

ISCR 2025 – Virtual Program

Tuesday, November 4

- 8.30am – 10.00am** **Keynote Speaker**
Griefwork as Contemplative Practice: Reframing Mindfulness through Humanistic Inquiry
 Anne Vallely ([click for bio](#))
University of Ottawa
- 10.30am – 12.00pm** **Panel 1 – Innovations in Resilience Research for Contemplative Science: Opportunities for Optimizing Whole Person Health Restoration**
Jennifer Baumgartner, NCIH,
Elissa Epel, University of California,
Emily Lindsay, University of Pittsburgh,
Caitlin Conley, University of Kentucky
- 1.30pm - 3.00pm** **Panel 3 - Exploring the Nexus of Life and Death at the Intersection of Indo-Tibetan Buddhist Contemplative Traditions and Science**
Julian Schott, Vienna University,
Renee Ford, Aarhus University,
Michelle Walsh, Contemplative Practice Lab

Wednesday, November 5

- 8.30am – 10.00am** **Keynote Speaker**
Towards a Developmental Contemplative Science
 Robert W. Roeser, PhD ([click for bio](#))
Emory University
- 10.30am – 12.00pm** **Oral Session 6 – Critical and Philosophical Perspectives on Contemplative Practice**
O6.1 Zen Buddhism on the Limits of Knowledge and the Practice of Wisdom
Bret Davis, Loyola University Maryland
- O6.2** Role of Death Awareness in shaping Human Existence – A Philosophical Inquiry
Ashmeet Kaur, University of Delhi
- O6.3** Fractal Epistemology for Past Lives: Hunting the Hidden Dimension
Cai Carvalhaes, Pacifica Graduate Institute
- O6.4** The Mindfulness Revolution and Zizek's Critique
Karsten Struhl, New School for Public Engagement
- 1.30pm - 3.00pm** **Panel 11 – Understanding the Neuroscience of Mindfulness for Migraine and its Importance for the Pipeline through Undergraduate Neuroscience Education**
Rebecca Wells, Wake Forest University School of Medicine,
Fadel Zeidan, University of California,
Zev Schuman-Olivier, Cambridge Health Alliance,

Michael Datko, Harvard Medical School,
Licia Grazzi, Fondazione Istituto Neurologico

Thursday, November 6

8.30am – 10.00am

Keynote Speaker

The Arc of Life and Death: Courageous, Contemplative Reflection on Family, Foundation, and Future to Foster Harmony and Well-Being

Cheryl Woods Giscombé, PhD ([click for bio](#))
UNC-Chapel Hill School of Nursing

10.30am – 12.00pm

Panel 12 – Psychedelics and the Self: Mechanisms, Methodologies, and Mindfulness

Fadel Zeidan, University of California,
Eric Garland, University of California,
Patrick Finan, University of Virginia,
Luana Colloca, University of Maryland Baltimore

1.30pm – 2.30pm

Panel 16 – Bringing evidence-based contemplative practices into clinical settings: Lessons from the OPTIMUM trial (v)

Jessica Barnhill, University of North Carolina,
Isabel Roth, University of North Carolina,
Holly Thomas, University of Pittsburgh,
Gabriela Castro, University of North Carolina, Keturah Faurot, University of North Carolina

3.00pm – 4.00pm

Panel 20 – Exploring the Role of Mindfulness in Advancing Equitable Instruction in Schools

Doris Chang, New York University,
Lindsay Romano, University of Colorado Boulder, Patricia Jennings,
University of Virginia,
Dennis Williams II, University of Virginia