



PROGRAM

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PROGRAM

30/09/2022

Introduction

A preliminary program was released a week in advance of the closure of the early-bird registration. This program version is a minor update of that. The program will continue to be refined through time. A final version, aside from last-minute changes, will include specific delivery times and be available on 14th October.

All the content listed here, whether delivered recorded or live, is planned to be part of the conference; there may be additional content particularly some more integrative content in strand five. There will be some rearrangement of times for at least three reasons:

1. To better align in-person presentations in Melbourne and Auckland;
2. To better align speaker time zones and availability;
3. To strengthen thematic coherence in sessions.

The draft program gives all potential participants an indication of the content and the span of contributions. Constructing such a program involves some hard choices; to presenters we apologise if you find you have less time than you may have hoped for. If anyone had a presentation accepted that isn't here, please let your strand lead know.

We believe this will be a broad, inclusive, and diverse, conference program which people can either sample during the conference live or access later and over time. Constructing such a program involves some hard choices; to presenters we apologise if you find you have less time than you may have hoped for. If anyone had a presentation accepted that isn't here, please email southern.synergy@monash.edu making clear which strand it is and we'll pass that on to the strand lead. The draft program gives all potential participants an indication of the content and the span of contributions. We hope you find this useful, that you will attend the conference and that it will be a rich, rewarding and informative experience for all involved.

Graham Meadows and Fran Shawyer for the Conference Organising and Program Committees



PROGRAM

Notes

Colour formats

Table 1 Colour key

Keynotes	
Symposia	
Workshops	
Panels and ceremonies	
Free papers	
Posters	
Practice session	
Unclear/unallocated	
Discussions	
Breaks	

Times

All times for Days 1,2 and 4 are AEDT time zone which is UTC+11. NZDT applies in Auckland which is UTC+ 13, Time information for day 3 includes AEDT and NZDT.



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Program

Day one 15/11/2022

Table 1: Day 1 Tuesday 15 November (Monash hybrid day)

Location	Online and Monash Caulfield				
Time	Strand				
	1	2	3	4	5
0800-0845	Conference opening – Welcome to Country				
0900-1000				S4 (1): Launch Keynote Susan Bögels. Mindfulness to go: Delivery of mindfulness in a changing world.	
1000-1100	S1 (1): Launch Keynote Eva Natanya. Re-Encountering Soteriology: The Question of Ultimate Transformation as the Purpose of a Contemplative Path.				
11.00-11.15	Morning Tea Break				
11.15-12.00	S1 Symposium 1 Woods, T., Lekshe, T., Berryman, K., McKinnon, P. Contentless Experiences: What it is Like to Have Them, and How Does One Access Them? Scientific	S2 Free papers 1 White, L. Nuancing relationally complex experiences in mindfulness research through embodied	S3 Symposium 1 Strohmaier, S., Bowles, N., Zohar, S., Van Dam, N. Too much or not enough of a good thing? Exploring dose-response in mindfulness and meditation.	S4 Free papers 1 Mortimer, E., Tsourtos, G., De Zylva, R., Ward, P. The Resilience Interventions for Smoking Cessation ('RISC') study: Increasing resilience and reducing smoking for	

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Location	Online and Monash Caulfield				
Time	Strand				
	1	2	3	4	5
	and Practitioner Perspectives Across Meditation Traditions.	<p>methods.</p> <p>Birtwell et al. Exploring Mindfulness for People from Areas of Socioeconomic Deprivation: a realist review.</p> <p>Levy, N. Toward a Critical Mindfulness for All.</p> <p>Meadows, G. et al. Australia lacks effectively universal mental health care - which is a problem for providers and potential consumers of Mindfulness Based Interventions.</p>		<p>lower socio-economic groups.</p> <p>Xu, J-Q., & Chen, K. H. Y. Effects of an eight-week online mindfulness program on wellbeing in research postgraduate students: preliminary quantitative and qualitative results from a randomized controlled trial.</p> <p>Li, C. M., Chan, K., Mak, W. Mindful Flourishing- Promoting college students' mental well-being through cultivating mindfulness with online and offline approaches.</p>	
12.00-12.45				<p>S4 Posters 1</p> <p>Pierce, L. Mindfulness with young people Meaningfully.</p>	
12.45-13.15	Lunch break				
13.15-14.00	<p>S1 Discussion 1</p> <p>Guess, D. Christian Meditation and Ecological Living.</p>	<p>S2 Free papers 2</p> <p>Woods, T. Subjective Experiences of Committed Meditators</p>	<p>S3 Free papers 1</p> <p>Hickey, T., et al. Dismantling Mindfulness and Compassion</p>	<p>S4 Symposium 1</p> <p>McCaw, CT., Primdahl. N., Winky, L.</p>	

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Location	Online and Monash Caulfield				
Time	Strand				
	1	2	3	4	5
14.00-14.45		<p>Across Practices Aiming for Contentless States.</p> <p>DeLys, S. Smudging the Borderlines of Mindfulness Research Paradigms.</p> <p>Torresi, T. Decolonising Politics: Buddhist Social movements and Love as Resistance.</p> <p>Weerakoon, K. Metta Gardening.</p>	<p>Interventions: What Factors Impact Outcomes?</p> <p>Sevar, K., Mind Baby Body (MBB) mindfulness-based group program for women with anxiety and depression in pregnancy: a pilot study.</p> <p>Pavlova, A., et al. Co-designing compassion interventions in healthcare.</p>	<p>Critical Perspectives on Mindfulness in Education: What has been achieved, what's missing, and what's next?</p>	
14.45-1500	Afternoon tea break				
1500-1600	<p>S1 Discussion 2 Peiris, I. Is there a Present Moment?</p>				<p>S5 Discussions Sharlow, S. Muslim-Christian Interspiritual Contemplative Practice.</p> <p>Sanders, P. Zen and Christian Practice</p>
1600-1700	<p>S1 Discussion 3 Fitzgerald, R., Gertrude of Helfta on Contemplation.</p>	<p>S2 Workshop 1 Brown, L. & Edwards, B.K. Mindfulness & Spaces of Inequity – How We Can do Better in Australia? -</p>	<p>S3 Free papers 2 Shireen, S., et al. A Body Scan Meditation Reduces Negative Affect and Food Cravings in Emotional Eaters: A</p>		

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Location	Online and Monash Caulfield				
Time	Strand				
	1	2	3	4	5
			<p>Randomized Controlled Study of the Effects, Mediators, and Moderators.</p> <p>Wu, C., et al. The Effects of Mindfulness, Reappraisal on Personal Growth Initiative and Self-forgiveness: A Pilot Study Using Audio Guided Reflection to Enhance Self-forgiveness.</p> <p>Yu, B. C. L., et al. Mediating Role of State Nonattachment in the Relationship between State Mindfulness and Mental Health: An Ecological Momentary Assessment.</p>		
1700-1715	Evening refreshment break				
17.15-18.15		<p>S2: Symposium 1 DeLys, S., Warner, L., Fries, K., Wehner, K., Contemplative Artmaking: Social and Ethical Potentials.</p>	<p>S3: Symposium 2 Van Dam, N., Canby, N., Davides, J., Cebolla, A., Galante, J. (Chair/Discussant) Understanding unusual experiences in contemplative practice.</p>		Day 1 panel discussion

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Location	Online and Monash Caulfield				
Time	Strand				
	1	2	3	4	5
18.15-18.30	End of day practice - dedication				
1900-21.30					Optional local evening events TBD

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PROGRAM

Day Two 16/11/2022

Table 2: Day 2 Wednesday 16 November (online only)

Location	Online only				
Time	Strand				
	1	2	3	4	5
0800-0845	Morning practice, motivation				
0900-1000			S3 (1): Day Keynote Prof Katie Witkiewitz. Mindfulness-Based Interventions for Substance Use Disorder and Addictive Behaviors.		
1000-1100	S1 Discussion 4 McDougal, E. Contemplative Learning and the Modern Headspace.			S4 Discussion 1 Fisher, L. & Offman, A. Mindfulness in the age of Zoom.	
11.00-11.15	Morning Tea Break				
11.15-12.00	S1 Symposium 2 Lekshe, T., et al. Living Your Dying – A Guide to the Inevitable.			S4 Brief papers 1 Wells, J. Mindfulness Contemplation for Time-Poor 21st Century Educators. Hall, J., et al. How do we measure resilience in children aged 0-12? A systematic review	MiCBT Symposium Cayoun, B., Shires, A., Francis, S., Shawyer, F. “Weaving the strands together: spiritual, ethical, clinical, psychometric and technological facets of Mindfulness-integrated

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Location	Online only				
Time	Strand				
	1	2	3	4	5
12.00-12.45				S4 Free papers 2 Listiyandini, R., et al. A culturally adapted internet-delivered mindfulness intervention for Indonesian university students: Outcome of pilot trial. Henning, M. Mindfulness and Taijiquan: Implications for students' learning and wellbeing in higher education. Dickson, C., et al. Study protocol to investigate the acceptability, appropriateness, and feasibility of an online mindfulness course for people diagnosed with cancer - the OM-C study. Teo, C., et al. Reflexivity in Mindfulness Teaching and Research Practice: A narrative approach in the Design	Cognitive Behavior Therapy".

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Location	Online only				
Time	Strand				
	1	2	3	4	5
				and Implementation of an Online Mindfulness Training for Singapore educators.	
12.45-1315	Lunch break				
13.15-14.00	S1 Free papers 1 Murphy, A. The Psychotherapeutic Value of the Five Aggregates in Mindfulness-based Therapy.	S2 Workshop 1 David, J-M. Meditation in Schools - an improvement pathway.	S3 Free papers 3 Bartlett, L. OMM: An observer-report questionnaire about mindful behaviours – what would you use it for and how would it work? Vainre, M., et al. The Work Engagement and Well-being Study (SWELL): A randomised controlled feasibility trial evaluating the effects of mindfulness versus light physical exercise at work.	S4 Workshop 1 Rix, G. The past, present and future of Pause Breathe Smile: Celebrating a 10-year journey of implementing mindfulness in New Zealand schools.	
14.00-14.45	Boxer, A. How Mindfulness Based Interventions Use Mindfulness Compared to Their Traditional Buddhist Uses. Piette-Yves, B. Nurturing Compassion by Expanding One's Understanding of Selfhood Their Traditional Buddhist Uses. Whitehead, R., et al. Do we need the self to be happy?		Tong, A., et al. Nonattachment at work on well-being among working adults in Hong Kong. Davies, J.		

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Location	Online only				
Time	Strand				
	1	2	3	4	5
			Is mindfulness just a placebo? Current evidence and future considerations. Bailey, N. How to study mindfulness using EEG.		
14.45-1500	Afternoon tea break				
1500-1600	S1 (2): Mid-conference Keynote Stephen Batchelor. Title to be advised.				
1600-1700	S1 Workshop 1 Change, R. Revitalizing Goldberg's Mindful Writing Practice as a Zen Arts Practice.	S2 Free papers 3 Chang, R. Creative writers' experiences of an especially tailored mindfulness course. Bartos, LJ. et al. Effectiveness of the CRAFT Program versus Active Controls for Increasing Mindfulness Skills and Well-Being Amongst Student Musicians During Pandemic Times.		S4 Discussion 2 Hohwy, J. & Hased, C. Recreating the Contemplative University.	
1700-1715	Evening refreshment break				
17.15-18.15		S2 (1): Day Keynote			

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Location	Online only				
Time	Strand				
	1	2	3	4	5
		Rebecca Crane. Are our Mindfulness- Based Program curriculums up to the task?			
18.15-18.30	End of day practice - dedication				

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PROGRAM

Day Three 17/11/2022

Table 3: Day 3 Thursday 17 November (Auckland hybrid day)

Location	Online and Auckland				
Time	Strand				
NZDT/AEDT	1	2	3	4	5
09.00-10.00/07.00-08.00	Morning practice, motivation				
10.00-11.00/08.00-09.00			S3 (2): Mid-conference Keynote Willoughby Britton. Meditation-related adverse effects: identification, mechanisms and mitigation.		
11.00-12.00/09.00-10.00		S2 (2): Mid-conference Keynote Jan Willis. Contemplative Practice and Sacred Activism: The Practice of Nonviolence for Social Transformation.			
12.00-12.20/11.00-11.20	Lunch Break 1				
12.20-13.20/10.20-11.20	S1 Free papers 2 Chacko, E., et al. Adapting Mindfulness-based interventions for the mental health needs of Pacific people in Auckland, New Zealand.	S2 Free papers 4 Berryman, K., & Hohwy, J., Does Meditation Make us Moral? Cha, J. et al. Do differences in personal values mediate the link	S3 Free papers 4 Sik, H. T., et al. Development and Validation of the Mindfulness-Discernment Scale. Kerslake, A., et al.		Integrative Symposium TBD

PROGRAM

Location	Online and Auckland				
Time	Strand				
NZDT/AEDT	1	2	3	4	5
	<p>Raman, K., et al. Cross-Cultural Generalizability of Five Facet Mindfulness Questionnaire in the Indian Context.</p> <p>Wang, T. The Application of Mindfulness Training in a Chinese Secondary School: an interview survey of mindfulness training instructors and school teachers.</p>	<p>between self-compassion and compassion for others?</p>	<p>An evaluation of a mindfulness meditation-based program for patients in a primary healthcare setting.</p> <p>Chacko, E., Adapting Mindfulness-Based Cognitive Therapy for the mental health needs of family carers of people living with dementia in Aotearoa New Zealand.</p> <p>Brief 1: Zhang, Y., et al. Exploring the Relation of Mindful Communication and Cooperative Orientation: The Mediating Roles of Three Emotion Regulation Strategies.</p> <p>Brief 2: Ho, F., et al. Interaction of equanimity and self-compassion on compassion to others - Experimental Investigation.</p>		

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Location	Online and Auckland				
Time	Strand				
NZDT/AEDT	1	2	3	4	5
13.20-14.20/11.20-12.20					S5 (1): Day Keynote Nirbhay Singh. Current and Future Research in Mindfulness: An Editor's Personal Perspective.
14.20-14.40/12.20-12.40	Lunch break 2				
14.40-15.25/12.40-13.25	S1 Discussion 5 14:40-15.10/12:40-13:10 Huxter, M. Principles and practices of Buddhism in relationship to mental health.	S2 Free papers/poster 5 Siegert, R., et al Correlates of Compassion in Young Pacific Island Adults During the COVID- 19 Pandemic.	S3 Workshop 1 Korevaar, D. Psychedelics – Hype or Hope.	S4 Workshop 2 Hassed, C. The Art and Practice of Introducing Mindfulness into Core Curriculum.	
15.25-16.10/13.25-14.10	S1 Workshop 2 15.10-16.10/13:50-14:10 Marburg, M. Writing Poetry as a Contemplative Transformative Practice.	Zhang, D., et al. Online integrated mindfulness-meaning programme for depression and anxiety during COVID-19: A pilot randomized controlled trial. Yu, B.C.L. et al. Mediating Role of State Nonattachment in the Relationship between State Mindfulness and Mental Health: An Ecological Momentary Assessment.			

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Location	Online and Auckland				
Time	Strand				
NZDT/AEDT	1	2	3	4	5
		Wang, M. Expert Meditators Show Enhanced Interaction Between Brain and Heart Functioning (poster).			
15.25-15.45/13.25-13.45	Tea break				
15.45-16.45/13.45-14.45	S1 Day Keynote Vicki Clark. The Woven Spirit.				
16.45-17.00/14.45-1500	Refreshment break				
17.00-18.00/1500-1600					S5 (2): Mid-conference Keynote Chris Krageloh. "Jingle or jangle? Re-thinking terminology in mindfulness research".
1800-18.30/1600-1700					Day 3 conference panel
18.30 -19.00/16.30-17.00	End of day practice - dedication				
1900-21.30/(N/A)	Local optional social event TBA				



PROGRAM

Day Four 18/11/2022

Table 4: Day 4 Friday 18 November (Uni Melb hybrid day)

Location	Online and University of Melbourne				
Time	Strand				
	1	2	3	4	5
0800-0845	Morning practice, motivation				
0900-1000			S3 (3): Closing Keynote Norm Farb. Order, Chaos, and Meaning: A Neuroscientific Tale of Meditation in Three Parts.		
1000-1100		S2 (3): Closing Keynote David Loy. Mindfulness in a Dangerous Time: The New Bodhisattva Path.			
11.00-11.15	Morning Tea Break				
11.15-12.00	S1 Conversation 6 Natanya, E., Hide, K., Fitzgerald, R. (Facilitator) Contemplation and Compassion: Transformative Capacities for our World.	S2 Workshop 2 Lewis, J. & Strom, M. Practicing mindful AntiRacism.	S3 Symposium 3 Galante, J., Vainre, J., Hitchcock, C., Goldberg, S. Systematic reviews and meta-analyses of mindfulness trials: a discussion on methodological challenges and solutions.		
12.00-12.45					
12.45-1315	Lunch break				

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Location	Online and University of Melbourne				
Time	Strand				
	1	2	3	4	5
13.15-14.00				S4 Discussion 3	S5 (3): End - Conference Keynote and Discussion
14.00-14.45	S1 Discussion with experiential practices 7 Venerable Sujato. Mindfulness Won't Stop the Apocalypse.			Bartlett, L., Berryman, K. & Cayoun, B. Perspectives from a Monk, a Researcher and a Clinician on learning and practising mindfulness using online technologies.	Nicholas Van Dam and Graham Meadows. 13.15-14.15 Innovation, implementation and impact; a consideration of the state of translational research in the Mindfulness Based Interventions. 14.15-14.45 Round table discussion and reflection on the state of contemporary empirical research in the field.
14.45-1500	Afternoon tea break				
1500-1600				S4 (2): Closing Keynote Samuel YS Wong. (12-1 pm Hong Kong time) Cultivating mindfulness through medical education and healthcare settings.	
1600-1630			S3 (4): Closing & end of Conference Keynote		
1630-1700	Closing ceremony and ending practice				



PROGRAM

Location	Online and University of Melbourne				
Time	Strand				
	1	2	3	4	5
	Conference close				

Conference retreat

Stillness as a Path to Contemplative Discoveries

Optional Conference extra, see website for details and registration.

<https://www.icmmelbourne2022.org/retreat>