

# Conference Day 1: **Wednesday** 11 July 2018

8:00 - 8:45 am	<b>Morning meditation</b>   UvA location "De Overloop / The Bridge "						
8:45 - 9:00 am	Transition time						
9:00 - 10:15 am	<b>Symposium sessions</b>						<b>in-conference workshop 1a</b> Alison Evans <b>"What makes mindfulness-based supervision mindful?"</b>
	<i>Track: Clinical Applications</i>	<i>Track: Clinical Applications</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Working Mechanisms</i>	<i>Track: Philosophical and Dharma Underpinnings</i>	<i>Track: Various</i>	
	<b>"Mindfulness for cancer patients"</b> presented by Melanie Schellekens (chair), Maja Johannsen, Else Bisseling, Soumaya Ahmadoun	<b>"Cross-cultural benefits of Mindfulness-Based Childbirth and Parenting (MBCP)"</b> presented by Larissa Duncan (chair), Samuel Wong, Irena Veringa-Skiba, Kishani Townshend	<b>"Mechanisms and practices of mindfulness in the workplace"</b> presented by Michael Chaskalson (chair), Chris Tamdjidi, Ute Hulsheger, Esther de Bruin, Hiske van Ravesteijn	<b>"Integrating First-Person and Third-Person Perspectives in Contemplative Science"</b> presented by Amit Bernstein (chair), Judson Brewer, Yuval Hadash, Fynn-Mathis Trautwein	<b>"Mindfulness-integrated Cognitive Behaviour Therapy: A Transdiagnostic Approach"</b> presented by Lynette Monteiro (chair), Bruno Cayoun, Alice Shires, Sarah Francis, Andrea Grabovac	<b>"Establishing a contemplation &amp; mindfulness center in the educational system in Israel"</b> presented by Yossi Ben Asher	
10:15-10:45 am	Morning tea break						
10:45 am- 12:00 pm	<b>Symposium sessions</b>						
	<i>Track: Clinical Applications</i>	<i>Track: Clinical Applications</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Working Mechanisms</i>	<i>Track: Working Mechanisms</i>	<i>Track: Philosophical and Dharma Underpinnings</i>	
	<b>"Mindfulness for patients with inflammatory and stress-related somatic disorders"</b> presented by Christina Surawy (chair), Adrián Pérez-Aranda, Rebecca Yeates, Julia Henrich	<b>"Mindfulness-based parenting interventions for mothers of infants and toddlers"</b> presented by Eva Potharst (chair), Eva Potharst, Diane Abatemarco, Myrthe Boekhorst, Moniek Zeegers	<b>"Mindfulness in the Education System"</b> presented by Harald Walach (chair), Marie Ottilie Frenkel, Tammy Gilligan, Nils Altner, Jesus Montero-Marin	<b>"Mindfulness-Based Interventions: What Works Best, For Whom, and Why?"</b> presented by Jeffrey Greeson (chair), Anne Maj van der Velden, Ivan Nyklíček, Jeffrey Greeson, Shian-Ling Keng	<b>"Advanced meditators: experimental and experiential perspectives"</b> presented by Antonino Raffone (chair), Leigh Riby, Qi Wang, James Walsh	<b>"Interconnectedness—The key to personal and collective well-being"</b> presented by Winnie Mak, Ben yu, Amanda Fu (chair)	
12:00 - 12:15 pm	Transition time						
12:15 - 1:00 pm	<b>Parallel keynote 1</b>			<b>Parallel keynote 2</b>			
	Zindel Segal <b>"A Benevolent Frankenstein Enters the Therapeutic Mainstream"</b>			Heleen Slagter <b>"Contemplative Neuroscience: Findings, Challenges, and Future Directions"</b>			
1:00 - 2:00 pm	Lunch break   UvA Location Overloop/Bridge			<b>POSTER SESSIONS</b>			
2:00 - 3:00 pm	<b>Meet-the-expert</b>	<b>Practice session</b>	<b>Panel discussion</b>	<b>Music</b>	<b>Film/Documentary</b>		<b>in-conference workshop 1b</b> Katherine Weare and Jud Brewer <b>"Beyond the 8 week course: a reflection and dialogue about possible follow-up formats to support MBI participants in maintaining and deepening their practice"</b>
	Willem Kuyken - <b>"Mindfulness: the confluence of ancient wisdom and modern psychological science"</b>	Edel Maex - <b>Mindful Communication</b>	<b>"Online embodiment: the possibilities and pitfalls of online Mindfulness"</b> - with Rebecca Crane, Zindel Segal, Arnold van Emmerik. Moderated by Lone Fjorbäck	TBA	TBA		
3:00 - 3:30 pm	Tea break						
3:30 - 4:45 pm	<b>Symposium sessions</b>						
	<i>Track: Clinical Applications</i>	<i>Track: Clinical Applications</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Working Mechanisms</i>	<i>Track: Philosophical and Dharma Underpinnings</i>	<i>Track: Various</i>	
	<b>Implementation of Mindfulness-Based Cognitive Therapy</b> presented by Graham Meadows (chair), Kristen Rawlett, Marleen ter Avest, Kira Steinhaus	<b>Online mindfulness approaches to promote well-being in the community</b> presented by Karen Dobkins (chair), Amanda Li, Winnie Mak, Kathleen Walsh, Eduard de Bruin	<b>"Mindfulness and Other Mind-Body Interventions in Health Professions Education"</b> presented by Aviad Haramati (chair), Sian Cotton, Raphaël Bonvin, Andrea Grabovac	<b>"Uncovering the neurocognitive mechanisms of meditation using functional Magnetic Resonance Imaging"</b> presented by Dirk Geurts (chair), Gunes Sevinc, Anne Maj van der Velden, Thorsten Barnhofer	<b>"From contemplative science to contemplative society"</b> presented by Nirbhay Singh (chair), Wolfgang Lukas, Mareike Smolka, Vincenzo Giorgino	<b>"Integrating Self-Compassion and Acceptance &amp; Commitment Therapy (ACT) for Children and Teens"</b> presented by David Dewulf and Sacha Rombouts	
4:45 - 5:15 pm	Transition time						
5:00- 6:00 pm	<b>Plenary Keynote</b>						
	Stephen Batchelor <b>"Secular Dharma: From Truths to Tasks"</b>						
6:00 PM	Closure						

# Conference Day 2: Thursday 12 July 2018

8:00 - 8:45 am	<b>Morning meditation</b> by Ajahn Amaro   UvA location "De Overloop / The Bridge "						
8:45 - 9:00 am	Transition time						
9:00 - 10:15 am	<b>Symposium sessions</b>						<b>in-conference workshop 2a</b> Martine Batchelor: " <b>The Impact of Mindfulness of Feeling Tone (vedana) on Well-Being</b> "
	<i>Track: Clinical Applications</i>	<i>Track: Clinical Applications</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Working Mechanisms</i>	<i>Track: Working Mechanisms</i>	<i>Track: Various</i>	
	<b>"Cost-effectiveness of Mindfulness-Based Interventions"</b> presented by Janneke Grutters (chair), Lotte Janssen, Félix Compen	<b>"Mindfulness-Based Programs for Families with Autism Spectrum Disorder"</b> presented by Esther de Bruin (chair), Mette Elmoose, Dexing Zhang, Anna Ridderinkhof, Oleg Medvedev	<b>"Mindfulness and Leadership Research"</b> presented by Wendy Kersemaekers (chair), Silke Rupperecht, Kiki Vreeling, Megan Reitz, Elizabeth King	<b>"Letting in the light: The role of mindfulness in eliciting positive emotion"</b> presented by Brian Ostafin (chair), Nicole Geschwind, Hester Trompetter, Barney Dunn, Dirk Geurts	<b>"Mindfulness and cognitive processes in major depressive disorder"</b> presented by Willem Kuyken (chair), Frances Shawyer, Christine Kuehner, Pawel Holas	<b>"Mindfulness-based interventions for refugees"</b> presented by Katleen Van der Gucht (chair), Juditta Ben David, Inge de Leeuw	
10:15-10:45 am	Morning tea break						
	<b>Symposium sessions</b>						
	<i>Track: Clinical Applications</i>	<i>Track: Clinical Applications</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Working Mechanisms</i>	<i>Track: Philosophical and Dharma Underpinnings</i>	<i>Track: Various</i>	
10:45 am- 12:00 pm	<b>"Are Mindfulness-Based Self-Help Resources Helpful?"</b> presented by Clara Strauss (chair), Heather Taylor, Jenny Gu, Moitree Banerjee	<b>"Mindfulness-Based Interventions for Children and Adolescents with ADHD"</b> presented by Nirbhay Singh (chair), Renée Meppelink, Herman Lo, Anna Huguët, Corina Greven	<b>"Common Suffering - Addressing the Hearts, Minds, and Bodies of Health Professionals"</b> presented by Cara Geary (chair), Lucy Sternburgh, Ruth Lerman, Dawn MacDonald	<b>"Exploring the brain and behavioral mechanisms of MBIs for depression and anxiety"</b> presented by Philippe Goldin (chair), Marina Lopez-Sola, Le-anh Dinh-Williams, Norman Farb	<b>"Assessing mindfulness and discernment"</b> presented by Harald Walach (chair), Josef Mattes, Oscar Lecuona, Sarah Chan	<b>"Mindfulness, art and performance"</b> presented by Tim Lomas (chair), Heather Kempton, Anne-Marie Czajkowski, Jian-Hong Chen	
12:00 - 12:15 pm	Transition time						
12:15 - 1:00 pm	<b>Parallel keynote 1</b>			<b>Parallel keynote 2</b>			
	Judson Brewer <b>"The craving mind: why we get hooked, and how mindfulness helps us break free from addictive habits"</b>			Ron Epstein <b>"Attending: Mindful Practice at Work"</b>			
1:00 - 2:00 pm	Lunch break   UvA Location Overloop/Bridge			<b>POSTER SESSIONS</b>			
2:00 - 3:00 pm	<b>Meet-the-expert</b>	<b>Practice Session</b>	<b>Panel Discussion</b>	<b>Dance</b>	<b>Film/Documentary</b>		<b>in-conference workshop 2b</b> Rebecca Crane & Bethan Roberts: " <b>Widening the Circle of Concern: resourcing ourselves to meet the challenge of enabling accessibility</b> "
	Jon Kabat-Zinn via video live-stream <b>"Too Early to Tell: The Potential Impact and Challenges Inherent in the Mainstreaming of Dharma in an Increasingly Dystopian World"</b>	Willem Kuyken <b>Compassion</b>	<b>"Does cognitive therapy need mindfulness?"</b> with Claudi Bockting; Johannes Michalak; Clara Strauss; Susan Bögels; Moderated by Fabio Giommi	TBA	TBA		
3:00 - 3:30 pm	Tea break						
	<b>Symposium sessions</b>						
	<i>Track: Clinical Applications</i>	<i>Track: Clinical Applications</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Working Mechanisms</i>	<i>Track: Philosophical and Dharma Underpinnings</i>	<i>Track: Various</i>	
3:30 - 4:45 pm	<b>"Tapering of antidepressant medication - trials and tribulations"</b> presented by Zindel Segal (chair), Anders Sørensen, Willem Kuyken, Carolien Wentink, Claudi Bockting	<b>"Using mindfulness-based interventions in addictive behaviours"</b> presented by Judson Brewer (chair), Oscar Lecuona, Kimberly Carrière, Nadine Richter, Konstantinos Zervos	<b>"Mindful management in larger organizations"</b> presented by Felicia Huppert (chair), Arndt Büssing, Ravindra Ganesh, Elisabeth King	<b>"Social psychological insights into mindfulness"</b> presented by Tim Hopthrow (chair), Geoffrey Haddock, Kim Lien van der Schans, Colin Foad, Lynsey Mahmood	<b>"Philosophical and anthropological perspectives on the mindfulness movement"</b> presented by Graeme Nixon (chair), Jane Kellock Arnold, Ngar-Sze Lau, Josef Mattes	<b>"Using sound to heal: from metaphysics to application"</b> presented by Murali Nair (chair), Nicholas Schwalbe, Gabrielle Bodzin, Nils de Mol van Otterloo	
4:45 - 5:15 pm	Transition time						
5:00- 6:00 pm	<b>Plenary Keynote</b>						
	Ruth Baer <b>"Ethical Issues in Mindfulness-Based Programs"</b>						
6:00 PM	Closure						

# Conference Day 3: **Friday** 13 July 2018

8:00 - 8:45 am	<b>Morning meditation</b>   UvA location "De Overloop / The Bridge "						
8:45 - 9:00 am	Transition time						
9:00 - 10:15 am	<b>Symposium sessions</b>						<b>in-conference workshop 3A</b>
	<i>Track: Clinical Applications</i>	<i>Track: Clinical Applications</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Working Mechanisms</i>	<i>Track: Working Mechanisms</i>	Willoughby Britton & Jared Lindahl <b>“Meditation Safety: Research and Practice”</b>
	<b>“Online mindfulness-based cognitive therapy for cancer patients”</b> presented by Marije van der Lee (chair), Linda Cillessen, Marije van der Lee, Félix Compen, Julia Wahl	<b>“Mindfulness for chronic somatic conditions”</b> presented by Barbara Pickut (chair), Gillian Mathews, Erica Sibinga, Lotte Berk	<b>“Mindfulness in the workplace: scientific evidence and open questions”</b> presented by Wibo Koole (chair), Silke Rupperecht, Esther de Bruin, Wendy Kersemaekers, Linda Kantor	<b>“Mindfulness in the justice system”</b> presented by Machteld Hoeve (chair), Jennifer McIntyre-Smith, Nelleke van Zessen & Nienke Bouw, Christina Spinelli	<b>“Trajectories and dynamic changes during and after mindfulness interventions”</b> presented by Ruth Baer (chair), Evelien Snippe, Ivan Nyklíček, Christopher May, Nina Vollbehrr	<b>“Breaking the cycle of desire: The role of mindfulness in craving for alcohol, drugs, and food”</b> presented by Brian Ostafin (chair), Brian Ostafin, Petri Engelen, Esther Aarts, Mike Keesman	
10:15-10:45 am	Morning tea break						
	<b>Symposium sessions</b>						
	<i>Track: Clinical Applications</i>	<i>Track: Clinical Applications</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Mindfulness in Society</i>	<i>Track: Working Mechanisms</i>	<i>Track: Philosophical and Dharma Underpinnings</i>	
10:45 am- 12:00 pm	<b>“Self-compassion interventions: qualitative and quantitative impact”</b> presented by Maya Schroevers (chair), Angelica Lopez, Terri Messman-Moore, Marion Spijkerman, Rhoda Schuling	<b>“Adults with ADHD and parents of children with ADHD”</b> presented by Philip Asherson (chair), Lotte Janssen, Dirk Geurts, Herman Lo	<b>“Critical and Social Perspectives on Mindfulness”</b> presented by Kristina Eichel (chair), Rachel Lilley, David Forbes, Nicholas Canby	<b>“Diversity in the mindfulness community?”</b> presented by Erica Sibinga (chair), Charles Freligh, Randolph Chan, Tiara Cash	<b>“Experimental studies investigating the possible working mechanisms of mindfulness”</b> presented by Johannes Michalak (chair), Nikolett Eisenbeck, Zaffie Cox, Inka Papenfuss, Katleen Van der Gucht	<b>“If you treasure it, measure it: assessing mindfulness, compassion, and equanimity”</b> presented by Ruth Baer (chair), Clara Strauss, Philippe Goldin, Amit Bernstein	
12:00 - 12:15 pm	Transition time						
12:15 - 1:00 pm	<b>Parallel keynote 1</b>			<b>Parallel keynote 2</b>			
	Martine Batchelor			Samuel Wong			
	<b>"The Impact of Mindfulness of Feeling Tone (vedana) on Well-Being"</b>			<b>"From Cradle to Grave: Taking a life course approach to mindfulness interventions"</b>			
1:00 - 2:00 pm	Lunch break   UvA Location Overloop/Bridge			<b>POSTER SESSIONS</b>			
2:00 - 3:00 pm	<b>Meet-the-expert</b>	<b>Practice session</b>	<b>Panel discussion</b>	<b>Music</b>	<b>Film/documentary</b>	<b>Clinical Lesson</b>	
	Ajahn Amaro <b>“Unshakable Well-Being – is the Buddhist concept of enlightenment a meaningful possibility in the current age?”</b>	George Langenberg - <b>Yoga</b>	<b>"Can meditation do more harm than good?"</b> with Willoughby Britton; Jared Lindahl; Ruth Baer; Rogier Hoenders. Moderated by Edel Maex	TBA	TBA	Trish Bartley <b>“Mindfulness and Cancer: A Clinical Lesson”</b>	
3:00 - 3:30 pm	Tea break						
3:30 - 4:30 pm	<b>Plenary Keynote</b>						
	Mark Williams						
	<b>"Mindfulness: keeping our balance"</b>						
4:30 - 4:45 pm	Closure by Susan Bögels & Anne Speckens						