Tuesday, April 16th, 2013

**Event**

1:00 – 3:00 Registration, Refreshments

2:00 – 2:50 Meditation Group

3:00 – 4:30 Poster Session & Networking

4:45 – 5:40 **Keynote Address**

Robert Roeser, Ph.D., Portland State University

*The Emerging Study of Mindfulness in Education and Child Development*

5:40 – 6:00 **Discussion:** Advancing the Science of Mindfulness to Enhance Child Well-being

6:00 **Dinner**

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Wednesday, April 17th, 2013

7:00 – 7:45 **Yoga Group**

Yoga, Mindfully: yoga-based mindfulness, using simple chair- or standing poses practiced in street clothes.

8:00 – 9:00 **Breakfast**

9:15 – 10:45 **Symposium: Mindful Parenting**

Chair: Larissa Duncan, Ph.D.

- **Mindful Parenting**
- Larissa Duncan, Ph.D., UCSF School of Medicine
  *Mindfulness Skills Training during Pregnancy and the Early Postpartum Period*
- Doug Coatsworth, Ph.D., Penn State University
  *Brief Mindfulness Activities to Enhance Parenting Skills: Test of a Randomized Trial*
- Maureen Zalewski, Ph.D., Western Psychiatric Institute & Clinic
  *Parent-child Dialectical Behavior Therapy*
- Jenn Crawford, MPA, Washington State University Extension
  *Mindful Parenting and Yoga for Parents in Correctional and Inpatient Substance Abuse Treatment Facilities*
11:00 - 12:30  Symposium: Mindful Classrooms  
Chair: Patricia Jennings, M. Ed., Ph.D. 
Mindful Classrooms  
- Patricia Jennings, M.Ed., Ph.D. & Christa Turksma, Penn State University, CARE  
Mindfulness-based Interventions for Promoting Well-being among Teachers and Students  
- Kimberly Schonert-Reichl, Ph.D., University of British Columbia, MindUp  
Promoting Cognitive and Social-Emotional Development Through a Mindfulness-Based Education Program for Elementary-School Children  
- Tamar Mendelson, Ph.D., Johns Hopkins University, Holistic Life Institute Yoga  
Promoting Well-Being among Urban Youth with School-Based Yoga

12:30 – 1:30  Lunch  

1:30 – 2:20  Practice Workshop: Christa Turksma, Educational consultant, Mindfulness teacher and co-developer/author of the CARE program  
Mindfulness for a Caring Classroom Teacher

2:30 – 4:00  Symposium: Mindfulness in Practice with Youth  
Chair: Liliana Lengua, Ph.D.  
Application of Mindfulness Practices with High-risk Youth  
- Liza Mermelstein, M.A., Ohio University  
Using Mindfulness-Based Strategies to Reduce Binge Drinking among College Students  
- Andrew Fleming, Ph.D., University of Washington  
Randomized Controlled Trial of Group CBT Skills and Mindfulness Training for ADHD Among College Students  
- David S. Black, Ph.D., M.P.H., University of California at Los Angeles  
Mindfulness training for youth: The state of science  
- Marsha M. Linehan, Ph.D., University of Washington  
Translating Zen into Mindfulness Skills

4:15 – 5:10  Keynote Address  
Mark Greenberg, Ph.D., Penn State University  
Next Steps in Promoting the Science and Practice of Mindfulness for Children, Their Families, and Schools

5:10 – 5:30  Discussion: Big Picture and Future Directions