

## ISCR 2025 Conference Program

### Monday, November 3

8.00am – 5.00pm	<b>Registration Open</b> <b>Location:</b> Atrium South		
08.30am - 10.00am	<b>Workshop 1:</b> Part I Mind-Body Practices in Psychedelic Therapy: Developing Protocols for Research, Training, and Integration	<b>Workshop 2:</b> Part I The Arc of Evaluation – A Model Framework for Mindfulness-Based Interventions and Organizational Change	<b>Workshop 3:</b> The Death of Shame Workshop; Sitting in the Discomfort of Destigmatizing the Shame Black of Womxn in America
10.00am - 10.30am	<b>Coffee Break</b> <b>Location:</b> Blueberry Hill		
10.30am - 12.00pm	<b>Workshop 1:</b> Part II Mind-Body Practices in Psychedelic Therapy: Developing Protocols for Research, Training, and Integration	<b>Workshop 2:</b> Part II The Arc of Evaluation – A Model Framework for Mindfulness-Based Interventions and Organizational Change	<b>Workshop 4:</b> “How is everybody going on?” A Preconference Workshop featuring an Interdisciplinary Panel and an Interactive Art Expression (ISCR REACH Committee)
12.00pm - 1.30pm	<b>Lunch</b> <b>Location:</b> Blueberry Hill		
1.30pm - 3.00pm	<b>Workshop 5:</b> Universities in Crisis: Contemplative Practices as support in Speaking Truth to Power (ISCR REACH Committee)	<b>Workshop 6:</b> From Me to We: Advancing Contemplative Praxis from Inner Growth to Outer Change	<b>Workshop 7:</b> Teaching Attention: Practical Exercises for Ethical and Intellectual Presence
3.00pm - 3.30pm	<b>Coffee Break</b> <b>Location:</b> Blueberry Hill		
3.30pm - 5.00pm	<b>Workshop 8:</b> Beyond John Henryism: When Persistence Harms and Embodied Authenticity Heals for Black Women	<b>Workshop 9:</b> Six Healing Breaths and Daoist Perspective on Longevity	<b>Workshop 10:</b> The Arc of Life and Death through Radical Compassion in Feeding Your Demons: a Jungian and Buddhist Overview and Guided Practice
5.00pm – 7.00pm	<b>Opening Session &amp; Keynote Speaker 1</b> <b>Location:</b> Grumman Auditorium		


### Tuesday, November 4

8.00am – 4.30pm	<b>Registration Open</b> <b>Location:</b> Atrium South
8.30am – 10.00am	<b>Keynote Speaker 2</b> <b>Location:</b> Grumman Auditorium
10.00am – 10.30am	<b>Coffee Break</b> <b>Location:</b> Blueberry Hill

10.30am - 12.00pm	<p><b>Panel 1</b> - Innovations in Resilience Research for Contemplative Science: Opportunities for Optimizing Whole Person Health Restoration</p>	<p><b>Panel 2</b> - “How is everybody going on?” A Preconference Workshop featuring an Interdisciplinary Panel and an Interactive Art Expression</p>	<p><b>Oral Session 1</b></p> <p><b>01.1</b> Evaluating Complementary and Integrative Health Interventions to Reduce Stress Related Illnesses in African American and Hispanic Populations: A Systematic Review</p> <p><b>01.2</b> Evaluating the effectiveness of mindfulness practice in the general population through personalization – a randomized controlled experiment</p> <p><b>01.3</b> Integrating Brief Mindfulness Interventions into Routine Medical Pathways: Pain and Anxiety Relief in the Clinic Waiting Room</p> <p><b>01.4</b> Longitudinal and Dynamic Associations of Engagement in Mindfulness Training with Emotion Regulation, Mindfulness, and Self-Compassion in Community Adolescents</p> <p><b>01.5</b> A Full Circle Model of Trauma-Informed Communication for Health Care Providers and Patients on the Cancer Journey: Highlighting the Role of Mindfulness</p>	<p><b>Oral Session 2</b></p> <p><b>02.1</b> Cultivating curiosity for well-being: findings from a first year course at a STEM-focused university</p> <p><b>02.2</b> Mindfulness and the Arc of Becoming: Cultivating Career Adaptability Through Emotional Intelligence</p> <p><b>02.3</b> Personal Transformation Through an Undergraduate “Walking Seminar”—A Thematic Analysis and Gallery</p>	<p><b>Oral Session 3</b></p> <p><b>03.1</b> A Thread in the Life-Death Matrix: Revisiting the Garbha Metaphor in Early East-Asian Buddhism</p> <p><b>03.2</b> Daoist Microcosmic Orbit Meditation (Xiǎo zhōutiān 小周天): Kinesthetic Contemplation as Transformative Epistemic Technique</p> <p><b>03.3</b> When Breath is not Breath: Daoist Contemplative Perspectives</p>
12.00pm - 1.30pm	<p><b>Lunch and AGM</b> (Begins 12.45pm) <b>Location:</b> Blueberry Hill</p>				

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1.30pm - 3.00pm	<b>Panel 3</b> - Exploring the Nexus of Life and Death at the Intersection of Indo-Tibetan Buddhist Contemplative Traditions and Science	<b>Panel 4</b> - The emerging science of advanced meditation: Interdisciplinary investigations of advanced meditative absorption, insight, and cessations of consciousness	<b>Panel 5</b> - Mindfulness and Social Well-Being: It's More Complicated than We Thought	<b>Oral Session 4</b> <b>O4.1</b> Mindful Self-Compassion Decreases Symptoms in Anxiety Disorders and Depression  <b>O4.2</b> Self-critical rumination as a mediator between adverse childhood experiences and therapeutic effects of a mindfulness-based intervention  <b>O4.3</b> Uncovering Mechanisms of Change in Compassion-Based Interventions: Is Self-Criticism the Key? A Mediation Meta-Analysis  <b>O4.4</b> What do patients with chronic pain gain from mindfulness interventions? Phenomenological cluster analysis in a clinical trial of Mindfulness-Based Pain Reduction (MBPR)	<b>Oral Session 5</b> <b>O5.1</b> Testing the Relationship Between Anxiety, Mindfulness, and Cognitive Control  <b>O5.2</b> An Initial Neuroscientific Analysis of Contemplative Sleep Practices  <b>O5.3</b> Note More Worry Less: Neural and Behavioral Insights into the Noting Technique for Reducing Worry  <b>O5.4</b> A neurophenomenological case study of an advanced nondual practitioner receiving the psychedelic 5-MeO-DMT for the study of deconstructed consciousness
3.00pm - 4.30pm	<b>Roundtable 1:</b> Rehearsing Death: demystifying and preparing for death and dying in art institutions, spiritual communities, and digital spaces	<b>Roundtable 2:</b> Bridging Inner and Outer Turbulence: The Researcher–Contemplative–Activist in Times of Crisis	<b>Roundtable 3:</b> The Virtue Gap: Rethinking Scientific Ethics Through Personal Virtues and Contemplative Practice		
4.30pm - 6.00pm	<b>Poster Session 1</b> with cocktails <b>Sponsored by the Mind and Life Institute</b>	 <b>MIND &amp; LIFE</b> INSTITUTE			

### Wednesday, November 5

8.00am – 4.30pm	<b>Registration Open</b> <b>Location:</b> Atrium South
8.30am – 10.00am	<b>Keynote Speaker 3</b> <b>Location:</b> Grumman Auditorium
10.00am – 10.30am	<b>Coffee Break</b> <b>Location:</b> Blueberry Hill

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10.30am - 12.00pm	<b>Panel 6</b> - From Micro-Practices to Meditation Retreats: Dose-Response Effects of Meditation Training	<b>Panel 7</b> - Numadelic Virtual Reality as a Medium for Exploring Mortality, Contemplative Practice, and the Neuroscience of Self-Transcendence	<b>Panel 8</b> - Curiosity and Openness: Building technologies for transformation	<b>Oral Session 6</b> <b>06.1</b> Zen Buddhism on the Limits of Knowledge and the Practice of Wisdom  <b>06.2</b> Role of Death Awareness in shaping Human Existence - A Philosophical Inquiry  <b>06.3</b> Fractal Epistemology for Past Lives: Hunting the Hidden Dimension  <b>06.4</b> The Mindfulness Revolution and Zizek's Critique	<b>Oral Session 7</b> <b>07.1</b> Transcendental Outcomes: Developing a Standards-Based Framework for Teaching Buddhist Contemplative Practices to Adolescents  <b>07.2</b> The development of emotion regulation competence for in-service teachers through mindfulness-based interventions: a literature review  <b>07.3</b> Understanding Why Healthcare Professionals Attend a Workplace Resiliency Training Program  <b>07.4</b> Healing Historical Trauma among Vietnamese Americans through Contemplation: A Pilot Study of the WEALTH Program
12.00pm - 1.30pm	<b>Lunch and Mentor Session</b> <b>Location:</b> Blueberry Hill				
1.30pm - 3.00pm	<b>Panel 9</b> - Looking Within to Reveal the Mechanisms of Mindfulness Meditation: Internal Attention and Internally-Directed Cognition	<b>Panel 10</b> - Yoga and Spirituality: The Underlying Psychophysiology and the Research Evidence in Healthy and Patient Populations	<b>Panel 11</b> - Understanding the Neuroscience of Mindfulness for Migraine and its Importance for the Pipeline through Undergraduate Neuroscience Education	<b>Oral Session 8</b> <b>08.1</b> Moral Effects of Long-Term Meditation: A Large-Scale, In-Person Cross-Sectional Study of Real-World Ethical Cognition, Emotion, and Behavior  <b>08.2</b> Beliefs about Suffering and Responses to Hypothetical Challenges and Real-Life Intergroup Conflict  <b>08.3</b> Views Regarding Mindfulness-Based Program Participation in Emerging Adults from Different Racial/Ethnic Groups  <b>08.4</b> Examining Self-Compassion and Subclinical Cardiovascular Disease in Black American Women	<b>Oral Session 9</b> <b>09.1</b> The Defining Line of Life and Death in Buddhist Psychology  <b>09.2</b> The Resurrected Self - An Enactive Lens on the Goals of Classical and Contemporary Jewish and Islamic Contemplative Paths  <b>09.3</b> The Psychology of Tsongkhapa's Analytical Meditation on Death  <b>09.4</b> Mother Earth kinship: Centering Indigenous worldviews to address the Anthropocene and rethink the ethics of human-to-nature connectedness

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3.00pm - 4.30pm     **Roundtable 4:** Contemplative Arts /  
Contemplative Action     **Roundtable 5:** Connections as Pathways:  
An Interdisciplinary Dialogue on Heartfelt  
Confidence

4.30pm - 6.00pm     **Poster Session 2** with cocktails

### Thursday, November 6

8.00am – 4.30pm     **Registration Open**  
**Location:** Atrium South

8.30am – 10.00am     **Keynote Speaker 4**  
**Location:** Grumman Auditorium

10.00am – 10.30am     **Coffee Break**  
**Location:** Blueberry Hill

10.30am - 12.00pm     **Panel 12** - Psychedelics and the Self: Mechanisms, Methodologies, and Mindfulness     **Panel 13** - Nurturing the Mindful Researcher: Integrating Contemplative Practices to Promote Life Giving Cultures in Mindfulness Research     **Panel 14** - Transforming higher education through contemplative practices in diverse settings: From individual classes to institutional change

12.00pm- 1.30pm     **Lunch**  
**Location:** Blueberry Hill

1.30pm - 2.30pm     **Panel 15** - Meditation and Psychedelic Assisted Therapy     **Panel 16** - Bringing evidence-based contemplative practices into clinical settings: Lessons from the OPTIMUM trial     **Panel 17** - Using Mindfulness Training to Support College Students' Stress Management, Mental Health, and Academic Engagement

2.30pm - 3.00pm     **Coffee Break**  
**Location:** Blueberry Hill

3.00pm - 4.00pm     **Panel 18** - Interdisciplinary Reflections on Psychedelic Science, Contemplative Practice, and Mystical Experience in Grief Healing: UVA PIRC     **Panel 20** - Exploring the Role of Mindfulness in Advancing Equitable Instruction in Schools

4.00pm - 4.45pm     **Closing Session**  
**Location:** Grumman Auditorium