



Mindful Families, Schools and Communities: Contemplative Practices to Promote Child & Family Well-Being: *A Guided Contemplation*

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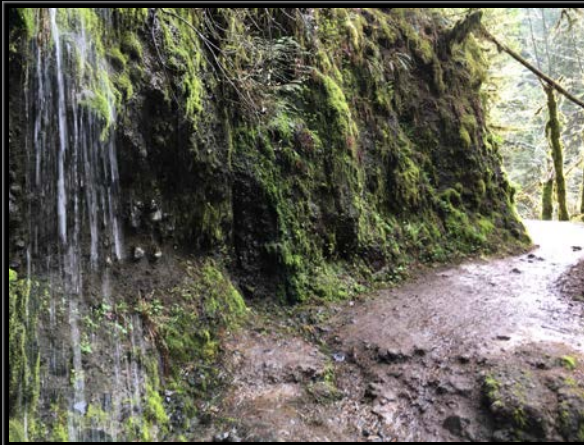
Mindful of Changing Seasons



Pune, March



Kolkata, March (Holi)



Portland
April

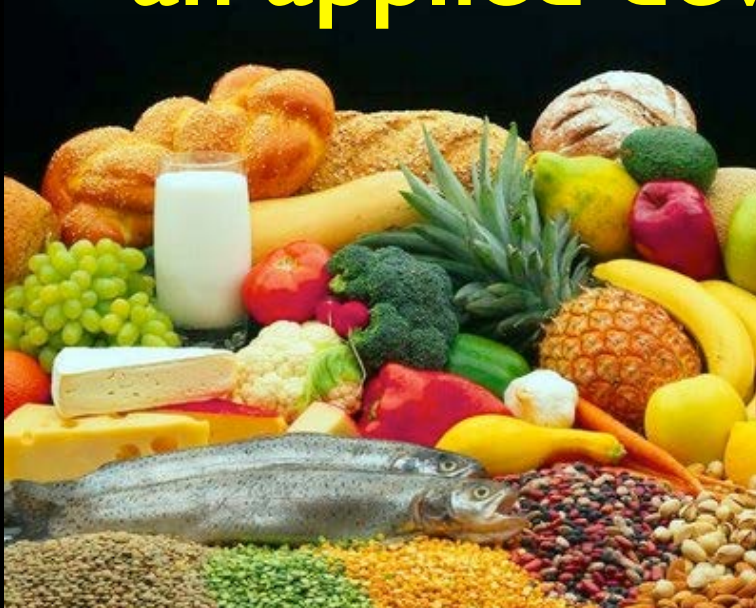


State College
April



Seattle
April

an applied developmentalist's



...for thought and dialogue



咲 (*saku*) "blossom" and 良 (*ra*) "good"

Developmental science is about understanding *change*

Change = “Plasticity”

- Malleable, able to change (not fixed)
- Modifiable by experience (not pre-determined)
- Points towards a probabilistic view of human development
- Points towards an optimistic view regarding the prospects for optimizing human development

Human Potential for Change Across the Lifespan

Plasticity in neurons, gene expression, mindsets, behavior, relationships and life paths



Rutter et al ('98-2007) – Romanian orphans.

Aim: To see whether attachments are effected by institutionalisation.

Procedure: 100 Romanian orphans were assessed at 4, 6 and 11.

Adopted at either:

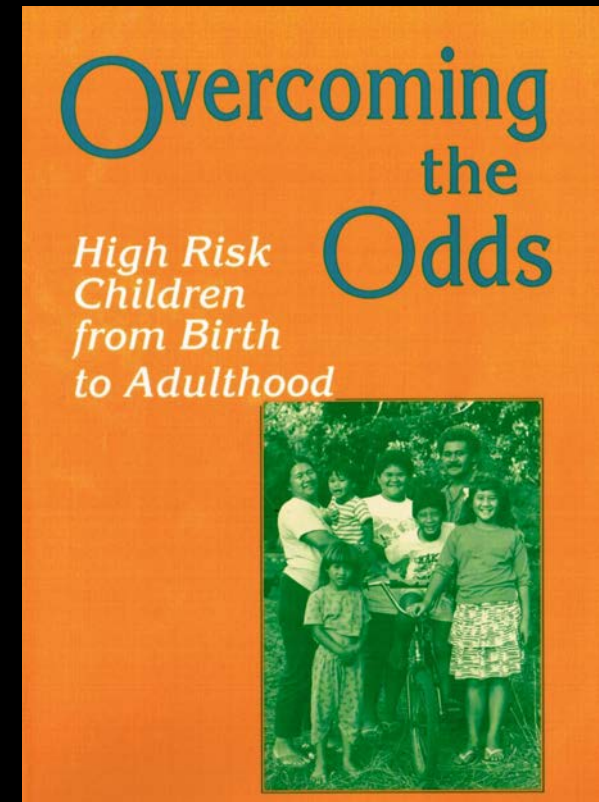
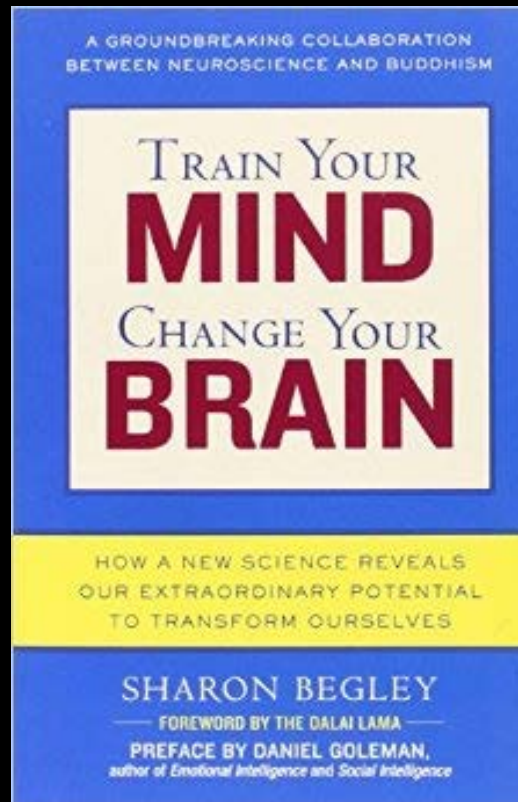
6 months

6-24 months

Or after 24 months.

Findings: Children adopted by British families before the age of six months showed 'normal' development. However, children adopted after six months, showed disinhibited attachment.

Conclusion: Long term consequences are less severe if the child has a chance to form an attachment.



What generates change?

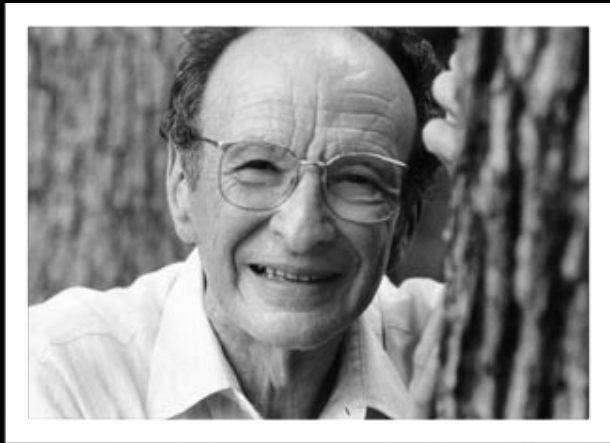


Etheridge Knight
(1931-1991)

The words from my lips,
are falling on the drums of your ears,
so don't think this is casual.

Explaining Human Development via Reciprocal Relationality

(Bronfenbrenner & Morris, 1998)



*...human development takes place through
processes of progressively more complex
reciprocal interaction between an active,
evolving, biopsychological human organism...
and
the persons, objects and symbols in the
immediate external environment”*

Why are we *really* here?



Quiero hacer contigo lo que la primavera hace con los cerezos.
(I wish to do with you what Spring does with the cherry trees)

- Pablo Neruda

Change Connection

**[Vulnerability]
[Courage]**

Change's name....

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

“For the realization of self and the good of the world”

“The greatest good for the greatest number”

“Justice is what love looks like in public”

**One thing that struck you
about our time together**



go to essence

Developmental Contemplative Science

Study of the Potential Effects of Contemplative Practices
on Human Development Across the Lifespan



Developmental Contemplative Science

Advances Seen Here

- Bronfenbrennarian Theoretical Approach
 - Applications in Real World Settings
 - Novel Program Development
 - Focus on Implementation Quality, Instructors, Practice
 - Measures Innovation (e.g., EMA)
 - Innovative Designs (comparative effectiveness)
 - Focus on Diverse and Vulnerable Populations
- Sexual/Gender Minorities
 - Racial / Ethnic Minorities
 - Trauma Histories
 - Depression Histories
 - Low Income Parents
 - Adolescents
 - Families of Transgender Youth
 - Different Geographic Regions

Developmental Contemplative Science Advances Still in Gestation

- Assessing Mindfulness and Compassion with non-self-reports
- Assessing Outcomes of Relationality (e.g., continuing motivation) and Context Change (e.g., hospital policies)
- Meta-theoretical Assumptive Framework of Dialectics/Relationality vs. Dualisms/Independent Objects
- Creating a more Diverse Community of Scientists and Practitioners

Many Questions Raised



Live the questions now.
Perhaps then, someday far in the future,
you will gradually,
without even noticing it,
live your way into the answer...

- Rainer Maria Rilke

*In a racially unjust world,
what good is mindfulness?*

Are we innately good?

*Is the cultivation of mindfulness
sufficient to dis-close compassion,
or is specific training in compassion needed?*

*Can we alleviate all of the stresses and
problems in peoples' lives,
can we remove them all?*

What is the relationship between contemplative practice, personal transformation, and social transformation?

Three+ Moves in Unfolding Movement

- Cultivating Care/Compassion alongside
Mindful Awareness
- Focusing on Systems and Relationships alongside
Individual Outcomes
- Focusing on Equity and Diversity alongside
*Compassion and Common Humanity****

Recognizing Interdependence as Heart of the Work

*In a racially unjust world,
what good is mindfulness?*

What is the relationship between contemplative practice, personal transformation, and social transformation?

**No human is an island, entire of itself
every human is a piece of the continent, a part of the main**

if a clod be washed away by the sea,
Europe is the less, as well as if a promontory were,
as well as if a manor of thy friends or of thine own were

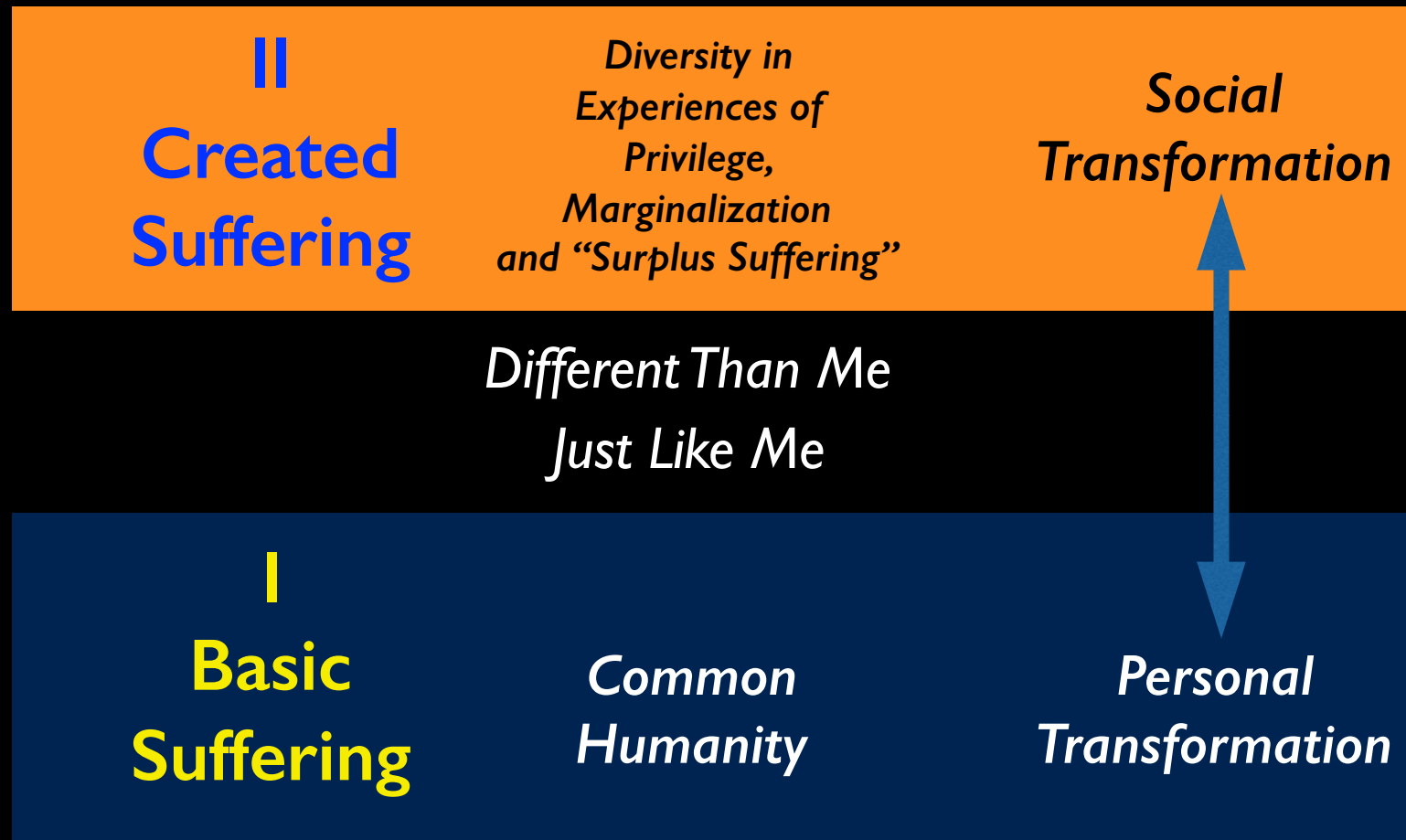
any human's death diminishes me,
because I am involved in humankind

and therefore never send to know
for whom the bell tolls,
it tolls for thee.

-- John Donne



Transforming Systems



*Different Than Me
Just Like Me*

**Expanding the
circle of compassionate concern**

Extending Care

Learning to see others more deeply and connect with their deep human potential means seeing beyond our limiting thoughts, biases and stereotypes about others.





...struggle is to overcome feelings of partiality...

“Fear-Body” + Related Impediments

Seeing Clearly, Non-Partially

I see you
(sawubona)



I am here
(Ngikhona)

Learning to see others more deeply and connect with their deep human potential means seeing beyond our limiting thoughts, biases and stereotypes about others.

**Stay together friends
Don't scatter and sleep,
Our friendship is made
of being awake!**

- Rumi

