Contemplative Practices to Promote Child and Family Well-Being
October 9-10, 2015
Second Biennial Conference
Nancy Nicholas Hall, 1300 Linden Drive, University of Wisconsin, Madison

Friday, October 9, 8:00am-5:30pm

8:00-8:45am Registration open: 1st Floor Link, Nancy Nicholas Hall (lobby)

8:45am Welcome (Plenary Hall; 5th floor) Larissa Duncan, Ph.D., Associate Director of the Center for Child and Family Well-Being, University of Wisconsin-Madison

9:00-10:15am Keynote Speaker (Plenary Hall; 5th floor) — Charles Raison, M.D., Mary Sue and Mike Shannon Chair for Healthy Minds, Children & Families, Professor, Human Development & Family Studies, University of Wisconsin-Madison

Cognitively-Based Compassion Training and well-being

10:15-10:30am Break

10:30-12:00pm Choice of Panels

Panel 1 (Plenary Hall; 5th floor) Contemplative practice interventions with children in public education settings
Organized by Lisa Flook, Ph.D., Scientist at the Center for Investigating Healthy Minds, University of Wisconsin-Madison; Lori Gustafson and Chad McGehee, Kindness Curriculum instructors

Panel 2: (Rm 2255; 2nd floor)
Mindfulness or exercise for preventing respiratory infection: Two randomized trials
Bruce Barrett, M.D., Ph.D., Physician and Professor, UW Family Medicine and Community Health

Mindful climate action: Mindfulness for reducing environmental impact
Cathy Middlecamp, Ph.D., Professor, UW Nelson Institute and Office of Sustainability; Bob Gillespie, Ph.D., Clinical Psychologist and Director of UW Mindfulness Program; Maggie Grabow, MPH, Ph.D., Postdoctoral Research Fellow with Family Medicine and UW Global Health Institute (alternate, Margaret Mooney, MPA, Earth Science Educator; UW Space Science and Engineering Center)

12:00-1:30pm Lunch on your own

1:30-3:00pm Keynote Speaker (Plenary Hall; 5th floor) — Richard Davidson, Ph.D., Professor, University of Wisconsin-Madison

Well-being is a skill: Perspectives from contemplative and affective neuroscience

3:00-3:15 Break

3:15-4:00 Meditation Session (Plenary Hall) led by Cortland Dahl, doctoral candidate at the University of Wisconsin-Madison; Tergar International Co-Founder and Chairman

4:00-5:30pm Poster Session, 3rd floor 100 Women Wall, with complimentary appetizers

Dinner on your own
Saturday, October 10, 7:00am – 4:00pm

7:00-7:45am **Complimentary Yoga**, (Plenary Hall; 5th floor) Nancy Nicholas Hall, Nina Laubach of Alignment Yoga

7:30-8:30am **Complimentary Breakfast** buffet, outside Rm 2235

8:45-10:15am **Keynote Speaker** (Rm 2235; 2nd floor) — Larissa Duncan, Ph.D., Elizabeth C. Davies Chair in Child & Family Well-Being, Associate Professor, Human Development & Family Studies, University of Wisconsin-Madison and Healthy Minds, Children, & Families Specialist, UW-Extension

*Mindful parenting as a path to family well-being: Bringing secular contemplative practices into social interactions*

10:15-10:30am Break

10:30-12:00pm **Choice of Panels**

**Panel 3**: (Rm 2235) **Early childhood precursors of compassion and mindful awareness**
Organized by Carolyn Zahn-Waxler, Ph.D., Scientist at the Center for Investigating Healthy Minds and School of Human Ecology, University of Wisconsin-Madison

*Development of empathic concern for others across the first year of life*
Maayan Davidov, Ph.D., Carolyn Zahn-Waxler, Ph.D., Ronit Roth-Hanania, Yael Paz, Florina Uzefovsky, & Tal Orlitisky, Hebrew University of Jerusalem & University of Wisconsin-Madison

*Young children’s narrative representations of family life: Internalization processes and possibilities for mindful parenting*
JoAnn Robinson, Ph.D., University of Connecticut-Storrs

**Panel 4**: (Rm 2255) **The road to cultural relevance: Mindfulness training for African American women in families and communities**
Organized by Angela Rose Black, Ph.D., Complementary and Alternative Medicine Research Fellow, Department of Family Medicine and Community Health, University of Wisconsin, Madison

Natalie Watson, Doctoral Candidate, Community/Clinical Psychology, University of Illinois, Urbana-Champaign

Lisa Peyton Caire, Founder, The Foundation for Black Women’s Wellness

12:00-1:30pm **Lunch on your own**

1:30-3:00pm **Keynote Speaker** (Rm 2235): Sona Dimidjian, Ph.D., Associate Professor, Department of Psychology and Neuroscience, University of Colorado, Boulder

*Motherhood, mental health, and mindfulness*

3:00-4:00pm **Closing Discussion** (Rm 2235) with conference presenters including Drs. Charles Raison, Larissa Duncan, Angela Black, Bruce Barrett, and Sona Dimidjian

Co-sponsored by the Center for Child & Family Well-Being in the School of Human Ecology; the Center for Investigating Healthy Minds at the Waisman Center; and the 4W Initiative at the University of Wisconsin-Madison