

Mindful Morsels 2017-18

September 14, 2017, 3:00 pm, HSC North 2940B

“An Introduction to Mindfulness”

Jon Reed, JD

People who practice mindfulness meditation say it can transform our personal and work lives. They learn skills that can apply to studying, teaching, supporting and interacting with others. But what is mindfulness, and how can it do so much? Many common questions attendees ask: Is it normal? What is it? Will it do me any good? Be honest, is it as easy as you say? Mindfulness practice is about being more human and compassionate, not strange or exotic. This session is geared toward those hoping to learn how bring more awareness and satisfaction into everyday living and those seeking to fine-tune an important wellness skill. As a result of the session, participants will understand what the term “mindfulness” means and how its meaning may change depending on the setting, the relationship between mindfulness and a basic meditation practice, and the connection between mindfulness, health and happiness.

October 10, 2017, 11:00 am, HSC North 2940A

“A Mindful Approach to Information Overload”

Chanelle Pickens, MS

Students and professionals are bombarded with information. Much of this information, particularly digital information, is quite necessary to perform our daily tasks, yet we are increasingly overloaded. How can we use contemplative practice as a means to understand and then deal with information overload (IO) in our daily lives? Taking control of information (both what we consume and what we produce) may be the solution to IO problems. This workshop aims to help participants identify the various types and causes of IO in their lives, recognize the psychological, emotional, and physiological responses to IO, reflect on these responses and their wider impact, and develop a personal plan to manage IO.

December 5, 2017, 11:00 am, HSC North 2940A

“Mindful Listening”

Neal Newfield, PhD

The Institute of Medicine indicates patient outcomes are improved when treatment is a shared endeavor between the healthcare provider and the patient. Often the story that the patient tells and the provider hears are not the same thing. Additionally, patients may not follow through with treatment due to psychosocial obstacles that are not heard and identified. To “hear” requires listening compassionately without judgement, and cognitive imposition of our own beliefs and theories. “Mindful Listening” will be contrasted with our “Auto Pilot Listening”. Meditation practice, while not a panacea, will be presented as an approach useful in becoming better listeners. Mindful listening can result in better relationships and outcomes even with our more challenging patients

January 2018

“A Mindful Path to Wellness”

Bill Reger-Nash, EdD

As a result of this presentation, participants will be able to identify barriers to living mindfully, list five attributes of mindful wellness, and implement a plan to live with increased awareness and quality.

February 2018

“The Science of Compassion in Conflict”

Julie Brefczynski-Lewis, PhD

In this session, Dr. Brefczynski-Lewis will present the Science of Mindfulness in a balanced way, helping one sift through the media hype to see what mindfulness is likely to have benefits, plus what might still be unknown. The aim is not only to be informative, but also instructional as to how to approach mindfulness training, with exercises given in the context of mindfulness studies. If expectations are too high for quick, effortless results that will be a ‘miracle cure’ for any condition, there is danger that people will take the practice up with great enthusiasm that will quickly wane when instant results are not attained. In contrast, knowing that science supports effect sizes similar to medication-based standard care treatments for anxiety, depression and pain, and can result in brain, mitochondrial and immune system changes, can be encouraging, but with the caveat that it takes consistent practice and regularity, that the results can vary from person to person, and that it shouldn't be viewed as a replacement for standard care without direction from your health care professional. The goal is to come away with a realistic approach to mindfulness training that will have staying power.

March 2018

“A Mindful Approach to Conflict Engagement”

Joanna DiStefano, MS

Conflict can negatively impact our physical health, personal sense of wellbeing, and even professional performance. This lecture will seek to help participants connect mindfulness practice to conflict engagement strategies in an effort to preserve and improve wellbeing and strengthen personal and professional relationships. Instruction will focus mainly on adapting principles of the mediator’s stance as outlined by John B. Ford and framing conflict experiences within reflective practice. Topics to be addressed include negotiation approaches, understanding bias and attribution, communication styles, and conflict narratives. As a result of this lecture, participants will have a better sense of what one brings to conflict, how one can grow through conflict, and the potential to lead others through conflict.