

Second Conference of the  
**uOttawa Brain and Mind Research Institute**  
**Academy of Mindfulness and Contemplative Studies**

**Conference Theme:** Transitions, Transformations,  
Transcendence: Contemplative Practices for the 21st Century



Thursday, April 25, 2019  
Huguette Labelle | Tabaret Hall, uOttawa  
550 Cumberland St., Ottawa, ON

### Conference Description

This one-day conference is designed for researchers, scholars, physicians, students and other health care professionals with an interest in mindfulness and contemplative studies. By attending this conference, the participant will gain knowledge of the role of these philosophies and practices in understanding integrative oncology interventions, conscious aging, death and dying, and self-transcendence. The therapeutic potentials of yoga, research of contemplative practices in palliative care and concepts of self-transcendence within various spiritual traditions will be explored. Participants will hear keynote speaker, Dr. Linda Carlson on mindfulness based interventions for cancer patients and survivors and a talk from bhikkhu Ajahn Viradhammo on transcendence and wellbeing.

# Transitions, Transformations, Transcendence: Contemplative Practices for the 21<sup>st</sup> Century

## Planning Committee

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

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

Special thanks to the uOBMRI Team for their support

## Overall Learning Objectives

- Recognize the role of integrative oncology interventions on cancer patients and survivors.
- Explain the role of mindfulness in promoting transcendence and wellbeing.
- Describe the process of death, dying and self-transcendence in various spiritual traditions.

## Course Cancellation Policy

The University of Ottawa 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 will be refunded; however the University of Ottawa will not be liable for any loss, damages or other expenses that such cancellation may cause.

## Liability

The University of Ottawa 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, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of 4.5 hours (credits are automatically calculated).

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the uOttawa'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

## **9:00-11:45** Morning Presentations

**9:00-10:30** PLENARY -Mindfulness-based Interventions for Medical Conditions: Rationale, Description and Research Data **Dr. Linda Carlson**  
University of Calgary

**10:30-10:45** Break

**10:45-12:15** Mindfulness Meditation and Transcendence **Ajahn Viradhammo**  
Session Learning Objectives

- Explain the relationship between mindfulness and compassion in the face of suffering
- Assess the role of mindfulness in transcendence and wellbeing

**12:15-1:15** Networking Lunch

## **1:15-4:15** Afternoon Presentations

**1:15-2:30** Panel: Mindful Aging and Dying Well **Martine Lagacé, Anne Pitman,**  
**Stephen Liben, Anne Valley**

- Describe the role of mindfulness in grief work
- Explain how mindfulness can help physicians be compassionately present in the face of suffering
- Discuss the role of yoga therapy as a contemplative practice at the end of life
- Describe the benefits of mindfulness for the aging process
- Discuss and compare cultural traditions that place importance on conscious aging and dying well

**2:30-2:45** Break

**2:45- 4:00** Panel: Transcendence, Transformation and the Self **Mahmoud Masaeli, Fabrice Blée,**  
**Catherine Collobert**

- Summarize transcendence within different spiritual traditions
- Describe the nature and experience of transcendence and how the latter relates to our daily life
- Discuss the nature of the experience of transcendence and to demonstrate how the experience is self-transformative

**4:00-4:15** 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 ONLINE NOW!

## Second Conference of the uOBMRI Academy of Mindfulness and Contemplative Studies

April 25, 2019 | Huguette Labelle | Tabaret Hall, uOttawa  
550 Cumberland St., Ottawa, ON

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 March 29, 2019	Online Regular Rate After March 29, 2019	Mail, Fax, Onsite Anytime
uOttawa Faculty	<b>\$115</b>	<b>\$130</b>	<b>\$130</b>
*Students/Medical Student	<b>\$60</b>	<b>\$70</b>	<b>\$70</b>
*Residents	<b>\$80</b>	<b>\$90</b>	<b>\$90</b>
Other	<b>\$115</b>	<b>\$130</b>	<b>\$130</b>

*\*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 15, 2019**.
- 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/CCV \_\_\_\_\_ / \_\_\_\_\_

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

Email: [uOBMRI@uottawa.ca](mailto:uOBMRI@uottawa.ca) | Phone: 613-562-5800 x5425

Mail: Please make cheques payable to "University of Ottawa Brain and Mind Research Institute".

c/o Natasha Hollywood, University of Ottawa Brain and Mind Research Institute, Salle 2412, Ottawa, ON K1H 8M5