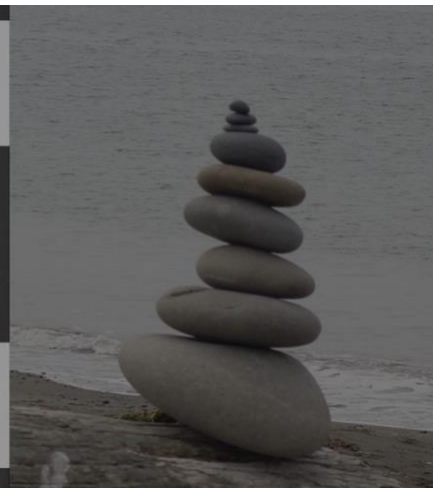


Mindful Families, Schools & Communities: Research-to-Practice Promoting Child Well-being

April 17-18, 2015

Bell Harbor International Conference Center
Seattle, WA

University of Washington
Center for Child & Family Well-being



Schedule: Day 1

Friday, April 17th, 2015

	Event	Location
1:00 – 2:00	Registration, Refreshments	Pre-function Kiosk
1:00 – 2:20	Poster Session & Networking	Sound Room
2:30 – 2:50	Meditation	Sound Room
3:00 – 3:15	Welcome and Introductory Remarks Liliana Lengua, Ph.D. , University of Washington <i>Director, Center for Child & Family Well-being</i>	Sound Room
3:15 – 5:00	Panel: Cultivating Mindfulness with High Risk Youth Kevin King, Ph.D. , University of Washington <i>The Effects of Mindfulness Based Relapse Prevention in a Juvenile Justice Setting</i> Jacinda Dariotis, Ph.D. , University of Cincinnati, Johns Hopkins Bloomberg School of Public Health <i>Student and Teacher Qualitative Perspectives on a School-Based Mindful Yoga Program: Skills Recall and Use</i> Amy Eva, Ph.D. , Seattle University <u>Learning to Breathe: A Mindfulness-Based Curriculum to Support At-Risk Youth</u> Discussion	Sound Room
5:00 – 7:00	Dinner Break on Own	n/a
7:00 – 8:30	Keynote Address Adele Diamond, Ph.D. , University of British Columbia <u>Research Insights into Promoting the Well-Being of Children and their Families</u>	Bay Auditorium

Schedule: Day 2

Saturday, April 18th, 2015

8:00 – 9:20	Continental Breakfast Provided	Pre-function Kiosk
8:30 – 9:20	Sitting Yoga Meditation Cathryn Booth-LaForce, Ph.D. , University of Washington	Sound Room
9:30 – 11:30	Panel: Mindfulness in Parenting Jessica Sommerville, Ph.D. , University of Washington <i>The Impact of Parental Mindfulness Training on Infant Prosociality</i> Larissa Duncan, Ph.D. , University of California, San Francisco <i>The Role of Self-Compassion in Mindful Parenting: A Pilot RCT of the Listening Mothers Program</i> Barbara Burns, Ph.D. , Santa Clara University <i>Promoting Resilience in Young Children through Parenting: A Pilot Study</i> Discussion	Sound Room
11:30 - 12:30	Lunch Provided	Lunch Room
12:30 – 1:45	Practice Workshop Sharon Stanley, Ph.D. , Somatic Transformation <i>Healing Trauma through Relationship: Mindfulness of Neural and Emotional Cues</i>	Sound Room
2:00 – 4:00	Panel: Mindfulness in Communities Experiencing Trauma Rony Berger, Ph.D. , Ben Gurion University, Tel Aviv University <i>Enhancing Resiliency and Cultivating Compassion in Youth</i> Molly Cevasco, M.Ed., BCBA , University of Washington <i>Promoting Mindfulness for Diverse Populations</i> Bonnie Duran, Dr.P.H. , University of Washington <i>Mindfulness in Indian Country – Working with the Legacy of Colonization</i> Discussion	Sound Room
4:00 – 4:15	Break	n/a
4:15 – 5:00	Closing Insights and Future Directions Robert Roeser, Ph.D. , Portland State University <i>Reflections on the Research on Mindfulness and Compassion</i>	Sound Room