

# **The 52<sup>nd</sup> Banff International Conference on Behavioural Science**

## **Mindfulness for Families, Schools, and Communities: From Promotion to Intervention**

March 15 to 18, 2020

Banff, Alberta, Canada



The past decade has witnessed a rapid expansion of interest in mindfulness both in the general public, and in educational and clinical settings. This interest is based in part on the growing body of research documenting the benefits of mindfulness practices with regard to improving attention and emotion regulation, in relieving distress and cultivating well-being, and improving health in both the general population and clinical populations. But what is mindfulness and how can it be cultivated? For example, in what ways can mindfulness practices support and extend other core aims of education? Both clinical science and neuroscience have revealed important beneficial outcomes of the practice of mindfulness – defined as moment to moment, present-centered, non-judgmental awareness. The 52nd annual Banff International Conference on Behavioural Science will feature leading researchers and other experts presenting their efforts to extend these practices and their beneficial effects to families, children, youth, and adults in educational, clinical, and community settings. Leading experts will provide up-to-date research findings in plenary addresses. In addition, workshops will emphasize skill development and specific strategies from a range of evidence-based programs and practices. In particular, participants will learn how the downstream consequences of a lack of mindfulness, self-regulation, and compassion, including stress and its deleterious effects on the body and the mind, might be curtailed.

### **Plenaries**

#### **Mindfulness in Schools: Current Status and Future Challenges**

Mark Greenberg, Pennsylvania State University & CREATE

#### **Neurobiological and Psychosocial Mechanisms of Mindfulness: From the Monastery to the Classroom**

David Vago, Vanderbilt University

#### **Mindfulness and Maternal Wellness: Preventing Depression Relapse among Perinatal Women**

Sona Dimidjian, University of Colorado-Boulder

#### **Sitting with Distress: Mechanisms of Mindfulness-Based Interventions in the Treatment of Substance Use Disorders**

Katie Witkiewitz, University of New Mexico

#### **Mindfulness Meditation and Mental Health: Mechanisms Underlying Sustained Wellness**

Zindel Segal, University of Toronto-Scarborough

#### **Exploring the Effectiveness of Mindfulness Programs in Schools with Children and Youth: What Do We Know and Where Do We Go from Here?**

Kimberly Schonert-Reichl, University of British Columbia

### **Workshops**

#### **Long-term 25-year Retrospective Follow-up of a Mindful Classroom: Cognitive, Psychosocial, and Qualitative Changes**

David Vago, Vanderbilt University

#### **The Three Minute Breathing Space: Promise and Paradox**

Zindel Segal, University of Toronto-Scarborough

#### **Art and Science of Human Flourishing: Teaching Contemplative Practices in Education**

Robert W. Roeser, Pennsylvania State University

#### **Mindful Parenting and Mindful Families: Practices, Programs and Evidence**

Douglas Coatsworth, Colorado State University

#### **Mindfulness Goes to School: Promoting the Whole Child with Mindful Awareness Practice**

Molly Stewart Lawlor, University of British Columbia

#### **Nourishing Wellness: Skillful Action in Mindfulness-based and Contemplative Approaches to Mental Health**

Sona Dimidjian, University of Colorado-Boulder

#### **Mindfulness-Based Interventions in the Treatment of Substance Use Disorders**

Katie Witkiewitz, University of New Mexico

#### **CARE: Cultivating Awareness and Resilience in Education**

Christa Turksma, CREATE

**For more information** <https://banffbehavsci.ubc.ca/>

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### Accommodations

We encourage all attending delegates to book their accommodation at The Banff Centre. Onsite accommodation supports the evening sessions and banquet, as well as enhances networking opportunities. A block of rooms has been reserved at The Banff Centre. An Accommodation/Meal Package has been arranged for March 15-19, 2020. The Package includes four night's accommodation (commencing Sunday, March 15), four Vistas buffet breakfasts, three Vistas buffet dinners and a plated Banquet dinner (Tuesday, March 17), as well as service charges, wireless internet access in bedrooms, parking, and access to the Sally Borden Recreation Facility. Meal package commences Sunday, March 15 with Vistas buffet dinner and ends with Vistas breakfast on Thursday, March 19. Tables will be identified in the Dining Room for all scheduled meals, for those conference delegates wishing to network with their peers. One- and two-bedded accommodation/meal daily package rates are SINGLE: \$224.92 per person and DOUBLE \$147.42 per person. Prices are exclusive of 5% GST, 4% Alberta Tourism Levy Tax, 2% Tourism Improvement Fee, and \$15/day/room Facilities Fee, and are quoted in Canadian Dollars (CAD). Single room rates apply to one conference delegate staying alone or sharing the room with a companion who is not a conference delegate. A \$100.00 CAD off-site fee will apply to all delegates whose accommodation is off-site and is payable at time of registration. The offsite fee is not applicable to the one-day registration.

To book your accommodation/meal package at The Banff Centre, please call Toll Free 1-800-884-7574 (direct 403-762-6100) and advise them that you are attending the Banff Conference on Behavioural Science. The Reservations Office is open Monday-Friday from 8:00 a.m. – 5:00 p.m. MST.

### Conference Registration

The registration fee is \$450 CAD on or before February 13, 2020, and \$525 CAD for registrations postmarked after this date. For full-time students, residents and interns, the registration fee is \$150 CAD on or before February 13, 2020, and \$185 CAD for registrations postmarked after this date. For those requesting the student rates, you will be asked to provide current student identification at the conference registration desk. The conference registration fee includes buffet lunch and coffee/tea service on Monday, Tuesday, and Wednesday. The conference registration does not include workshop fees (\$80 CAD/workshop). The one-day registration fee is \$275 CAD. Full registration fee is required if booking more than one day. All registrations must be prepaid. A \$100 CAD processing fee will be charged for all cancellations on or before February 13, 2020, and no refunds will be given after this date. GST (5%) is required on all registration and workshop fees. The Conference is organized by Banff Conferences on Behavioural Science, registered under the Canada Not-for-profit Corporations Act.

[REGISTER HERE](#)

### Planning Committee

Kimberly Schonert-Reichl (Co-Chair)

Claire Crooks (Co-Chair)

Robert J. McMahon (Co-Chair)

Ray DeV. Peters (Co-Chair)

Kenneth D. Craig

University of British Columbia

Centre for School Mental Health, Western University

Simon Fraser University and BC Children's Hospital Research Institute

Queen's University

University of British Columbia

### Call for Papers

A poster session will be held on Monday, March 16th as part of the evening reception. Submissions should be data-based and related to the conference theme. Proposals should be submitted to Sue Kim at [hkim725@uwo.ca](mailto:hkim725@uwo.ca) by February 14, 2020 for consideration. Please include a document with the presentation title, authors' names and affiliations, and an abstract (250 words). An email contact for the corresponding author should be included on the submission as well.

**For more information** <https://banffbehavsci.ubc.ca/>