

# FIRST ANNUAL MEETING OF THE UNIVERSITY OF OTTAWA ACADEMY OF MINDFULNESS AND CONTEMPLATIVE STUDIES

*FRONTIERS IN MINDFULNESS: MEDICINE, SPIRITUALITY  
AND SOCIAL JUSTICE*



THURSDAY, APRIL 20, 2017

Faculty of Medicine Amphitheatre A  
451 Smyth Road, Ottawa, ON

## Conference Description

This 1-day conference is designed for physicians, other health care providers, researchers and scholars with an interest in mindfulness and contemplative studies. By attending this conference, the participant will gain knowledge of the clinical applications of mindfulness meditation, the use of neuroimaging techniques to elucidate the relationship between brain and mind, spiritual perspectives on mindfulness, and the role of mindfulness in promoting social justice. **The conference keynote speaker is Dr. Zindel Segal, Distinguished Professor of Psychology in Mood Disorders at the University of Toronto and co-founder and developer of Mindfulness-based Cognitive Therapy.**

## INFORMATION & REGISTRATION

613-798-5555 x10928 | [facdev@uottawa.ca](mailto:facdev@uottawa.ca) | <http://uocal.uottawa.ca/en/node/18109>

# Frontiers in Mindfulness: Medicine, Spirituality and Social Justice

## Planning Committee

Special thanks to the following Faculty who participated in the planning of this event:

- Dr. Carol Gonsalves (Faculty of Medicine)
- Dr. Diana Koszycki (Faculty of Education and Faculty of Medicine)
- Dr. Heather MacLean (Faculty of Medicine)
- Dr. Millaray Sanchez-Campos (Faculty of Medicine)
- Dr. Anne Vallely (Faculty of Arts)
- Dr. André Vellino (Faculty of Arts)

## Overall Learning Objectives

- Describe the clinical use of mindfulness meditation
- Discuss how mindfulness can benefit society
- Describe strategies to elucidate the relationship between brain and mind

## Course Cancellation Policy

The University of Ottawa, CPD reserves the right to cancel courses. Registrants will be notified at the earliest possible date in the event of a cancellation. Registration fees for courses cancelled by the University of Ottawa, CPD will be refunded; however the University of Ottawa, CPD will not be liable for any loss, damages or other expenses that such cancellation may cause.

## Liability

The University of Ottawa, Office of Continuing Professional Development (CPD) assumes no liability for any claims, personal injury or damage:

- to any individual attending this conference;
- that may result from the use of technologies, program, products and/or services at this conference;
- that may arise out of, or during this conference.

## Accreditation

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada for 4.5 hours. This program has been reviewed and approved by the University of Ottawa, Office of Continuing Professional Development.

This Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the University of Ottawa's Office of Continuing Professional Development for up to 4.5 Mainpro+ credits.

## Freedom of Information and Privacy Act

By registering for this conference with the University of Ottawa you agree that the information you provide will be used for administrative purposes including your registration in the conference, preparation of conference materials for your use and, to notify you of other courses/conferences or pertinent information. This information is protected and is being collected pursuant to the Freedom of Information and Protection of Privacy Act of Ontario (RSO 1990). The University of Ottawa is committed to maintaining and protecting the confidentiality and privacy of your personal information. Only authorized employees, whose official duties so require, are allowed to view your information.

## Course Presentations

To ensure course participants receive the most up-to-date information and in an effort to lessen the environmental impact of our events, all available course materials will be posted to our website as soon as they become available. We cannot guarantee that all course materials will be posted on the website.

## PROGRAM AT A GLANCE

**8:00—8:45** Registration & Light Breakfast

**8:45—9:00** *Welcome and Introductory Comments*

### **9:00—10:15** Morning Presentations

**Randomized Trial of the effect of Mindfulness-based Stress Reduction on Pain, Function, Quality of Life and Metabolism in Patients with Painful Diabetic Peripheral Neuropathy;** Describe recent findings on the efficacy of mindfulness meditation for diabetic peripheral neuropathy

**Dr. Howard J Nathan**  
University of Ottawa

**Mindfulness Interventions in Neurological Disease;** Describe recent findings on the benefits of mindfulness training for neurological disease

**Dr. Lisa Walker**  
University of Ottawa

**Mindfulness and neuropathic pain: fMRI demonstrates how mindfulness changes your brain's experiences;** Describe recent neuroimaging findings on the effects of mindfulness training for neuropathic pain

**Dr. Andra Smith**  
University of Ottawa

### **10:15—10:30** Experiential Mindfulness Practice

**10:30—11:00** Break

**11:00 – 12:30 KEYNOTE: Mindfulness Meditation as Adjunctive Care for Mental Health Disorders: Empirical Status and Public Health Significance;** Summarize the empirical status of mindfulness interventions for mental health and its public health significance

**Dr. Zindel Segal**  
University of Toronto

**12:30—1:30** Networking Lunch

### **1:30—2:45** Afternoon Presentations

**Can Brain Imaging Reveal the Mind and Its Self?;** Describe how brain imaging can elucidate brain mechanisms that underlie sense of self and how the brain assumes a mind

**Dr. Georg Northoff**  
University of Ottawa

**Embodying Change: Contemplative Practice and Social Justice;** Discuss how contemplative practice can promote a commitment to social justice

**Dr. Erin McCarthy**  
St. Lawrence University

**Learning to Die: Tibetan Buddhist Views on a Mindful Death;** Discuss a Buddhist perspective on death and dying

**Dr. Angela Sumegi**  
Carleton University

**Mindfulness as Instrument, Mindfulness as Lifestyle;** Discuss secular versus Buddhist perspectives on mindfulness practices

**Dr. André Vellino**  
University of Ottawa

### **2:45—3:00** Experiential Mindfulness Practice

**3:00—3:15** Closing Remarks

### Disclosure

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

# REGISTER NOW

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APRIL 20, 2017 | ROGER-GUINDON CAMPUS, 451 SMYTH ROAD

First Name	Last Name
Address	
City	Province
Postal Code	Email
Telephone	Fax
Dietary Restrictions	

☐ uOttawa Faculty    ☐ Other    ☐ Resident    ☐ Student

### REGISTRATION FEES

	ONLINE EARLY BIRD RATE ON OR BEFORE MAR. 20, 2017	ONLINE REGULAR RATE AFTER MAR. 20, 2017	MAIL, FAX, ONSITE ANYTIME
uOttawa Faculty	\$80	\$90	\$100
*Student/Medical Student	\$40	\$50	\$60
*Residents	\$50	\$60	\$70
Other	\$90	\$100	\$110

*\*A letter from your program director verifying Resident/Student status will be required upon check in at the registration desk in order to receive the discounted registration.*

### Registration Information

- No registration form will be processed without the full registration fee included.
- Post-dated cheques are not accepted.
- Continental breakfast, refreshment breaks and lunch are included in the registration fees.
- Refunds less **\$40** administrative charge will be issued for cancellations received in writing by **March 20, 2017**. No refunds will be issued for cancellations received after that date. Refund cheques will be sent after the event.

### METHODS OF PAYMENT

☐ Visa                      ☐ Mastercard                      ☐ Cheque

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_ / \_\_\_\_\_

Name on the Card \_\_\_\_\_ Signature \_\_\_\_\_

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