

For a healthy and mindful New York ... Stronger higher education ... A more just and resilient society

LAUNCHING SUNY INITIATIVES ON

Mindfulness & Health

A multidisciplinary scholarly conference

March 4, 2016 ☞ 9 a.m. to 5 p.m.

Center for the Arts ☞ The University at Buffalo

SOLD OUT!

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[LEARN ABOUT OUR FEATURED SPEAKERS](#)

David Vago, Ph.D.
Harvard Medical School
Brigham & Women's Hospital

Daniel Barbezat, Ph.D.
Amherst College
Center for Contemplative Mind In Society

Joseph Belluck, Esq.
Trustee, State University of New York

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The first SUNY-funded scholarly conference to foster research and education on mindfulness across the disciplines.

Due to your extraordinary response, the conference has sold out and registration is now closed. However, to allow more of you to participate than we can meet in person, we will be **live-tweeting the conference using the hashtag #SUNYMindfulnessHealth**. Please follow us on Twitter at @SUNYMindHealth for more details.

NEW!

SUNY MINDFULNESS & HEALTH IN THE NEWS

[Conference Co-Director Lisa Napora, Ph.D. interviewed in *The Buffalo News Refresh*](#)

[Conference Featured in the UB Reporter](#)

In addition, we will be making video of the conference sessions available on this site as soon as we can after the conference.

Mindfulness is a cognitive training process that enhances awareness, attention, and the ability to bring mental and emotional processes under greater voluntary control. Over the last 25 years, research in a multitude of fields including neuroscience, medicine and the health sciences, psychology, and education has demonstrated far-reaching benefits of mindfulness on health, learning, and well-being, including:

- Ameliorating symptoms of chronic illness
- Enhancing mental health as a therapy for anxiety and depression
- Increasing focus, attention, and critical thinking
- Improving academic learning
- Improving social well-being by managing emotions and instinctive reactions
- Managing stress and stress-related disease

[Click here to learn more.](#)

David Vago, Ph.D.
Psychiatry and Neuroscience
Brigham & Women's Hospital
Harvard Medical School

David Vago is an associate psychologist in the Functional Neuroimaging Laboratory, Brigham & Women's Hospital, and an instructor at Harvard Medical School. Dr. Vago's research interests broadly focus on utilizing translational models to identify and characterize neurobiological substrates mediating psychopathology, to better predict outcomes and potential biologically-based diagnostic and therapeutic strategies for those suffering with mental illness. He aims to clarify adaptive mind-brain-body interactions and their therapeutic relevance in psychiatric settings. In this context, Dr. Vago has been specifically focusing on the study of mindfulness-based interventions in clinical settings, and the basic neuroscientific mechanisms by which mindfulness-based practices function.



Daniel Barbezat, Ph.D.
Economics, Amherst College
Center for Contemplative Mind
in Society

Daniel Barbezat is Professor of Economics at Amherst College where he specializes in economic history. He is also Executive Director of the Center for Contemplative Mind in Society, the national hub for contemplative teaching and learning in higher education. The Center is committed to the positive transformation of the education system by supporting the use of contemplative/introspective practices to create active, engaged learning environments. Dr. Barbezat has lectured on contemplative learning and pedagogy at more than 60 Teaching & Learning Centers nationally. His latest book, *Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning* (Jossey-Bass), was released last winter.



Joseph Belluck, Esq.
Trustee
State University of New York

SUNY Trustee Joseph W. Belluck is a founding partner of Belluck & Fox LLP, a nationally-recognized law firm that represents individuals with asbestos and mesothelioma claims. A dedicated, compassionate attorney recognized for high ethical standards, Mr. Belluck has spent his entire legal career representing injured consumers and workers. A graduate of Binghamton University and the SUNY Buffalo Law School, he is an advocate for contemplative pedagogy in higher education.



MORE CONFIRMED SPEAKERS

Catherine Cook-Cottone, Ph.D.

Associate Professor

Counseling, School & Educational Psychology
University at Buffalo, State University of New York

Sherri Darrow, Ph.D.

Clinical Assistant Professor

Epidemiology & Environmental Health
University at Buffalo, State University of New York

Ronald Epstein, M.D.

Professor, Family Medicine,

Psychiatry & Oncology
University of Rochester Medical Center

Carl Fulwiler, M.D., Ph.D.

Professor, Psychiatry & Medicine

University of Massachusetts Medical School

Dan Huston, M.S.T.

Professor, English

New Hampshire Technical Institute

Michael Krasner, M.D.

Professor, Clinical Medicine

University of Rochester Medical Center

Hedva Lewittes, Ph.D.

Professor, Exceptional Education & Learning

SUNY Old Westbury, State University of New York

Attending the Conference

Registrant check-in and light breakfast for this one-day conference will begin at 8:30 a.m. on March 4, 2016 at the [Center for the Arts](#) at the University at Buffalo, State University of New York. The Center for the Arts is located on the University's North Campus. To decrease congestion at the door, we ask that registrants mail in payment as soon as possible.

Blocks of rooms are reserved at the nearby [Comfort Inn Amherst](#) (\$85/night), [Candlewood Suites Amherst](#) (\$95/night), and the [Buffalo Marriott Niagara](#) (\$134/night; includes airport shuttle). When you reserve a room at either the Comfort Inn or Candlewood Suites, be sure to mention "UB's Mindfulness & Health Conference" to receive the conference rate.

Event Parking and Shuttle Service. A map of North Campus can be found [here](#). Please enter at the Coventry Entrance. Event parking signs will direct you to the designated event parking lot – the **Stadium Lot**. (Cars without UB parking tags will not be ticketed in this lot only.)

Handicapped accessible parking is available in the Slee B lot. Entering campus at Coventry, proceed up Coventry Road and look for "HANDICAP PARKING" signage.

A special event shuttle will provide continuous service between the Stadium Lot and the Center for the Arts throughout the day. The shuttle will begin operation at 8:15am, running approximately every 6 minutes.

A special event shuttle will also provide service between nearby conference hotels (the Marriott on Millersport Highway, Comfort Inn & Candlewood Suites on Flint Rd.) and the Center for the Arts. This shuttle will provide service between 8am - 9am and 4pm - 5pm, running approximately every 15 minutes.

Steven Lynn, Ph.D.

Distinguished Professor, Psychology
Binghamton University, State University of New York

Sue Mann Dolce, Ph.D.

Associate Director of Consultation & Research
Accessibility Resources
University at Buffalo, State University of New York

Stephanie Phillips, J.D.

Professor of Law, SUNY Buffalo Law School
State University of New York

Loretta Pyles, Ph.D.

Associate Professor of Social Welfare
University at Albany, State University of New York

Why Mindfulness & Health?

So much more remains to be learned. This conference will convene the many state-wide SUNY projects on contemplative pedagogy, mindfulness-based stress reduction techniques (MBSR), mindfulness-based cognitive therapy (MBCT), and other research to identify the range of existing SUNY work on mindfulness, identify gaps in the research, and begin to develop a SUNY-wide research agenda on mindfulness and all forms of well-being.

U.S. expenditure on health care is greater than any other country, yet statistics related to life expectancy and other health and well-being indices are disproportionately low.

Chronic disease is the leading cause of death and disability in the U.S. New York's medical and healthcare dilemma mirrors that of our nation; its costs are overwhelming our state budget.

A shift in focus from illness to prevention and wellness is paramount. Such a shift requires the collective research, activism, and organization of individuals and groups across campuses, institutions, disciplines, cultures, and ethnicities, from practitioner and pedagogical perspectives.

Fostering multidisciplinary research and education in mindfulness across the SUNY system will provide a foundation for New York State to lead in the development of solutions not only for our nation's burgeoning chronic health problems but also for global health concerns.

What is Mindfulness?

Watch Jon Kabat-Zinn, Ph.D. (University of Massachusetts Medical School), founder of Mindfulness-Based Stress Reduction (MBSR), discuss one definition of mindfulness [here](#).

Conference Schedule—March 4, 2016, Center for the Arts, University at Buffalo

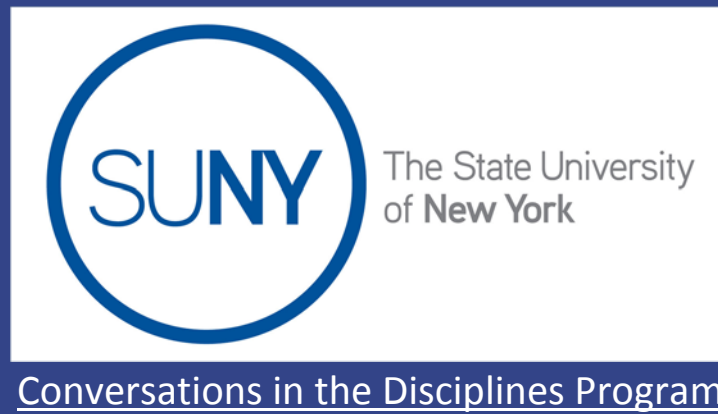
8:30 - 9:00 am	Registration Poster Set-up Continental Breakfast
9:00 – 9:30 am	Opening Meditation <i>Dr. Bharat Jayaraman</i> <i>Professor of Computer Science & Engineering, University at Buffalo</i> Welcome <i>Dr. Dennis Black</i> <i>Vice Provost for Student Affairs, University at Buffalo</i> Opening Address <i>Joseph Belluck, Esq.</i> <i>Trustee, State University of New York</i>
9:30 -10:45 am	Keynote Address & Discussion <i>Contemplative Pedagogy in the 21st Century University: A Research Agenda</i> <i>Dr. Daniel Barbezat</i> <i>Economics, Amherst College</i> <i>Executive Director, Center for Contemplative Mind in Society</i>
10:45 - 11:00 am	Break
11:00 - 12:15 pm	Parallel Panel Sessions <ul style="list-style-type: none">• <i>Clinical Education & Training of Healthcare Professionals</i>• <i>Mindfulness & Campus Services</i>
12:15 - 1:30 pm	Lunch
12:45 - 1:30 pm	Poster Session
1:30 - 2:45 pm	Keynote Address & Discussion <i>Neuroscientific Assessment of the Impact of Mindfulness on Brain Functioning</i> <i>Dr. David Vago</i> <i>Psychology and Neuroscience</i>

Harvard Medical School, Brigham & Women's Hospital

2:45 - 3:00 pm	Break
3:00 – 4:15 pm	Parallel Panel Sessions <ul style="list-style-type: none">• <i>Mindfulness-Based Interventions for Health Promotion & Disease Prevention</i>• <i>Mindfulness & Education</i>
4:15 – 5:00 pm	Closing Session, Networking & Refreshments

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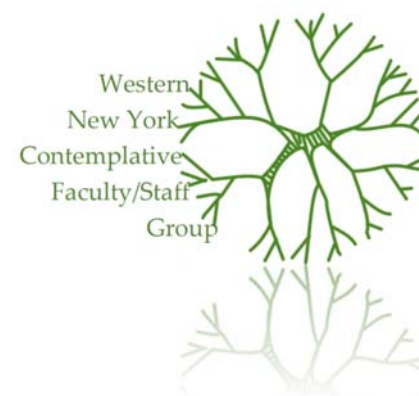
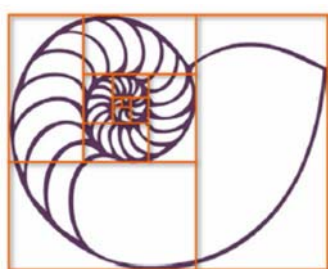
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