



INTERNATIONAL CONFERENCE ON MINDFULNESS ASIA-PACIFIC

Auckland

9-13 February 2019

PRELIMINARY CONFERENCE PROGRAMME

Saturday, 9 February

Full-day Workshop/Mini-Retreat at the Grand Millennium Hotel Auckland 9:00am – 5:00pm

Travelling on the Ancient Path of Transformation and Wisdom: A Day of Mindfulness Practice and Dialogue with Bruno Cayoun

Sunday, 10 February

Pre-Conference Workshops

9:30am – 12:30pm	Pre-Conference Workshop #1 with Jean Kristeller <i>An Introduction to Mindfulness-Based Eating Awareness Training (MB-EAT)</i>	Pre-Conference Workshop #2 with Grant Rix <i>Mindfulness is more than a technique: understanding the Four Foundations of Mindfulness</i>	Pre-Conference Workshop #3 with Linda Humphreys & Kwong Chan <i>Mindfulness in action – combining mindfulness and affective reflective journaling as a contemplative space for self awareness and emotional balance</i>
1:30pm – 4:30pm	Pre-Conference Workshop #4 with Tish Jennings <i>Mindfulness and the Emotional Art of Teaching: Enlivening</i>	Pre-Conference Workshop #5 with Bruno Cayoun & Alice Shires <i>The transdiagnostic elements of Mindfulness-integrated Cognitive</i>	Pre-Conference Workshop #6 with Renske van den Brink & Fiona Moir <i>Mindful Self-Compassion: The</i>

	<i>Teaching and Learning</i>	<i>Behaviour Therapy and their applications to crisis and comorbidity in clinical practice</i>	<i>Antidote to Perfectionism and Conflict</i>
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Monday, 11 February					
9:00am	Official Opening Ceremony				
9:30am – 10:30am	Opening Plenary Keynote Address by Assoc. Prof. Craig Hassed, Monash University Mindfulness: the hype, the hopes and the fears				
10:30am – 11:00am	Break: Morning tea available				
11:00am – 12:20pm	Symposium A1: Health Chair: Wrapson <i>Shires, Hough, Chiu</i>	Symposium A2: Education Chair: Moir <i>Rix, Bernay</i> Pause, Breathe, Smile: teaching	Symposium A3: Māori and Pasifika Perspectives Chair: Neha <i>Ketu-McKenzie,</i>	Symposium A4: Philosophical/Conceptual Chair: Thorpe <i>Wong, Lam</i> Common	Symposium A5: Practical Chair: Henning <i>Schwabe, Henning</i>

	<p>Mindfulness-integrated Cognitive Behaviour Therapy in clinical psychology training</p> <p><i>Meadows, Shawyer, Hickey</i></p> <p>The Mindfulness-based cognitive therapy (MBCT) group as a metaphor for the meditating mind</p> <p><i>Zhang, Ng, Lin, Ting, Gao, Lee</i></p> <p>Mindfulness-based cognitive therapy for grief (MBCT-</p>	<p>and researching mindfulness in New Zealand schools – Part 1</p> <p><i>Bernay, Devcich, Graham, Rix, Rubie-Davies</i></p> <p>Pause, Breathe, Smile: teaching and researching mindfulness in New Zealand schools – Part 2</p> <p><i>Klap, Glendenning, Mansfield, MacCallum</i></p> <p>Mindful leadership - school principals leading with calmness, clarity and focus</p> <p><i>Morgan, Albrecht</i></p> <p>Environmental mindfulness</p>	<p><i>Phillip, Holley-Boen</i></p> <p>The effects of Mindfulness-Based Stress Reduction on the psychological and physiological profiles of Māori women with early life stress</p> <p><i>Brown, Gilchrist, Hotene, Hotene, Teraitua, O'Farrell, Rickard, Samuels</i></p> <p>Wefting in Aotearoa: a mindfulness-based program integrating wisdom of Te Ao Māori with a trauma-</p>	<p>humanity in mindfulness practice: a review of the self-other relationship in secular and Buddhist practices</p> <p><i>Ng</i></p> <p>Preparing for the path: introducing mindfulness to youth without teaching mindfulness</p> <p><i>Compson</i></p> <p>Is mindfulness secular or religious, and does it matter?</p>	<p>Motion in stillness and stillness in motion (guided mindful movement utilising qigong)</p>
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	G) for parents of children with cancer-related death: A mixed-method pilot study <i>Lev-Ari, Schnaider-Levi, Mitnik, Zafrani</i> Controlled trial of the Inquiry-Based Stress Reduction Meditation technique for teachers' burnout	lessons for children: a content analysis	informed and transdiagnostic approach <i>Fages</i> The Maui Aloha Project: an ecovillage mindfully created to foster wellness <i>Livermore</i> The traditions of Māori mindfulness evolving into the present		
12:20pm – 1:30pm	Break: Lunch available				
1:30pm – 2:30pm	Plenary Keynote Address by Assoc. Prof. Patricia (Tish) Jennings, University of Virginia Building a peaceful world with mindfulness and compassion in education				
2:35pm – 3:35pm	Symposium A6: Health Chair: Moir	Symposium A7: Mindfulness in	Symposium A8: Māori Perspectives	Symposium A9: ADHD and ASD	Symposium A10: Practical Chair:

	<p><i>Normand, Held</i> Testing the feasibility of a brief mindfulness-based intervention for military posttraumatic stress disorder</p> <p><i>Kosacky, Cairnie-Sorensen, Simmons, Ramkhelawan, Denis</i> Caring for carers – intentional mindfulness for hospital staff</p> <p><i>Avny, May</i> Mindfulness training for staff within the public health system</p>	<p>Organisations Chair: Henning</p> <p><i>Grimm</i> Mindfulness for warriors: tracing the lessons from implementing an evidenced-based mindfulness programme in a modern day military</p> <p><i>Retna</i> Mindfulness-based programme: understanding the experiences of Singapore employees</p> <p><i>Shahbaz</i> State mindfulness of academic professionals in New Zealand: an explorative</p>	<p>Chair: Neha</p> <p><i>Fox, Murphy, Neha, Jose, Grimshaw</i> Exploring mindfulness in the Māori culture: lessons for cross-cultural research</p> <p><i>Moeke-Maxwell, Scurr</i> Stars of Aroha: Breast cancer leads to the development of an indigenous, bicultural, mindfulness resource to calm the worried mind</p> <p><i>Gordon</i> Conceptualising Māori mindfulness: the tensions</p>	<p>Chair: Medvedev</p> <p><i>Janson, Singh</i> Meditation on the soles of the feet as a tool to reduce aggression and improve self-regulation in people with intellectual and developmental disabilities</p> <p><i>Lam, Porter</i> Mindfulness training and children with autism spectrum disorder: effectiveness and correlation across different cognitive levels</p> <p><i>Chan, Zhang, Bögels, Chan, Lai, Lo, Yip, Lau, Gao, Wong</i></p>	<p>Thorpe</p> <p><i>Dvorak</i> “Witness the Yuck” - practising mindfulness in the pursuit of greater psychological flexibility</p>
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		study of their perspectives and experiences	and opportunities when reconciling mindfulness and an indigenous worldview	The effects of a mindfulness based intervention - MYmind - for children with ADHD and their parents: protocol of a randomised controlled trial	
3:35pm – 4:00pm	Break: Afternoon tea available				
4:00pm – 5:00pm	Symposium A11: Health Chair: Thorpe <i>Jacobsen, Peters, Chadwick</i> Mindfulness-Based Crisis Interventions (MBCI) for psychosis within acute inpatient psychiatric	Symposium A12: ADHD and ASD Chair: Singh <i>de Bruin, Meppelink, Oort, Bögels</i> Medication or meditation for ADHD? Results of an RCT <i>Medvedev,</i>	Symposium A13: Mind & Brain Chair: Siebert <i>Rahey</i> How does understanding of interoception lead to mindfulness practice for individuals with autism spectrum	Symposium A14: Bicultural Discussion Forum Chair: Neha Panel: Rix, O'Farrell, Moeke-Maxwell Followed by open discussion	Symposium A15: Interactive Chair: Taylor <i>Mindfulness for Change Community</i> Small group practice session

	<p>settings: a feasibility randomised controlled trial</p> <p><i>Morton, Helminen</i> Mindfulness intervention buffers stress among at-risk youth</p> <p><i>Hickey, Nelson, Meadows</i> Development and evaluation of a mindfulness with compassion program for youth with psychotic symptoms</p>	<p><i>Singh, & Nabors</i> Preventive effects of mindfulness-based positive behavior support (MBPBS) program with mothers and their children with autism spectrum disorder: A randomized controlled trial</p> <p><i>Singh, Medvedev, & Nabors</i> Preventive effects of the MBPBS program with mothers and their children with autism spectrum disorder: Behavioral observations of mother-child interactions</p>	<p>disorder?</p> <p><i>Doborjeh, Doborjeh, Taylor, Kasabov, Wang, Siegert, Sumich</i> Understanding the creation of functional pathways through mindfulness intervention based on brain-inspired spiking neural networks</p> <p><i>Lee, Wang, Taylor, Sumich, Krägeloh, Siegert</i> The effects of combining webinar and in-person mindfulness training on cognition</p>		
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5:00pm	Finish for the day
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Tuesday, 12 February

8:00am – 8:45am	Guided morning meditation (Laurence, Dorrestein)				
9:00am – 10:00am	Plenary Keynote Address by Prof. Jean Kristeller, Indiana State University Creating a mindful relationship with our food and our bodies: the principles and practices of MB-EAT				
10:05am – 10:45am	Symposium B1: e-Posters Chair: Medvedev <i>Kosacky, Cairnie-Sorensen, Simmons, Ramkhelawan, Denis</i> Labyrinth walk as	Symposium B2: e-Posters Chair: Henning <i>Finci</i> Listening: the effects of a mindfulness-based story program on comprehension and autonomous practice of children aged 6 to	Symposium B3: e-Posters Chair: Taylor <i>Yu</i> Mindfulness in intercultural communication for EFL learners in the Chinese context <i>Taylor, Seiuli,</i>	Symposium B4: Methods Chair: Siegert <i>Strohmaier, Jones, Strauss, Cavanagh</i> Dose-response meta-regression of mindfulness-based interventions – method,	Symposium B5: Interactive Chair: Wrapson <i>Mindfulness for Change Community</i> Small group practice

	<p>spiritual health therapy for hospital staff</p> <p><i>Djokovic, Dykes</i> Veterinarian wellbeing in New Zealand – examining the effects of a Mindfulness-Based Stress Reduction (MBSR) intervention</p> <p><i>Deng</i> The effects of mindfulness-based training intervention on managers' burnout treatment and turnover prevention: mediated by</p>	<p>7 years</p> <p><i>Keng, Kiat, Liu, Yu</i> Effects of neurofeedback-assisted mindfulness practice on emotional reactivity and cognitive interference</p> <p><i>Porter</i> Mindful architecture students: a pilot study investigating the effects of MBSR on architecture student well-being</p>	<p><i>Dewes, Siegert</i> A conceptual exploration of how mindfulness may be incorporated as part of a Pacific therapeutic model</p> <p><i>Corner</i> F.E.A.R: Finding Enlightenment After Rage</p>	<p>challenges and preliminary findings</p> <p><i>Davies, Van Dam, Sharpe, Day, Colagiuri</i> Mindfulness in context: how placebo research can help us improve mindfulness-based interventions and research methodologies</p>	<p>session</p>
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	self-leadership				
10:45a m – 11:10a m	Break: Morning tea available				
11:10a m – 12:30p m	Symposium B6: Health Chair: Wrapson <i>Chan, Humphreys, Fitzmaurice, Rogers</i> Ready for your first clinical death? The role of mindfulness and affective reflective journaling in exploring simulated clinical death <i>Dignum, Liu-</i>	Symposium B7: Health and Body Chair: Henning <i>Arthurson</i> Changing from the inside out: mindfulness practice and aging <i>Jansen, Zayed, Kittsteiner</i> Mindfulness and self-compassion and the relation to body image in Omani and German students	Symposium B8: Interpersonal Relationships and Parenting Chair: Taylor <i>Townshend</i> Anchored: an interpretative phenomenological analysis of the change processes facilitating mindful parenting <i>Irving, Barber, DeGiorgio</i> A taste of mindfulness in antenatal	Symposium B9: Mindfulness & Self-Compassion in Education Chair: Medvedev <i>Deery, Quach, Van Dam</i> A play-oriented, teacher-delivered mindfulness-based intervention for disadvantaged preschoolers: results from a pilot cluster randomised	Symposium B10: Philosophical / Conceptual Chair: Moir <i>Kamble</i> Understanding wrong mindfulness for right mindfulness <i>Compson</i> Enabling or empowering? Can mindfulness enable unethical conduct on a systems level, or does it

<p><i>Ambrose, Eng, Prakash, Best, Chun, Munkacsy, Diane</i> Assessing the impact of mindful meditation, combined with exercise, on mobility and cognitive function among older adults with chronic stroke</p> <p><i>Dunin, Dunin</i> The effect of mindfulness training prior to total joint arthroplasty on post-operative pain and physical function: a randomised controlled trial</p>	<p><i>Sistig</i> Mindfulness-Based Movement Therapy in mental health services: embedding evidence into practice</p> <p><i>Raman, Saha</i> Measuring mindfulness: effect of Rajayoga meditation on executive functioning, perceived stress, coping and emotion regulation in meditators and non-meditators</p>	<p>classes</p> <p><i>Dixon, Overall</i> Regulating the risk of rejection: Dispositional mindfulness predicts more adaptive responses to daily relationship stress</p> <p><i>Doron, Golan</i> Parents' wellbeing: What do we need to know before adapting mindfulness therapy?</p>	<p>control trial</p> <p><i>Tarrasch</i> Training children or their teachers? Comparing the effects of different approaches for implementing mindfulness and care among school children</p> <p><i>Hwang, Medvedev, Singh</i> Mindfulness and self-compassion for teacher wellbeing and person-centred teaching practices</p> <p><i>Medvedev, Hwang, Singh, Krägeloh</i></p>	<p>empower us to resist it?</p> <p><i>Barbier</i> Learning mindfulness while learning qualitative research skills: an unexpected partnership?</p> <p><i>Lee</i> Content analysis of mindfulness research from 1979-2018</p>
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	<i>Wrapson, Siegert, MAST Study team</i> Mindfulness after stroke: thematic analysis of stroke survivor feedback interviews			The protective role of dispositional self-compassion and mindfulness for teacher stress	
12:30p m – 1:30p m	Break: Lunch available				
1:30p m – 2:30p m	Plenary Keynote Address by Venerable Chwasan, Head Dharma Master Emeritus of Won Buddhism Title TBC				
2:35p m – 3:35p m	Symposium B11: Education Chair: Henning <i>Jang, Ko</i> The social	Symposium B12: Early-Childhood Education Chair: Medvedev <i>Hatton-Bowers,</i>	Symposium B13: Philosophical/Conceptual Chair: Moir <i>Laurence, de Terte</i>	Symposium B14: Interactive Chair: Siegert <i>Hopkinson, Hawley</i> “A Mindful Choice” –	

	<p>role of mind practice: Focusing on the Simsim-Puri M3 (meta-mind meditation) Program</p> <p><i>Baek</i> A study on the influence of a mindfulness program on friendship in elementary school students</p> <p><i>Mysko, Henning, Park, Moir, Krägeloh, Hobson, Webster</i> Integrating mindfulness and physical exercises for medical</p>	<p><i>Foged, Clark, Parra, Calvia</i> Promoting the mental well-being of early childhood professionals with mindfulness and reflection</p> <p><i>Kim, Jackman, Jo, Oh, Ko, McPherson, Singh</i> Mindfulness-based daily practice program for pre-school children: feasibility and acceptability</p> <p><i>Jackman</i> Randomized controlled trial of a mindfulness-based social emotional learning program for preschool children</p>	<p>The relational, experiential pedagogy of mindfulness-based interventions: towards a living, non-conceptual contemporary praxis</p> <p><i>Dorrestein</i> Marrying the quantitative research demands with teaching mindfulness in research: Some of the challenges and opportunities</p> <p><i>Hunting</i> The mindful consumer: the role of mindfulness in the adoption of sustainable lifestyles</p>	<p>documentary film clip and interactive workshop</p>	
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	students: a systematic review				
3:35p m – 4:00p m	Break: Afternoon tea available				
4:00p m – 5:00p m	<p>Symposium B15: e-Posters Chair: Siegert</p> <p><i>Keng, Jun</i> Effects of mobile app-supported daily mindfulness practice on psychological symptoms and executive functioning</p> <p><i>Lee, Chong</i> The effect of child-based self-worth of middle-aged Korean mothers upon parenting stress, parenting</p>	<p>Symposium B16: e-Posters Chair: Henning</p> <p><i>Heo, Gim, Nam</i> The effect of impartiality training on loving-kindness and compassion-extendibility</p> <p><i>Lee, Lee</i> The effect of evaluative conditioning on binge eaters'</p>	<p>Symposium B17: Philosophical/ Conceptual Chair: Wrapson</p> <p><i>Lee</i> Explicating the mechanisms of mindfulness in light of topology</p> <p><i>Park, Jang</i> Mindfulness as daily life practice – a comparison of Sati practice and Yu-Nyeom practice</p> <p><i>Jo</i> A new approach of how to sit in sitting meditation</p>	<p>Symposium B18: Practical Chair: Moir</p> <p><i>Fages</i> Chi Kong Yoga Energetics Workshop</p>	

	<p>sense of competence, and psychological adaptation</p> <p><i>Stephens, Hiltner</i> Tasmania - a mindful state</p> <p><i>Thomas</i> Mindful English Language Teaching (MELT): foundations and practice</p> <p><i>Whitehead, Bates, Elphinstone</i> The relative contributions of nonattachment to self and self-compassion, to psychological distress and psychological wellbeing for individuals with and without depressive symptoms</p>	<p>implicit and explicit attitude toward food</p> <p><i>Maroney, Luthi, Hanney, Mantell, Barclay</i> Audit of a Mindfulness-Based Cognitive Therapy (MBCT) course within a prison</p> <p><i>Park</i> Approach to mindfulness concept: religious, theoretical, practical</p> <p><i>Khamdai</i> Chanting the Dhammacak kappavattana</p>			
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	<p><i>Andersen, Bright</i> Moments of mindfulness: A thematic analysis of students' experience with incidental mindfulness and its influence on subjective wellbeing</p>	<p>Sutta in concentrative mind: significance, techniques and purposes</p> <p><i>Das</i> Mindfulness and compassion</p>			
5:00p m – 6:30p m	Break				
6:30p m – 8:30p m	Conference Dinner				

Wednesday, 13 February

8:30am – 9:15am	Guided morning meditation (Schwabe, Henning)				
9:30am – 10:50am	<p>Symposium C1: e-Health Chair: Siegert</p> <p><i>Semmens-Wheeler, Fasciola-Barnes</i> The effect of mindfulness app use in complex needs students: a pilot study</p> <p><i>Macaulay, Munro, Connaughton, Hassed, Chambers</i> Effects of a brief online mindfulness-based intervention: mental health outcomes and their relationship to meditation practice</p>	<p>Symposium C2: Mindfulness in Healthcare Relationships Chair: Bagnis</p> <p><i>Bagnis, Khaldi, Gillon</i> Mindfulness as an approach to patient's empowerment</p> <p><i>Dobkin, Bagnis, Bernardi</i> Mindful doctors: less burn out, more patient-centered care?</p> <p><i>Charvin, Bagnis, Klimecki, Mariette, Dobkin</i> MB-Care: a specific mindfulness-based intervention for those who</p>	<p>Symposium C3: Philosophical/ Conceptual Chair: Henning</p> <p><i>Liou</i> Embracing the unknowing in psychotherapy from the perspective of <i>Ch'i</i></p> <p><i>Shahbaz</i> Mindfulness-based intervention in the organisations: a conceptual framework of purpose, perspective, practice, and process</p>	<p>Symposium C4: Education Chair: Moir</p> <p><i>Weisberg</i> Challenges in introducing mindfulness courses in legal education</p> <p><i>Fielden</i> Mentoring mindfully: extending human potential for academic staff</p> <p><i>Elphinstone, Whitehead, Tinker, Bates</i> The academic</p>	<p>Symposium C5: Interactive Session Chair: Thorpe</p> <p><i>Laurence, Dorrestein</i> An experiential taste of the praxis of Mindfulness for Change Hui: Whaka-whanaungatanga and sensing and responding</p>

	<p>quantity and quality</p> <p><i>Bartlett, Martin, Sanderson, Otahal, Kilpatrick, Neil</i> App-based mindfulness: Is self-guided learning sufficient?</p> <p><i>Belton</i> Making it work: an evaluation of a workplace-facilitated online mindfulness intervention for health care workers</p>	<p>care</p> <p><i>Menestrel</i> Therapeutic and ritual efficacy within mindfulness practices: an anthropological approach</p>	<p><i>Peiris</i> Using mindfulness to transcend the matter</p> <p><i>Tsai</i> Temporality as an issue in mindfulness</p>	<p>benefits of 'letting go': the contribution of mindfulness and nonattachment to adaptability, engagement, and grades</p> <p><i>Thomas</i> Calm, caring, critical, and creative: mindfulness framings across the disciplines in Aotearoa New Zealand</p>	
10:50am – 11:20am	Break: Morning tea available				
11:20am – 12:20pm	<p>Symposium C6: Health Chair: Wrapson</p> <p><i>Emerson, Aktar, Biesters, de Bruin, Potharst, Bögels</i> Mindful parenting in secondary child mental health: key</p>	<p>Symposium C7: Philosophical/ Conceptual Chair: Moir</p> <p><i>Schutte, Malouff</i> Connections between mindfulness and nature</p> <p><i>Porter</i></p>	<p>Symposium C8: Mind & Brain Chair: Medvedev</p> <p><i>Ghanbari, Kempton, Kreplin</i> Self-report measures of mindfulness and expectancy effects</p>	<p>Symposium C9: Practical Chair: Thorpe</p> <p><i>Smallman</i> Mindfulness and art therapy: identifying 'direct experience' using the format of</p>	

	<p>parenting predictors of treatment seekers and treatment effects</p> <p><i>Mattner</i> Mindfulness parallel writing – a potent strategy for psychological birth trauma</p> <p><i>Sniewski, Farvid, Carter, Csako</i> Change through stillness: mindfulness meditation as an intervention for men with self-perceived problematic pornography use (SPPPU)</p>	<p>Does space matter? Conceptualising the relationship between mindfulness-based interventions and the physical environment</p> <p><i>Altay</i> Mindfulness in architecture and interior design</p>	<p><i>Norman</i> Mindfulness versus mindlessness: the dual-systems debate all over again?</p> <p><i>Whitehead, Bates, Elphinstone</i> Stories of suffering and growth: a qualitative investigation of nonattachment</p>	R.A.I.N.	
12:20pm – 1:20pm	Break: Lunch available				
1:20pm – 2:20pm	Plenary Keynote Address by Dr. Tony Fernando, University of Auckland Mindfulness + Compassion = Kindfulness				
2:20pm – 3:20pm	Conference Closing Ceremony				



3:20pm – 4:00pm	Break: Afternoon tea available
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