



# Science from Within

10 - 13 July 2018, Amsterdam, the Netherlands

International Conference on Mindfulness  
(ICM) 2018





## About the ICM 2018

The International Conference of Mindfulness (ICM) 2018 will be held July 10-13 in the **historic city of Amsterdam, the Netherlands**, under the scientific lead of professors Susan Bögels and Anne Speckens of the University of Amsterdam and the Radboud University Medical Center Nijmegen.

The conference will bring together **progress in mindfulness research** in the domains of medicine, education, organizations, and developmental, clinical and neuropsychology. The theme of the ICM is **“science from within”**, as scientific progress in mindfulness is supported by a deep investigation of the process of mindfulness meditation within ourselves and the people we study.

We aspire the ICM to be wide-ranging and inclusive, and hope that it will reflect diversity in nationalities, ethnicity, and perspectives, welcoming research contributions from across the world and from different traditions. Finally, this ICM will connect mindfulness to literature, music, dance and film events during and around the conference, offering a mixture of activities to enjoy while staying in Amsterdam for the ICM 2018.

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Deadline for abstract submission **January 10th 2018.**

## Conference highlights include:

- The **main conference** with keynote lectures by internationally recognized experts in the field of mindfulness based interventions and meditation practice: Stephen Batchelor, Ruth Baer, Mark Williams, Zindel Segal, Heleen Slagter, Ronald Epstein, Judson Brewer, Martine Batchelor, and Samuel Wong.



Stephen Batchelor



Ruth Baer



Mark Williams

- **In-conference workshops** by Alison Evans, Rebecca Crane and Bethan Roberts, Martine Batchelor, Katherine Weare, Willoughby Britton and Jared Lindahl.
- In addition, there will be **meet-the-expert sessions** with internationally renowned experts including Jon Kabat-Zinn [video-link], Willem Kuyken and Ajahn Amaro, practice sessions, panel discussions, and opportunities to enjoy music, dance or documentary.
- Various **full-day pre-conference workshops** by experts from different backgrounds, including Ronald Epstein, Chris Cullen, Nancy Bardacke and Larissa Duncan, Trish Bartley and Gemma Griffith, Frits Koster and Erik van den Brink, Bart van Melik, Michael Chaskalson and Wibo Koole.
- A two-day non-residential **post-conference retreat** led by Helen Ma and Mark Williams.

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Please visit the conference website [www.icm2018amsterdam.org](http://www.icm2018amsterdam.org)  
for more detailed information.

## Prices (in Euros)

	Early bird fee <i>(until March 10, 2018)</i>	Regular fee
Regular	500	600
Student fee	400	500
Pre-conference workshop <i>(package deal, in combination with main conference)</i>	175	195
Pre-conference workshop <i>(pre-conference only)</i>	250	250
Post-conference retreat <i>(package deal, in combination with main conference)</i>	250	250
Post-conference retreat <i>(retreat only)</i>	300	300

More details about prices, registration and cancellation policies are available at the registration website.

We will apply for accreditation by the Nederlandse Vereniging voor Psychiatrie (NVvP), the Federatie van Gezondheidszorgpsychologen en Psychotherapeuten (FGzPt), and the Vereniging voor Gedragstherapie en Cognitieve Therapie (VGCT).

### Organizing committee:

Prof. dr. Susan Bögels, University of Amsterdam  
Prof. dr. Anne Speckens, Radboudumc, Nijmegen

### Conference secretariat:

Dr. Marloes Huijbers / Ramona van Stuyvenberg-Monfils  
icm2018@radboudumc.nl

### Conference Venue

University of Amsterdam  
Nieuwe Achtergracht 166  
Amsterdam, The Netherlands



Radboudumc  
Centrum voor Mindfulness