

# Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being



## Program

### Tuesday, April 16<sup>th</sup>, 2013

	<b>Event</b>	<b>Location</b>
1:00 – 3:00	<b>Registration, Refreshments</b>	Cedar Foyer
2:00 – 2:50	<b>Meditation Group</b>	Cedar Room
3:00 – 4:30	<b>Poster Session &amp; Networking</b>	Maple Room
4:45 – 5:40	<b>Keynote Address</b> <b>Robert Roeser, Ph.D.</b> , Portland State University <a href="#"><u><i>The Emerging Study of Mindfulness in Education and Child Development</i></u></a>	Cedar Room
5:40 – 6:00	<b>Discussion:</b> Advancing the Science of Mindfulness to Enhance Child Well-being	
6:00	<b>Dinner</b>	Pacific Dining

### Wednesday, April 17<sup>th</sup>, 2013

7:00 – 7:45	<b>Yoga Group</b> Yoga, Mindfully: yoga-based mindfulness, using simple chair- or standing poses practiced in street clothes.	Maple Room
8:00 – 9:00	<b>Breakfast</b>	Cedar Foyer
9:15 – 10:45	<b>Symposium: Mindful Parenting</b> <b>Chair: Larissa Duncan, Ph.D.</b> <b>Mindful Parenting</b> - <b>Larissa Duncan, Ph.D.</b> , UCSF School of Medicine <i>Mindfulness Skills Training during Pregnancy and the Early Postpartum Period</i> - <b>Doug Coatsworth, Ph.D.</b> , Penn State University <a href="#"><u><i>Brief Mindfulness Activities to Enhance Parenting Skills: Test of a Randomized Trial</i></u></a> - <b>Maureen Zalewski, Ph.D.</b> , Western Psychiatric Institute & Clinic <a href="#"><u><i>Parent-child Dialectical Behavior Therapy</i></u></a> - <b>Jenn Crawford, MPA</b> , Washington State University Extension <a href="#"><u><i>Mindful Parenting and Yoga for Parents in Correctional and Inpatient Substance Abuse Treatment Facilities</i></u></a>	Cedar Room

11:00 - 12:30	<p><b>Symposium: Mindful Classrooms</b>  <b>Chair: Patricia Jennings, M. Ed., Ph.D.</b>  <b>Mindful Classrooms</b>  - Patricia Jennings, M.Ed., Ph.D. &amp; Christa Turksma,  Penn State University, CARE  <a href="#"><u>Mindfulness-based Interventions for Promoting Well-being among Teachers and Students</u></a>  - <b>Kimberly Schonert-Reichl, Ph.D.</b>, University of British Columbia, MindUp  <i>Promoting Cognitive and Social-Emotional Development Through a Mindfulness-Based Education Program for Elementary-School Children</i>  - <b>Tamar Mendelson, Ph.D.</b>, Johns Hopkins University, Holistic Life Institute Yoga  <i>Promoting Well-Being among Urban Youth with School-Based Yoga</i></p>	Cedar Room
12:30 - 1:30	<b>Lunch</b>	Pacific Dining
1:30 - 2:20	<p><b>Practice Workshop: Christa Turksma</b>, Educational consultant, Mindfulness teacher and co-developer/author of the CARE program  <i>Mindfulness for a Caring Classroom Teacher</i></p>	Cedar Room
2:30 - 4:00	<p><b>Symposium: Mindfulness in Practice with Youth</b>  <b>Chair: Liliana Lengua, Ph.D.</b>  <b>Application of Mindfulness Practices with High-risk Youth</b>  - <b>Liza Mermelstein, M.A.</b>, Ohio University  <a href="#"><u>Using Mindfulness-Based Strategies to Reduce Binge Drinking among College Students</u></a>  - <b>Andrew Fleming, Ph.D.</b>, University of Washington  <a href="#"><u>Randomized Controlled Trial of Group CBT Skills and Mindfulness Training for ADHD Among College Students</u></a>  - <b>David S. Black, Ph.D., M.P.H.</b>, University of California at Los Angeles  <i>Mindfulness training for youth: The state of science</i>  - <b>Marsha M. Linehan, Ph.D.</b>, University of Washington  <i>Translating Zen into Mindfulness Skills</i></p>	Cedar Room
4:15 - 5:10	<p><b>Keynote Address</b>  <b>Mark Greenberg, Ph.D.</b>, Penn State University  <a href="#"><u>Next Steps in Promoting the Science and Practice of Mindfulness for Children, Their Families, and Schools</u></a></p>	Cedar Room
5:10 - 5:30	<b>Discussion: Big Picture and Future Directions</b>	Cedar Room

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