



ICM Asia Pacific 2019

Auckland, New Zealand

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ICM Asia Pacific 2019 Keynote – Craig Hassed Mindfulness: the hype, the hopes and the fears

There is such a lot of interest in mindfulness-based approaches from so many quarters now. Many questions regarding the applications and benefits of mindfulness have been clarified but many remain to be answered. For example, what are the prospects for future mindfulness research? Is mindfulness a panacea? Are there potential adverse events associated with mindfulness-based practices? Are there legitimate concerns regarding the more widespread adoption of mindfulness? This keynote address will explore these and related questions.

