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
8:45am Welcome, Julie Poehlmann-Tynan, Ph.D., Director of the Center for Child and Family Well-being, University of Wisconsin-Madison
9:00-10:15am Keynote Speaker — Charles Raison, M.D., Professor, University of Arizona

Cognitively-Based Compassion Training and well-being

10:15-10:30am Break
10:30-12:00pm Education Panel
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: Contemplative practice interventions with children in public education settings

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

1:30-3:00pm Keynote Speaker: Larissa Duncan, Ph.D., Associate Professor, University of California-San Francisco

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

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

4:00-5:30pm Poster Session, with complimentary appetizers (Your conference name tag will serve as admission to this event)

Dinner on your own

Saturday, October 10, 7:00am – 4:00pm

7:00-7:45am Complimentary Yoga in the LINK of Nancy Nicholas Hall, Scott Anderson of Alignment Yoga

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

8:45-10:15am Keynote Speaker — Richard Davidson, Ph.D., Professor, University of Wisconsin-Madison

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

10:15-10:30am Break

10:30-12:00pm Health and Well-being Panel
Organized by Angela Black, Ph.D., Complementary and Alternative Medicine research Fellow, UW-Madison Department of Family Medicine: The road to cultural relevance: Mindfulness training for African American women in families and communities

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

1:30-3:00pm Keynote Speaker: Sona Dimidjian, Ph.D., Professor, University of Colorado, Boulder

Mindfulness-based cognitive therapy and depression

3:00-4:00pm Discussion with Drs. Richard Davidson, Charles Raison, Larissa Duncan, 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