groningen, ² University of Freiburg, Medical Center, Section Systemic Health Research, Freiburg, Germany

● **P2-47 Exploring the Induction of Deep Non-Dual States through Floatation-REST: A Phenomenological Pilot Study**

Cyril Costines ¹, Marc Wittmann ², Fynn-Mathis Trautwein ¹, Stefan Schmidt ¹

¹ University of Freiburg, ² Institute for Frontier Areas of Psychology and Mental Health

● **P2-48 The Apostle's Creed as a Guide for Understanding Christian Contemplation**

Jenna Faith McClear ¹

¹ Duke University

● **P2-49 Ancient Wisdom for Modern Minds: Integrating Sōn Buddhist Traditions and Modern Therapy in Heart-Smile Training**

Hee Jung (Hyeju) Min ¹, Misan Wandoo Kim ²

¹ Dongguk University, ² KAIST

● **P2-50 The Design, Delivery, and Evaluation of the Contemplative Studies Centre's Undergraduate Subject: The Art and Science of Meditation.**

Haisu Sun ¹, Cullan Joyce ¹, Chris Mccaw ¹, Nicholas Van Dam ¹

¹ University of Melbourne



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