



PRIFYSGOL
BANGOR
UNIVERSITY

ICM: 2024

MINDFULNESS IN A CHANGING WORLD



CYNHADLEDD RYNGWLADOL YM WYBYDDIAETH OFALGAR
YM MANGOR, CYMRU 2-6 AWST 2024

THE INTERNATIONAL CONFERENCE ON MINDFULNESS
IN BANGOR, WALES, UK 2 – 6 AUGUST 2024

WELCOME | SCHEDULE | OVERVIEW OF SESSIONS AND SPEAKERS | USEFUL INFORMATION
ICM:2024 COMMUNITY PORTAL

WELCOME | ICM: 2024

Ymunwch â ni mewn sgwrs estynedig am gwestiynau pwysig heddiw. Dewch i ddarganfod sut gall ymwybyddiaeth ofalgar a thosturi gyfrannu at fynd i'r afael â'r heriau sy'n ein hwynebu. Gan fod ein byd a'n cymdeithas yn datblygu mor gyflym, dyma'r amser i ddod at ein gilydd a thrafod sut gall ymwybyddiaeth ofalgar symud y tu hwnt i'w ffiniau presennol, gan ymestyn i feysydd o angen critigol a bod yn rym cadarnhaol dros newid.

Mae'r gynhadledd yn cynnig cyfle unigryw i gyfarfod a thrafod ag arweinwyr ym maes ymwybyddiaeth ofalgar a thosturi. Yn ogystal, bydd yn cynnwys lleisiau nad ydynt wedi cael clust yn hanesyddol. Bydd y cynulliad hwn yn gyfle i gysylltu, ymholi a thrafod, gyda'r nod o lywio'r ddeialog ar gyfer y degawdau nesaf. Ein nod yw cynnal y gynhadledd mewn ffordd sy'n creu awyrgylch cynhwysol a chroesawgar i bawb.

Join us in an extended conversation about today's big issues. Discover how mindfulness and compassion can contribute to addressing the challenges we face. As the world and our society rapidly evolve, this is the moment to come together and explore how mindfulness can move beyond its current boundaries, reaching into areas of critical need and serving as a positive force for change.

The conference offers a unique opportunity to meet and engage with leaders in the field of mindfulness and compassion. In addition, it will include voices that have historically not had a seat at the table. This gathering will serve as a space for connection, inquiry and discussion, aimed at shaping the dialogue for the coming decades. We aim to hold the conference in a way that creates an inclusive, welcoming atmosphere for all.



On behalf of the Mindfulness Network and Bangor University teams, we extend a very warm welcome to you. This 'Mindfulness in a Changing World' conference promises to be a rich and inspiring gathering. We hope that the combination of opportunities to meet with colleagues, listen to talks from leaders in the field, discover the latest research findings, participate in workshops and connect into your own personal practice, will offer you nourishment, learning and inspiration.

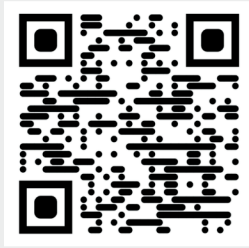
It is more important than ever for us as a field to take the opportunity to collectively pause and reflect on how mindfulness can support society to meet the challenges it faces. We are engaged in this work at a time when there are multiple intersecting social, economic, and environmental challenges. Simultaneously, there is a resurgence of interest in the importance of cultivating inner capacities as a foundational part of enabling the outer change we need to see in the world. The conference aims to support a nuanced inquiry into how we, through our mindfulness work, can contribute in the most effective ways possible.

In the spirit of our practice, we invite you to be here in the way that is right for you. Do take care of yourself on all levels and trust that in doing so you will get what you need. There is a rich and plentiful menu of delights for us all to feast on – and you may also need to take time to step back and digest by taking a walk, sitting quietly with yourself, or resting. Remember that you will have access to recordings of the sessions after the conference*, so you can re-listen and catch up on sessions you missed.

Many thanks to all in our team who brought this conference into being - it has been no small task and you have done an outstanding job. Thank you too, to all our amazing speakers, partners and exhibitors and most of all, to you for joining the event. We hope that we all leave refreshed and inspired by each other and the work we are engaged in, and that the benefits will truly be felt in the society we are all embedded in.

Warm Regards,

Professor Rebecca Crane, ICM:2024 Chair and Dr Ken Lunn, ICM:2024 Director
* Keynotes, panels and research talks will be streamed online and recorded. Workshops, guided practices and connection events offer a unique in-person experience and will not be streamed online or recorded



ONLINE RESOURCES

The online **ICM:2024 Community Portal** is open to all conference attendees. Logging into this portal gives you additional, exclusive information to support your time at the conference. Here you will be able to join the conference online, download conference schedules, a venue guide, watch live streams, access recordings, read research abstracts, meet the exhibitors, and connect with everyone during the conference.

This central online space will host all supporting information and conference materials. We are looking forward to connecting with you there! Log in using the QR code above and the registration details provided to you before the conference.

WHAT YOU NEED TO KNOW...

If you need support during the conference, please visit the ICM:2024 registration and information desk in Pontio reception, open throughout each day, or just ask a volunteer for guidance. Volunteers will be wearing yellow lanyards.



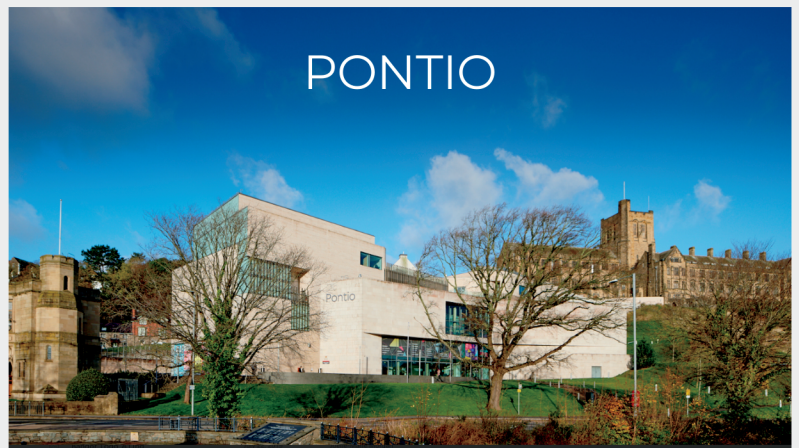
RESEARCH TALKS



For details of research titles and presenters see pages 11 -16 of this guide. For full abstracts, visit the **ICM:2024 Community Portal**.

RECORDING OF ICM SESSIONS

Filming and photography will take place throughout the ICM:2024 for promotional and archival purposes. Please be advised that several conference sessions will be live streamed for online audiences and recorded for future use by the host organisations - Bangor University and the Mindfulness Network. Recorded sessions will be available in the **ICM:2024 Community Portal**. If you have any concerns, please contact our team at **conference@mindfulness-network.org**. Thank you for your understanding and cooperation.



AFFINITY AND SPECIAL INTEREST GROUPS

Our aspiration for the conference is that everyone who attends feels that they belong and can engage, connect, contribute and enjoy the conference in community with others. In keeping with this aspiration, we would like to enable people to connect through affinity and special interest groups, before, during, and after the conference.

All conference attendees are invited to connect through the online **ICM:2024 Community Portal** and message forums.

In Pontio, there will also be a social hub notice board with dedicated space to post and read messages about meeting up in affinity and special interest groups. For example, to suggest meeting for a meal or coffee.

We welcome the rich community connections that may arise!

A comfortable quiet space will also be available in Pontio's White Box (Level 2) for reflection and rest.

TIME	FRIDAY SESSIONS (AM)	VENUE
07:15 - 21:00	Registration and Information Desk	Pontio Reception
09:00 - 13:00 (10:45 - 11:15 Break)	Knowing How It Feels: A Deep Exploration of Vedanas (Feeling Tones) with Martine Batchelor*	Lecture Theatre PL5
	Good Grief: There is a Reason to be Here with William Fley*	Theatre Bryn Terfel
	The MBI:TAC: Past, Present and Future - Holding Integrity in a Changing Landscape with Lynn Koerbel, Gemma Griffith, Jem Shackelford, Colleen Camenisch and Sophie Sansom*	Lecture Theatre PL2
13:00 - 14:00	Welcome Coffee	Level 5

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FRIDAY 2 AUGUST

More in-depth details about each session and speakers can be found on the ICM:2024 website: www.internationalmindfulnessconference.com/programme/



PRE-CONFERENCE WORKSHOPS

Knowing How It Feels: A Deep Exploration of Vedanas (Feeling Tones) with Martine Batchelor: Martine teaches meditation retreats worldwide and is a former Seon nun. This workshop explores mindfulness of feeling tones, which is the second foundation of the practice of mindfulness. Take a look at the practical application of being mindful of the different types of feeling tones and our underlying tendencies.

Good Grief: There is a Reason to be Here with William Fley. William is a bereavement and trauma holistic therapist working with people who have undergone adversity, change and challenges around identity and belonging. This workshop is an offering as a remembrance of the suffering around the world and those we have lost.

The MBI:TAC: Past, Present and Future - Holding Integrity in a Changing Landscape with Lynn Koerbel, Gemma Griffith, Jem Shackelford, Colleen Camenisch, and Sophie Sansom. Hear from colleagues involved in developing and delivering the Mindfulness-based Interventions-Teaching Assessment Criteria (MBI:TAC) which serves as a framework delineating the attributes of skilful mindfulness teaching. Join this workshop to engage in a dialogue of mutual learning.



CONNECTION AND NETWORKING EVENTS 2 - 4 AUGUST

Throughout the conference there will be chances to engage with various social activities designed to foster community and learning.

On Friday evening from 18:45, in the Main Arts Building (next to Pontio) you can view insightful research poster presentations, enjoy some nibbles, and meet the following authors for book signings: **John Teasdale, Rhonda V. Magee, Willem Kuyken, Trish Bartley, Cathy-Mae Karelse, Fiona McKechnie, River Wolton, Martine Batchelor, Stephen Batchelor, Vidyamala Burch, Rebecca Crane, Karunavira, Gemma Griffith, Eric Loucks, Annee Griffiths, Choden and Tamara Russell.**

Meditation teachers and artists **Stephen Batchelor and Anne Speckens** will showcase their art at the conference in the Powys Hall, Main Arts Building, from Friday through to Sunday. They will be available during the Friday evening to talk further and answer questions, and again on Sunday 12:00 for a Mindful Art talk.

On Saturday evening, a vegan Conference Dinner will be served (pre-booked guests only) joined by speakers **Chris Ruane and Oliver Turnbull.**

On Saturday and Sunday mornings, join optional guided meditations or a mindful walk around Bangor, meeting in Pontio reception at 07:45.

For more ways to connect, visit the ICM:2024 Community Portal

TIME	FRIDAY SESSIONS (PM)	VENUE
14:00 - 14:30	Welcome Address from Rebecca Crane	PL5 / online
14:30 - 15:30	Strand 1 Keynote with Sona Dimidjian	PL5 / online
15:30 - 15:45	Break	
15:45 - 17:00	Strand 1: Panel Discussion Strand 1: Workshop* Strand 1 Research Talks: Mindfulness in Education/Workplace Strand 1 Research Talks: Compassion and Mindfulness	PL5 / online Studio Theatre Bryn Terfel PL2 / online
17:00 - 17:15	Break	
17:15 - 18:30	Strand 1: Guided Practice* Strand 1 Research Talks: Models and Mechanisms of Mindfulness Strand 1 Research Talks: MBCT for depression Strand 1 Research Talks: Mindfulness-based Interventions for Clinical Populations	Studio PL5 / online Theatre Bryn Terfel PL2 / online
18:45 - 20:00 20:00 - 21:00	Connection Events: Meet the Authors, Research Posters & Nibbles Mindful Art Talk*	Main Arts - PJ Hall Main Arts - Powys

* workshops, guided practices and connection events offer a unique in-person experience and will not be streamed online or recorded

Session and Speaker Overview



More details about research presentations and abstracts can be found on the [ICM:2024 Community Portal](#)



STRAND 1: SCIENTIFIC RESEARCH, THEORY. AND PEDAGOGY

This strand takes a big-picture look at where the mindfulness field stands in the worlds of science, research, and theory. Together, we'll consider the strengths and vulnerabilities of what we know about mindfulness-based approaches.



KEYNOTE: Contemplative Science and Practice: Embracing the fullness of what we do and who we are? How can we harness the promise of contemplative science and practice to be of greatest benefit? How can we most effectively promote individual healing and social change? Sona Dimidjian, Ph.D. is Director of the Renée Crown Wellness Institute and Professor in the Department of Psychology and Neuroscience at the University of Colorado Boulder.



Guided Practice with Cathy-Mae Karelse and Karen Griffiths

Shifting the Narrative - Dropping Some Beats: This exploration of music, mindfulness and movement is led by Mindful DJ Karen Griffiths, a Mindful Change Consultant, Speaker and Mental Health Advocate, and Cathy-Mae Karelse, an independent specialist with years of experience in deep systems change and decolonisation, interweaving inner and outer landscapes to shift dominant narratives.



Workshop with Oleg Medvedev

Mindful Publishing in the AI Era: An Editor's Perspective on Trends, Challenges, and Insights in Mindfulness Research: Oleg N. Medvedev, Ph.D., currently holds the position of A. Professor at the University of Waikato's School of Psychology in New Zealand. He is at the forefront of shaping mindfulness research as the Editor-in-Chief of the Springer Nature Journal Mindfulness and author of over 150 peer-reviewed journal articles and book chapters.



Panel Discussion with Anne Speckens, Lone Fjorback, Willem Kuyken, and Sona Dimidjian

What have we learnt from the past and what are our hopes for the future? An exchange between the "elders of the field" about the state of the evidence for mindfulness-based interventions, possible gaps and identifying ways to take the field forwards. The panel intends to have a lively exchange with the audience!



Online-Only Workshop with Sarah Millband, 17:15 -18:30

"May we all be safe..." Exploring ethical practice in mindfulness and our duty of care to each other: Sarah Millband has been involved in training and development in third sector and grassroots voluntary organisations in Wales for over 30 years and is a mindfulness teacher, supervisor, trainer and safeguarding officer with the Mindfulness Network.

TIME	SATURDAY SESSIONS (AM)	VENUE
07:45 - 08:45	Morning Practice with Gwennan Roberts*	Studio
09:00 - 09:30	Welcome Address from the ICM:2024 Conference Team	PL5 / online
09:30 - 10:30	Strand 2 Keynote with Catherine McGee	PL5 / online
10:30 - 11:00	Break	
11:00 - 12:15	Strand 2: Panel Discussion Strand 2: Workshop* Strand 2 Research Talks: Contemplative Practice Strand 1 Research Talks: Mindfulness for Diverse Populations	PL5 / online Studio PL2 / online Theatre Bryn Terfel
12:15 - 12:30	Break	
12:30 - 13:45	Strand 2: Guided Practice* Strand 2 Research Talks: Considerations in Mindfulness Pedagogy Strand 1 Research Talks: Mindfulness and Pedagogy Strand 1 Research Talks: Mindfulness in Later Life Strand 1 Research Talks: Imagination, Humour, Memory and Voices	Studio Theatre Bryn Terfel PL2 / online Main Arts Lecture Theatre PL5 / online
13:45 - 14:45	Lunch	

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SATURDAY 3 AUGUST

More details about each session and speakers can be found on the ICM:2024 website: www.internationalmindfulnessconference.com/programme/



STRAND 2: CONTEMPLATIVE, PHILOSOPHICAL, AND SPIRITUAL

For many, practicing mindfulness leads to profoundly meaningful experiences that are hard to put into words and challenging to measure. In this strand, we'll uncover how classical and modern mindfulness practices intertwine, and how we can bring less concrete ideas into mainstream society.



KEYNOTE: Expanding Our Vision: What more can mindfulness help us see that could serve this changing world? Catherine McGee has been teaching Insight meditation since 1999. In this keynote, Catherine will invite our intuitions and our passion to go beyond what we know to explore how mindfulness might open and expand our senses of beauty and sacredness, and how this might empower our deepest values and meaningful participation in a changing world.



Guided Practice with Marleen Ter Avest

Grounding through Compassion in a Changing World:

In this session, a series of compassion practices will be offered that enables participants to allow grounding of the body, calming of the mind and expanding of the heart. In-between practices, there will be some time for short group inquiries. Marleen Ter Avest is a mindfulness and compassion teacher, who obtained her PhD at the Radboud University Medical Centre (Netherlands) on the working mechanisms of MBCL and MBCT in recurrent depression.



Workshop with Choden

The Wisdom of Emptiness and Awareness:

Buddhist monk, Choden, will draw on the profound teachings of Mahamudra in Tibetan Buddhism and offer some simple practices for accessing that part of our being that is always at peace, free and complete in and of itself – called 'Buddha Nature'.



Panel Discussion with Bridgette O'Neill, Catherine McGee, Menka Sanghvi, and Nana Korantema Pierce Williams

Opening to Mindfulness beyond a scientific account - a dialogue about possibility and promise: This panel discussion will bring together highly experienced mindfulness teachers who bridge different traditions, approaches and ways of knowing. They will speak about less measurable aspects of experience that may be profoundly meaningful and valuable in our current times.



Online-Only Workshop with

Trish Bartley, 12:30 - 13:45

Turning Towards the Lovely - A Radical Approach to Responding to the Difficult: This online workshop will explore the movement of turning towards what is pleasant and enjoyable – both as a practice and as a group / personal reflection – to discover what this might offer us at particular moments and as an everyday exercise. Trish Bartley has developed and published MBCT for Cancer and taught clinical groups of people with cancer since 2001.

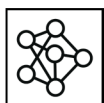
TIME	SATURDAY SESSIONS (PM)	VENUE
14:45 - 15:45	Strand 3 Keynote with Rhonda Magee	PL5 / online
15:45 - 16:00	Break	
16:00 - 17:15	Strand 3: Panel Discussion Strand 3 : Workshop* Strand 3 Research Talks: Access and Barriers to Mindfulness Strand 3 Research Talks: Mindful Parenting and Schools	PL5 / online Studio PL2 / online Theatre Bryn Terfel
17:15 - 17:30	Break	
17:30 - 18:45	Strand 3: Guided Practice* Strand 3 Research Talks: Mindful Practice in Medicine Strand 3 Research Talks: Equality, Diversity, and Inclusion Strand 3 Research Talks: Mindfulness Innovations Online; Workplace, Humanity, and Climate	Studio PL2 / online Theatre Bryn Terfel PL5 / online
19:00 - 21:00	Conference Dinner (pre-booked guests only)*	Main Arts - PJ Hall

* workshops, guided practices and connection events offer a unique in-person experience and will not be streamed online or recorded

Session and Speaker Overview



More details about research presentations and abstracts can be found on the [ICM:2024 Community Portal](#)



STRAND 3: SOCIAL, CULTURAL, AND SYSTEMIC APPROACHES

In this strand we'll explore the potential for mindfulness to help us navigate today's challenges and what mindfulness-based practitioners, teachers, and researchers can do to build awareness and offer mindfulness in ways that are fair and welcoming for everyone.



KEYNOTE: Deepening the Roots of Socially-Engaged Mindfulness: Awareness-based Support for Change and Transformation in Troubled Times:

In this address, Professor Rhonda Magee will argue that mindfulness may be the key to the development of the moral agility and empathic dexterity required for effectively managing the challenges of our times. Rhonda is a Professor of Law at the University of San Francisco and an internationally-recognized teacher, guide, and mentor, focused on integrating mindfulness into higher education, law, and social change work.



Guided Practice with Bhante Pannavamsa and Paula Watson

A guided Vipassana meditation session, including a question-and-answer session, exploring the relevance and application of vipassana meditation to contemporary society. Paula Watson, founder of YARDO CIC, will introduce Bhante Pannavamsa, head monk of the Dhamma Centre in Colchester, UK. Originally from Sri Lanka, he has dedicated over fifteen years to teaching Buddhist Psychology and conducting meditation retreats.



Workshop with Aesha Francis and Dean Francis

Mindfulness-Based Inclusion Training – The Diversity of Mindfulness is its Beauty: In this session, we will open up to what is described as the 'full catastrophe living' so that we might recognise how mindfulness meets the social aspects of our lives. Recognising how mindfulness is linked to many Ancient African wisdom traditions, Aesha and Dean Francis co-founded The Urban Mindfulness Foundation and co-authored the recently published paper Mindfulness-Based Stress Reduction for Our Time: A curriculum that is up to the task.



Panel Discussion with Rhonda Magee, Vidyamala Burch, Uz Afzal, and Paul D'Alton

Deepening the Roots of Socially-Engaged Mindfulness - Awareness-based Support for Change and Transformation in Troubled Times: Join the panel as they discuss opportunities and challenges across diverse and complex cultures and contexts.



Online-Only Workshop with Jessica Andexer (pre-recorded)

Neurodiversity and Mindfulness: This workshop will take a brief look at what neurodiversity is. It will go on to explore how neurodivergent people may experience mindfulness teaching, with some ideas on how to make adaptations to make mindfulness spaces, courses and sessions more inclusive.

This workshop will be pre-recorded and available in the [ICM:2024 Community Portal](#). Participant engagement will be possible through an online platform (Padlet), where questions and responses can be addressed after the conference.

TIME	SUNDAY SESSIONS (AM)	VENUE
07:45 - 08:45	Morning Practice with Zoe Shobbrook-Fisher* Mindful Walk with Sholto Radford*	Studio Pontio Reception
09:00 - 10:00	Strand 4 Keynote with Amit Bernstein	PL5 / online
10:00 - 10:30	Break	
10:30 - 11:45	Strand 4: Panel Discussion Strand 4: Workshop (i)* Strand 4 Research Talks: Grassroots, Innovation, and Equality Strand 4 Research Talks: Mindfulness-Based Compassionate Living	PL5 / online Studio PL2 / online Theatre Bryn Terfel
11:45 - 12:00	Break	
12:00 - 13:15	Strand 4: Guided Practice * Strand 4: Workshop (ii)* Strand 4 Research Talks: Mindfulness for Healthcare Staff Strand 4 Research Talks: Mindfulness for Clinical Populations and Mindfulness for the Digital World Art Talk with Stephen Batchelor and Anne Speckens*	Studio PL5 / online PL2 / online Theatre Bryn Terfel Main Arts - Powys
13:15 - 14:15	Lunch	

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SUNDAY 4 AUGUST

More details about each session and speakers can be found on the ICM:2024 website: www.internationalmindfulnessconference.com/programme/



STRAND 4: GRASSROOTS, REAL WORLD APPLICATION, AND INNOVATION

This strand shares the joys and challenges of developing and teaching mindfulness-based programmes in everyday settings. We'll learn from innovators working across different environments and discover ways to maintain the integrity and depth of our work whilst embracing new ideas.



KEYNOTE: Helping Refugees Heal, One Moment at a Time. Amit Bernstein is a Professor of Psychology and Director of the Observing Minds Lab and the Moments of Refuge Project, in the School of Psychological Sciences at the University of Haifa. In this keynote, Amit Bernstein will address the global human rights crisis of forced displacement, which has led to a global mental health crisis among tens of millions of refugees and asylum-seekers in communities around the world.



Guided Practice with Rosalie Does

Relational Mindfulness - From me to we, a practice for these times: For mindfulness to be relevant to the needs of our times, it must incorporate the interpersonal, social and collective. This experiential workshop will provide an opportunity to taste the practice of relational mindfulness and explore its relevance to these times. Rosalie Does is Insight Dialogue Retreat Teacher and is dedicated to offering teachings that engage at the interface between ancient wisdom and the challenges of our modern world.



Workshop (i) with Vidyamala Burch Lessons from developing the Breathworks HEALS Mindfulness-Based Lifestyle Medicine Programme:

An interactive workshop looking at the processes of innovation, applying mindfulness to broader pillars of well-being. Vidyamala Burch will offer tips for other innovators in the mindfulness field.

Workshop (ii) with Iwan Brioc Coming to Our Senses - Rethinking Mindfulness from the Ground Up:

"Coming to Our Senses" is a groundbreaking eight-week mindfulness program developed by Iwan Brioc.



Panel Discussion with Clara Strauss (chair), Maura Kenny, Carter Lebares, and Mick Krasner

Adapting Mindfulness for High-Stress Healthcare Environments: This panel discussion features seasoned healthcare clinical leaders who have pioneered and customised mindfulness-based programmes to address challenges within high-stress healthcare workplaces around the world. The discussion will centre on developing principles and practical strategies to empower innovation in healthcare and other workplace settings.



Online-Only Workshop with Jennifer Averill Moffitt and Eluned Gold, 12:00

Mindfulness-Based Childbirth and Parenting (MBCP) - Preparing for Parenthood Mindfully: In this workshop, Eluned and Jennifer – both Directors at the Mindful Birthing and Parenting Foundation - will share aspects of the programme as well as research outcomes and experiences related to the impact of MBCP.

TIME	SUNDAY SESSIONS (PM)	VENUE
14:15 - 15:30	Strand 5 Keynote and Panel	PL5 / online
15:30 - 15:45	Break	
15:45 - 17:00	Strand 5: Guided Practice* Strand 5 : Workshop* Strand 5 Research Talks: Mindfulness and the Climate Strand 4 Research Talks: Mindfulness and Medicine/ Workplace	Studio Theatre Bryn Terfel PL2 / online PL5 / online
17:00 - 17:15	Break	
17:15 - 18:30	Closing Keynote with Jon Kabat-Zinn	PL5 / online
18:30 - 18:45	Conference Closing Note from the ICM:2024 Team	PL5 / online

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Session and Speaker Overview



More details about research presentations and abstracts can be found on the [ICM:2024 Community Portal](#)



STRAND 5: POLITICAL, ENVIRONMENTAL AND GLOBAL INITIATIVES

As we draw the conference to a close, this strand will support us to reflect deeply about how each of us can make a difference and move forward with the work that is needed. We'll consider our own unique contexts, life experience and skills that enable us to play a part in the bigger whole.



KEYNOTE: Agency and Connection in the Polycrisis: Mindfulness as a Foundational Capacity for Societal Transformation with Jamie Bristow with Cathy-Mae Karelse, Roy Ellis and Richard Edwards.



Drawing on ground-breaking reports published by The Mindfulness Initiative, Jamie Bristow will lay out a narrative framework and supportive evidence for how mindfulness practice can be understood as, most profoundly, a training in human agency and conscious connection, and why mindfulness should be considered a foundational capacity for the 21st Century.



Jamie's keynote presentation will be followed by audience discussion and a panel of respondents who will bring different perspectives on its implications.



Guided Practice with Margaret Fletcher

A Meditation on Embodied Interdependence - Calling nature toward us and inviting her in to teach us: Margaret Fletcher teaches MBSR and trains MBSR teachers through East Coast Mindfulness. The current focus of her work is exploring the intersection of mindfulness teaching and eco-awareness.



Workshop with Willem Kuyken

Mindfulness for Life - Being the Change You'd Like to See in the World: The workshop, offered by Willem Kuyken - a professor of mindfulness and psychological science and director of the University of Oxford Mindfulness Centre - sets out an approach to teaching mindfulness as a transformative, lifelong practice. It will provide a map and route plan for anyone learning or teaching mindfulness.



Online-Only Workshop with Diana Reynolds and Pega Bailey, 15:45 - 17:00

Mindfulness Practices in Government - a case study from Wales: Wales was the first country in the world to embed the United Nations Sustainable Development Goals into legislation in the Well-being of Future Generations Act (2015). Diana leads the culture change service that supports this work and has received support and insights from many academics.



ICM:2024 CLOSING KEYNOTE WITH JON KABAT-ZINN

As we draw towards the end of the conference this talk and guided inquiry will support us to reflect on our learning and its implications. The session will support deep inquiry into the ways in which the work of teaching or researching mindfulness enables us to contribute to our world in ways that matter.

TIME	MONDAY SESSIONS	VENUE
10:00 - 12:30	Retreat Morning Session	Main Arts Building - PJ Hall
12:30 - 13:30	Lunch	Main Arts Building - PJ Hall
15:30 - 16:00	Retreat Afternoon Session	Main Arts Building - PJ Hall
16:00 - 16:30	Tea / Fruit	Main Arts Building - PJ Hall

A live stream of the retreat is also available on the [ICM:2024 Community Portal](#)



MONDAY 5 AUGUST | RETREAT DAY

Following the main conference, you can join a very special day of mindfulness practice guided by **Rhonda Magee and Catherine McGee**. A prolific author, **Rhonda Magee** draws on law and legal history to weave storytelling, poetry, analysis, and practices into inspiration for changing how we think, act, and live better together in a rapidly changing world. **Catherine McGee** has been teaching Insight meditation since 1999. She is a member of the Gaia House teacher council, teaches yearly at the Insight Meditation Society and the Barre Centre for Buddhist Studies, and is a guiding teacher for OneEarth Sangha- a virtual EcoDharma centre supporting a global community in the Path of Engaged Practice.

This dedicated day of practice provides a space for integration and reflection on the personal insights you have gained during ICM:2024. We know that conferences can be intense, filled with information and experiences. This retreat day offers a calm environment to extend the conference, enabling you to step back, absorb the learning, and ground yourself before re-entering everyday life. Taking the time to pause can support you in embodying the changes you want to bring back to the world. Lunch and refreshments provided.



TUESDAY 6 AUGUST | WORKSHOPS

You are invited to choose one of the following full-day, post-conference workshops:

TIMINGS	TUESDAY WORKSHOPS	VENUE
09:30 - 17:00 Workshop Day:	MBSR for our Current Times	Main Arts Building - LR2
09:00 - 09:30 Tea and Pastries	Responding to the Climate Crisis	Main Arts Building - LR4
10:45 - 11:15 Morning Break	Mindfulness for Future Generations	Main Arts Building Lecture Theatre (MALT)
13:00 - 14:00 Lunch		
15:30 - 15:45 Afternoon Break		

Online access to the workshops is also available on the [ICM:2024 Community Portal](#)

MBSR for our current times - the relevance and power of MBPs when rooted in lived experience: Facilitated by Dean Francis and Nana Korantema Pierce Williams with Aesha Francis, Bridgette O'Neill, Rebecca Crane, Michael Waupouse, Noriko Morita Harth and Zayda Vallejo

This full-day post conference workshop is led by the diverse team who co-wrote the paper, "Mindfulness based stress reduction for our time: a curriculum that is up to the task". It will explore the concept, implications, and possibilities of socially engaged mindfulness practices.

The day will be held in a community of practice framework designed to facilitate each of us in bringing a kind, courageous beginners' mind to exploring together how MBSR has emerged, where it has been, and where it can go amidst our collective global concerns.

Responding to the Climate Crisis - with Jamie Bristow, Chris Ives and Sophie Sansom

This full-day post conference workshop aims to explore the many ways that mindfulness can support wise and compassionate responses to the climate crisis, increasing resilience, fostering pro-environmental attitudes and behaviours, connecting to nature, and facilitating values-driven action. In this workshop, we will hear about the latest evidence and teaching innovations in the area, have an opportunity to try climate-related mindfulness practices, and connect around topics of special interest, such as research, teaching, personal applications, and public policy.

Throughout the day, attendees will engage in interactive sessions designed to enable shared inquiry and collaboration, whilst deepening our understanding of mindfulness practices and their application to the defining societal issue of our time.

Mindfulness for Future Generations with Emily Slater, Esther Ghey, Katherine Weare, Sarah Silverton, Ben Chalwin, Faiy Rushton, Richard Burnett, and Jason Steele

Mindfulness is now found in many areas of today's society, but what potential does it hold for future generations? Join the Mindfulness in Schools Project (MiSP) to consider the potentials and challenges of mindfulness for future generations. We will also explore ways in which educational / youth-related settings, and the individuals within them, can be supported on their journey to introducing well-designed and sustainable mindfulness-based initiatives; what the research, experience and feedback tells us about the best ways to do this successfully; and, how educators, campaigners, parents and others might be able to encourage interest and support for mindfulness for the benefit of future generations ensuring equal access to mindfulness approaches for all at a time when it is needed most.



ICM:2024

RESEARCH CENTRED AROUND FIVE KEY STRANDS



STRAND 1: COMPASSION AND MINDFULNESS

Caroline Hoffman		Effects of Mindful Self-Compassion Programme on Psychological Wellbeing and Levels of Compassion in People Affected by Breast Cancer
Ning Jia	University of Groningen	A systematic review of the relationship between compassion for self and compassion for others
XU, Jia-Qi Melody	University of Hong Kong	Transformative Power of Online Mindfulness Training for Research Postgraduate Students: A Mixed Methods Randomized Controlled Trial
Fei-Hsiu Hsiao	National Taiwan University	The experiences of improvement of the emotion regulation process and compassionate care after mindful self-compassion group therapy for nurses of caring for terminally ill patients - A Qualitative Study.

MINDFULNESS IN EDUCATION/MINDFULNESS IN THE WORKPLACE

Mark Szymanski	Pacific University Oregon	The Impact of Mindfulness Meditation Training in a Course Titled: The Art and Science of Human Flourishing for Educators
Louise Banham	UK Foreign, Commonwealth, and Development Office	Mindfulness in the British Civil Service - does dispositional mindfulness predict work engagement and wellbeing?
Patricia Vuijk	Rotterdam University of Applied Sciences	Effectiveness of a blended school-based mindfulness program for the prevention of co-rumination and internalizing problems in Dutch secondary school girls: a Cluster Randomized Controlled Trial
Roderick Bugador	Musahino University	Exploring the impact of supportive social networks and barriers on the mindfulness experiences of foreign workers in Japan

MODELS AND MECHANISMS OF MINDFULNESS

Tom Jenkins	University of Bath	Understanding and measuring feelings of dehumanisation in psychosis
Carol M. Greco	University of Pittsburgh	Measuring Mindfulness: A New Set of PROMIS-Based Self-Report Mindfulness Questionnaires
David Matta		Awareness-First Model (AFM)
Paveen Phon-Amnuaisuk	Monash University Malaysia	Associations Between Dispositional Mindfulness, Attentional Mechanisms, and Response Inhibition: An Exploration of Behavioural Outcomes and Electrophysiological Markers
Taranah Gazder	University of Edinburgh	Meditation Interventions and Adult Attachment Orientations: A Systematic Map

MINDFULNESS-BASED INTERVENTIONS FOR CLINICAL POPULATIONS (RESEARCH GROUP)

Anne E.M. Speckens	Radboud University	Improved quality of life and psychological symptoms following mindfulness and cognitive rehabilitation in multiple sclerosis and their mediating role for cognition: a randomized controlled trial
Milou ter Avest	Radboud University	Mindfulness-based cognitive therapy to reduce psychological distress in patients with Inflammatory Bowel Disease: results of a multi-centre randomised controlled trial (MindIBD)
Sabien J.E. Bosman	Radboud University	The implementation of Mindfulness-Based Cognitive Therapy to reduce psychological distress in patients with Inflammatory Bowel Disease: a qualitative study guided by the Consolidated Framework for Implementation Research.
Nasim Badaghi	Radboud University	Positive health outcomes in studies of mindfulness-based interventions among cancer patients and cancer survivors: A systematic review and meta-analysis

Full details about all research presentations and abstracts can be found on the [ICM:2024 Community Portal](#)

MBCT FOR DEPRESSION: FINDINGS FROM A RANDOMISED CONTROLLED TRIAL (RESEARCH GROUP)

Thorsten Barnhofer	University of Surrey	A randomised controlled trial to investigate the clinical effectiveness and cost effectiveness of Mindfulness-Based Cognitive Therapy (MBCT) for depressed non-responders to NHS Talking Therapies high-intensity interventions (RESPOND)
Clara Strauss	University of Sussex	
James Carson	University of Exeter	

MINDFULNESS FOR DIVERSE POPULATIONS

Emily Corsellis; Kelly Birtwell	The University of Manchester	How do autistic adults experience contemplative practices? Findings from a qualitative study.
Carolina Wagner	Coventry University	Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR) in the treatment of Post-Traumatic Stress Disorder (PTSD): A literature review
Robert Callen-Davies	Bangor University	Mindfulness-Based Programmes and 'Bigger Than Self' Issues
Lia Antico	Brown University	Awareness meets the default mode network: advancing our understanding of anxiety through facets of conscious experience and brain mechanisms
Jonathan Hamilton	University of Surrey	Effects of Sustained Mindfulness Training in Patients with Persistent Depression

IMAGINATION, HUMOUR, MEMORY, AND VOICES

Li-Hao Yeh	Chung Yuan Christian University	The Effect of Brief Mindfulness Induction on Retrieval-Induced Forgetting and Witness Memory
Lynsey Michelle Medd	Penn State University	Exploring Interpersonal Mindfulness and Support Seeking Communication Through Linguistic Inquiry and Word Count
Pamela Jacobsen	University of Bath	The trouble with mindfulness inductions: Lessons from an experimental study of mindfulness for voices
Christian T. Kastner	Zurich University	A Humour-enriched Mindfulness-based Program (HEMBP): Findings from two randomised controlled trials.

MINDFULNESS AND PEDAGOGY: SUPERVISION, PHYSICAL ENVIRONMENT, AND POPULARITY

Julia Hutchinson	Canterbury Christ Church University	Responsive Scaffolding: A grounded theory study of participant experiences of teacher contributions to Mindfulness-Based Programmes.
Alison Evans	The Mindfulness Network	What do Supervisors' and Supervisees' think about Mindfulness-Based Supervision? A Grounded Theory Study
Simon Whitesman	Stellenbosch University & Institute for Mindfulness South Africa	Sharing mindfulness in context: pedagogy, practice and process
Damla Yurttas	Radboud University	Exploring the Impact of the Physical Environment on the Mindfulness Practices Within a Retreat Context
Tor Walmsley; Natalie Suggs		Bottoms Up: is the popularity of mindfulness something to cheer about?

MINDFULNESS LATER IN LIFE

Daisy Dexing Zhang	The Chinese University of Hong Kong	Mindfulness-based intervention for loneliness in older adults: a protocol of a randomised controlled trial
Jiuhong You	King's College London	Effects of Online Meditation on Mild Cognitive Impairment and Mild Dementia: Protocol of a Feasibility Trial
Debbie Hu	Psychiatric Department Tainan Municipal Hospital, Tawain.	Intervention Effectiveness of the Taking it Further 12-week Course on the Psychological Well-being of Healthy Middle-Aged and Elderly Individuals in Taiwan
Isabel Sadowski	McGill University	A Virtual Reality-Based Nature-Mindfulness-Compassion Program for Older Adults: Results from a Pilot Randomized Controlled Trial

ACCESSIBILITY | ICM:2024

We're dedicated to making this conference a warm and welcoming space for everyone. Whether you're new to conferences or just feeling a bit unsure, our team are working to help you feel comfortable and included.

"Our hopes are that this conference provides opportunities to take a deeper look at the field of mindfulness, systemically, interpersonally and personally and to be curious about what it is currently included and perhaps even excluded."

The Urban Mindfulness Foundation



STRAND 2: CONTEMPLATIVE PRACTICE

Tim Wood	The University of Melbourne	Intense Meditation-Related Experience Impacts on the Sense of Self: A Phenomenological Study
Margaret Fletcher		MBSR and Eco-Awareness: Inviting the Earth into the Classroom
Derek Goodman		Mindfulness and Imagination
Katherine Hoi Ying Chen		Transforming Reactivity: A Discourse Analysis of Mindfulness Insights in MBI Classes
Pavel Chvykov		Towards a theory of mindfulness: Complexity science as a bridge to Eastern philosophy

CONSIDERATIONS IN MINDFULNESS PEDAGOGY AND DOSE-RESPONSE IN MINDFULNESS

Josef Mattes		A path through the mindfulness jungle?
Morganne A. Kraines	Brown University	Measuring Feeling Tones of Internal Experiences
Sarah Strohmaier	Victoria University	Dose-response in mindfulness – examining formal and informal practice dose and instruction
Nicholas Bowles	The University of Melbourne	Longitudinal dose-response effects for meditation on mental health and well-being
Tosca Braun	Brown University	Mindfulness-Based Stress Reduction 2 (MBSR2) - Expanding Your Practice: Ecology of Mind-Body Health, A Program Evaluation



STRAND 3: MINDFUL PARENTING AND SCHOOLS

Gunilla Lönnberg	Uppsala University	'Parenting with Awareness and Compassion' – the result of a stakeholder-engaged approach to adapt and modify MBCP to Swedish maternal healthcare services
Carol Powell		Mindful parenting and working with ESOL and low literacy participants
Tingjun Wang	Lancaster University	The impact of mindfulness training on stress among Chinese junior secondary school students
Feng-Ying Huang	National Taipei University of Education	Teachers' Mindfulness and Factors Influencing Their Mindfulness Teaching for Children

ACCESS AND BARRIERS TO MINDFULNESS FOR UNDER-REPRESENTED GROUPS

Aarathi Selvan	University of Madras	Relationship with body as a way of responding to systemic privilege and oppression: Experiences of MBSM program participants in India
Eman Al Bedah	University of Bath	Barriers and Facilitators of Mindfulness-Based Interventions for Muslims in the UK
Li (Sunny) Pan	Xian Jiaotong - Liverpool University	Socioeconomic Status Matters: Mindfulness, Achievement Striving and Creative Performance
Natalia Morone	Boston Medical Center	Integrating Mindfulness and Group Visits for Chronic Low Back Pain in Primary Care: The OPTIMUM pragmatic trial
Suzanne Lawrence	University of Pittsburgh	Improving equitable access to mindfulness-based interventions: an Equity Framework from the OPTIMUM pragmatic trial

MINDFULNESS INNOVATIONS ONLINE; WORKPLACE, HUMANITY, AND CLIMATE

Martha Shepherd	Vanderbilt University Medical Center	Virtual Mindfulness-Based Training for a High-Stress, High-Burnout Workforce
Daisy Dexing Zhang	The Chinese University of Hong Kong	Online integrated mindfulness-meaning programme for depression and anxiety during COVID-19: A pilot randomised controlled trial
Jen-Ho Chang		The alleviating effects of mindfulness on social media comparison: An intensive online sampling approach
Rob Brandsma	De Mindfulness Academie, Amsterdam	Mindfulness for the World: Feasibility and Acceptability of a Novel Intervention to Support Environmentally Friendly Behavior and Manage Climate Distress

OUR BURSARIES | ICM:2024

We recognise that the mindfulness world is not always truly representative and diverse and wish to be part of making changes and promote equal access to every dimension of our work including this conference. We are pleased have offered bursaries towards the cost of this conference and all Mindfulness Network training, retreats and supervision.

Getting honest about tough issues is our only hope for positive change. And that honesty depends on all voices being heard—really heard—especially the voices of those who have historically been excluded. Thank you for opening this opportunity!

East Coast Mindfulness

MINDFUL PRACTICE IN MEDICINE (RESEARCH GROUP)

Mick Krasner	University of Rochester	Mindful Practice in Medicine: Empowering Health Professionals at Multiple Levels of Training and Experience Globally
Raphael Bonvin	University of Fribourg	What's needed to transform undergraduate medical education into a journey to Mindful Practice in Medicine
Jodi Jackson	UMKC School of Medicine	Mindfulness in Medicine Scholars Program for Medical Students and Faculty: A Novel Mindful Practice in Medicine Program for Medical Professionals-in-Training.
Majid Rehman Khan; Manuel Villarreal	National Health Service	Mindful Practice in Medicine for Post-Graduate General Practitioner Trainees: Effect and Acceptability
Ross Carne	Deakin University	Belonging in Medicine: A Mindful Practice in Medicine Short Course for Early Career and Experienced Clinicians
Todd Hill	University of Calgary	Strategically Positioning Mindfulness within a Medical School's Wellness Culture Through a Modified Mindful Practice in Medicine

EQUALITY, DIVERSITY, AND INCLUSION

Iweta Baran	Edinburgh Napier University	Exploring the connections between mindfulness and interculturality: the potential for mindfulness in navigating identity work across contexts.
Kelly Birtwell	University of Manchester	How can mindfulness best support people from areas of socioeconomic deprivation? Findings from a realist review.
Christa Lawson	Bangor University	Exploring the Challenges of Trauma Informed Mindfulness Teaching, Practice and Research
Gail Westerman		Mindfulness, risk, and recovery: Exploring the lived experience of mindfulness among adult survivors of childhood sexual abuse
Laura Pellegrini	University of Lincoln	Evaluation of an 8-week mindfulness programme in under-represented populations; Who benefits most and what influences retention?



STRAND 4: GRASSROOTS, INNOVATION, EQUALITY

Nadia Cauchi	Malta College of Arts, Science and Technology	Evaluating the Applicability and Perception of Mindfulness Practices within the Beauty Industry in a Small Island State: A Grounded Theory Approach
Natalie Reynolds	Edge Hill University	A Tale of Our Time: Mindfulness, the Covid-19 Pandemic, and Trainee Teachers.
Jacqueline Seery		Turning Empathetic Distress into Compassion - A Hero's Journey for Family Carers
Burçak Altay	Bilkent University	Conceptualising Contemplative Practices: Exploring the Impacts of Mindfulness in Interior Design Education
Eric Loucks	Brown University	Mindfulness-Based Stress Reduction Health Insurance Coverage: If, How, and When? An Integrated Knowledge Translation (iKT) Delphi Stakeholder Analysis

MINDFULNESS -BASED COMPASSIONATE LIVING (RESEARCH GROUP)

Marloes Huijbers	Radboud University	Recovery from recurrent depression: the effectiveness of mindfulness-based compassionate living for recurrent depression
Imke Hanssen	Radboud University	Mechanisms of change of mindfulness-based compassionate living for recurrent depression: examining experiential avoidance, fear of self-compassion, and positive affect as potential mediators of response
Marleen ter Avest		Interplay between Self-Compassion and Affect during Mindfulness-Based Compassionate Living (MBCL) for Recurrent Depression: An Autoregressive Latent Trajectory analysis
Vera Scheepbouwer	Radboud University	Changes in self-schemas following Mindfulness-Based Compassionate Living for recurrent depression: a mixed-methods study

INTERNATIONAL HUBS | ICM: 2024

Thank you to the Partner organisations who are hosting International Community Hubs — satellite conferences connecting mindfulness practitioners from around the globe. These hubs offer a unique opportunity for local communities to engage with the conference content and participate in discussions, all while being part of a global mindfulness event. The Hubs are in **Spain, South Africa, Lebanon, Israel and China**. More information can be found on the [ICM: 2024 website](#).

"Mindfulness research and practice has thrived through a spirit of collaboration. ICM has embodied that spirit and become a leading international research conference."

University of Oxford Mindfulness Research Centre

MINDFULNESS FOR HEALTHCARE STAFF (RESEARCH GROUP)

Chen, Jian-Hong		A brief Mindful Self Care course: the Taiwanese experience
Maura Kenny		A brief Mindful Self Care course for Healthcare Staff: the NHS experience
Clara Strauss	University of Sussex	Mindfulness for Life: Findings and implications from a randomised controlled trial evaluating mindfulness-based cognitive therapy for life training for NHS Staff
Robert Marx: Tim Sweeney	Sussex Mindfulness Centre: Nottingham HealthCare NHS Trust	The experience of the national UK MBCT in NHS Talking Therapies training programme

MINDFULNESS FOR CLINICAL POPULATIONS/MINDFULNESS AND THE DIGITAL WORLD

Fiona Mckechnie	North Bristol NHS TRUST	Mindfulness based therapy for fatigue management - integrating patient experience with best practice in self-management and MBAs
Lori Gray	Western Michigan University	A Mindfulness-Based Protocol in Support of Recovery from Stroke (MBRFS): A Pilot Study
Sophie Revillard Kaufman	Pace University	App vs. MBSR – The Middle Way: Impact of a Hybrid Mindfulness-Based Intervention on Health Professions Students, Faculty and Staff's Perceived Stress, Self-compassion and Well-being.
Mitsuhiro Sado	Keio University	Effectiveness of Online Brief Mindfulness-based Cognitive Therapy for the Improvement of Productivity in the Workplace: the Results of a Randomized Controlled Trial

MINDFULNESS AND MEDICINE/WORKPLACE

Georgina Budd		Can we improve resilience to stress in the Doctors of tomorrow with Mindfulness
Kun-hua Lee	National Tsing Hua University	The effectiveness of body scan on improving induced craving by virtual reality in a population of amphetamine use disorders
Carter Lebares	University of California, San Francisco	Enhanced Stress Resilience Training Strengthens Neural Substrates and Bio-Behavioral Measures Associated with Skill and Resilience in Surgical and Procedural-Focused Residents: A Prospective Randomized Trial
Oliver Luton	NHS Wales Health Education and Improvement Wales' School of Surgery	Enhanced Stress Resilience Training for UK surgical trainees; effect and evolution evaluated
Mara Lisa Arizaga	United Nations	Enhancing Staff Well-being: A Case Study of Peer-to-Peer Mindfulness-Based Programmes at UN Human Rights



STRAND 5: MINDFULNESS AND THE CLIMATE (RESEARCH GROUP)

Sarah Law	University of Bath	Climate distress in the student population and its association with mental health, functioning and trait mindfulness
Nushka Marinova	University of Bath	Healing within, healing the planet: The effects of mindfulness practice and nature connectedness on climate distress and environmental action
Luis Calabria	Oxford Health NHS Foundation Trust	What Happens in Climate Cafés?: Exploring Responses to the Psychological Burdens of Climate Change in Seven UK Women
Elizabeth Marks	University of Bath	"An oasis in my week": Participant experiences of a mindfulness-based Active Hope course for eco-distress

OUR EXHIBITORS | ICM:2024



Visit our Exhibitors in-person in Bangor and online at the ICM:2024 Community Portal

"Our sincere hope is that the conference really does change minds and opens us to new ways of seeing mindfulness in direct relation to transformation, justice and liberation for all."
Cathy-Mae Karelse, author of Disrupting White Mindfulness

POSTER PRESENTATIONS (DISPLAYED IN MAIN ARTS - PJ HALL, FRIDAY 2 AUGUST FROM 18:45)

Marcin Czub	University of Wroclaw	Dark retreats: sensory deprivation and mindfulness practice
Marjory Bond	Glasgow School of Art	Creating Wellbeing: The Introduction of Mindfulness Programmes Within The Glasgow School of Art
Terry Barrett		Three stories of combing poetry and mindfulness to create new inclusive learning spaces in higher education
Paveen Phon-Amnuaisuk		Effects of Brief Mindfulness Practice on Psychological Health Outcomes: Does Frequency of Practices Matter?
Sine Skovbjerg	Aarhus University	The effect of an adapted Mindfulness-Based Stress Reduction program on mental health, prenatal attachment and birth outcomes in pregnant women with a preconception history of mental disorders: a study protocol for a randomized controlled trial in a Danish hospital-based outpatient setting
Stephan Schoenig		Enhancing Mindfulness Teaching and Research with the Mindful Brian App: A Grassroots Approach
Kuo, Yeh-Chen		Exploring the Impact of Mindfulness on Classroom Experiences, Teacher-Student Relationships, and Student Mindfulness: A Teacher Educator's Self-Study
Katrina Diamond	University of the West of England, Bristol	Mindfulness as an intervention for self-regulation and school reintegration in a trauma-informed primary school post Covid-19 lockdown
Lin, Yuan-Huei		The Impact of Short-term Mindfulness Practice on Prospective Memory and Working Memory
Alison Burton	Bangor University	Teaching mindfulness-based programmes online: Teacher demographics, perceived costs, and benefits.
Jamie E. Banker	California Lutheran University	Clinical Training and Supervision: A Mindful Approach
Ngar-sze Lau	The Chinese University of Hong Kong	Mindfulness as ethical foundations in teaching profession: Exploring the views of pre-service and in-service teachers in Hong Kong
Shelita Birchett Benash	Antioch University	Mindfulness Adult ESL and Health Literacy eBook Project
Yang Hui Hazel	University of Macau	Reducing foreign language anxiety in a mindfulness-integrated university English classroom: An ethnographic observation
Nina Zammit	German Sport University Cologne	Investigating the relationship between mindfulness and selflessness in adolescents.
Ke Shi	The University of Edinburgh	For Whom Does a Brief Mindfulness Induction Work? An exploration of the moderating role of individual differences in the effect of mindfulness induction on executive function and mind-wandering
Wei-Fang Lin	Chung Yuan Christian University	Beyond Monolithic Support: Interpersonal Style Mediates the Link Between Mindfulness and Support Behavior.
Naomi Clark	Glasgow Caledonian University	Stroke survivors' experiences of mindfulness-based interventions and yoga: a qualitative systematic review and meta-aggregation
Catherine Doody	University College Dublin	Participants Experiences Following a Mindfulness Based Intervention for University Students; A Qualitative Study
Aya Midorikawa	Faculty of Nursing, Toho University	Effects of mindfulness-based cognitive therapy on personal recovery in psychiatric day treatment with return to work in Japan: a non-randomized controlled trial with a control group.

OUR PARTNERS | ICM:2024

Thank you to all our Partners:

American Mindfulness Association
 Bodhi College
 British Association for Behavioural and Cognitive Psychotherapies
 Chinese Association for Life Care-Mindfulness Professional Committee (CALC-MPC)
 Copenhagen Insight Meditation
 CUHK Thomas Jing Centre for Mindfulness Research and Training (CUHKCMRT)
 eamba - European Associations for Mindfulness
 East Coast Mindfulness
 Institut Pleine Conscience
 International Mindfulness Teachers Association (IMTA)
 Korea Center For Mindfulness (KCFM)
 Lebanese Association of Mindfulness (LAM)
 Mindful Birthing and Parenting Foundation
 Mindful Practice in Medicine Programs, University of Rochester School of Medicine and Dentistry
 Mindfulness India Summit 2024

Mindful Self-Compassion UK
 Mindfulness in Schools Project (MiSP)
 Mindfulness Matters. Today
 Mindfulness Network For People of Colour
 Mindfulness Teachers Association of Ireland (MTAI)
 Mindfulness Wales/Meddygarwch Cymru
 Mindfulness-Based Compassionate Living (MBCL)
 My Discombobulated Brain
 Radboudumc Centrum voor Mindfulness
 SITT Community:
 Sussex Mindfulness Centre
 Taiwan Clinical Society of Mindfulness-Based Approaches
 Tees, Esk and Wear Valleys NHS Foundation Trust
 The Manchester Mindfulness Festival
 The Mindful Parenting and Community Project
 The Mindfulness Initiative
 The TLC Solution
 The Urban Mindfulness Foundation
 Facultad de Medicin - Universidad de Cantabria
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UN OHCHR Mindfulness Initiative & UN Staff Club
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