

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

April 28-29, 2017

Seattle, Washington

**Agenda**

**Friday, April 28**

**8:30 – 9:30**

**Registration, Continental Breakfast**

**8:30 – 9:00**

**Hang Posters**

**9:00 – 9:20**

**Meditation, Elizabeth Lin, M.D.**

**9:30 – 9:50**

**Welcome and Introductory Remarks**

**Liliana Lengua, Ph.D.**, Department of Psychology, University of Washington

**Larissa Duncan, Ph.D.**, Human Development & Family Studies, University of Wisconsin-Madison

**Julie Poehlmann-Tynan, Ph.D.**, Human Development & Family Studies, University of Wisconsin-Madison

**10:00 – 10:45**

**Opening Address**

**Richie Davidson**, Founder of the Center for Healthy Minds, University of Wisconsin-Madison

*Well-being is a Skill*

**11:00 – 11:40**

**Keynote Address**

**Angela Rose Black, Ph.D.**, Founder, CEO, Mindfulness for the People  
*Radically Re-Imagining the Mindfulness Movement: #WhoGets2BWell*

**11:50 – 12:20**

**Mindfulness Research in Diverse Communities**

**India Ornelas, Ph.D., MPH**, School of Public Health, University of Washington

*Using Mindfulness Approaches to Reduce Mental Health Disparities among Latina Immigrant Women*

India Ornelas, Ph.D., MPH, Serena Maurer, Ph.D., Daron Ryan, MPH, Katie Querna, Bonnie Duran, Dr.PH, Liliana Lengua, Ph.D.

**12:30 - 1:30**

**Lunch Provided**

**1:30 - 2:50**

**Mindful Prenatal Programs**

**Ira Kantrowitz-Gordon, CNM, Ph.D., ARNP**, School of Nursing, University of Washington

**[Mindfulness childbirth education adapted for women with a history of sexual trauma](#)**

Cynthia Price, Ph.D., Ira Kantrowitz-Gordon, Ph.D., CNM, Becca Calhoun, MPH

**Sona Dimidjian, Ph.D.**, Department of Psychology and Neuroscience, University of Colorado, Boulder

*Preventing Depressive Relapse and Promoting Well-Being among Pregnant Women with Histories of Depression*

**Larissa Duncan, Ph.D.**, Human Development & Family Studies, University of Wisconsin-Madison

**Discussion**

3:00 – 4:20

### **Mindfulness in Parenting**

**Justin Parent**, University of Vermont, Alpert Medical School of Brown University

[\*The Impact of Parental Mindfulness on Family Health and Child Well-being: A Focus on Mechanisms\*](#)

Justin Parent, Hayley Pomerantz, Laura G. McKee, Rex Forehand

**Sydney Iverson, M.S.**, Washington State University

[\*Mindfulness in Parenting, Infant Temperament and Parenting Stress\*](#)

Sydney Iverson & Masha Gartstein, Ph.D.,

**Liliana Lengua, Ph.D.**, University of Washington

[\*Mindfulness in Parenting to Promote Self-Regulation and Social-emotional Competence in Parents and Children\*](#)

Liliana J. Lengua, Erika Ruberry, Corina McEntire

### **Discussion**

4:30 - 5:30

### **Poster Session**

5:30 - 7:00

### **Dinner on Own**

7:00 - 8:30

### **Keynote Address**

**Mark T. Greenberg, Ph.D.**, Founding Director, Bennett Prevention Research Center for the Promotion of Human Development, Penn State

[\*Watering the Seeds of Compassion: Current Knowledge and Future Challenges\*](#)

**Saturday, April 29**

8:00 - 9:30

### **Continental Breakfast Provided**

8:30 - 9:20

### **Meditation, Richard Berger, M.D.**

9:30 - 10:50

### **Compassion and Self-Compassion: Insights and Interventions for Youth and Parents**

**Karen Bluth, Ph.D.**, Department of Physical Medicine & Rehabilitation, University of North Carolina

[\*Surfing the Waves of Adolescence: Findings from a Mindful Self-Compassion Program for Teens\*](#)

**Abra Vigna, Ph.D.**, Human Development & Family Studies, University of Wisconsin-Madison

[\*Does self-compassion facilitate resilience to stigma? A school-based study of sexual and gender minority youth\*](#)

**Russell Toomey, Ph.D.**, Family Studies & Human Development, University of Arizona

[\*Cultivating mindfulness and compassion among trans youth and their caregiver\(s\): Preliminary findings from a pilot study\*](#)

**Julie Poehlmann-Tynan, Ph.D.**, Human Development & Family Studies, University of Wisconsin-Madison

[\*Compassionate Parenting: Effects of Cognitively-Based Compassion Training for Parents of Young Children\*](#)

### **Discussion**

**11:00 - 12:20**

**Supporting Self-regulation in Youth**

**Caroline Boxmeyer, Ph.D.**, Department of Psychiatry and Behavioral Medicine, University of Alabama

**Shari Miller, Ph.D.**, Clinical Research Psychologist, RTI International  
[\*Mindful Coping Power: A preventive intervention to improve emotional and behavioral self-regulation in high-risk, reactive aggressive children\*](#)

**Kevin King, Ph.D.**, Department of Psychology, University of Washington  
*Ecological Momentary Assessment of Mindfulness Practices in Adolescents*

**Discussion**

**12:30 – 2:00**

**Lunch Provided**

**Researcher Lunch with Eve Reider (NIH/NCCIH):** [Strategic Priorities and Funding Opportunities](#) (attendees must pre-register for this event)

**2:00 - 3:20**

**Practice Workshop**

**Cynthia Price Ph.D., MA LMP**, School of Nursing, University of Washington  
*Interoceptive Awareness Skills and Practice: Facilitating Emotion Regulation for Individuals with a History of Sexual Trauma*

**3:30 - 4:30**

**[Closing Insights and Future Directions](#)**

**Robert Roeser, Ph.D.**, Bennett Pierce Professor of Caring and Compassion and Professor of Human Development and Family Studies, Penn State University