

Bridging the Hearts & Minds of Youth:

Mindfulness in Clinical Practice, Education and Research

UC San Diego
SCHOOL OF MEDICINE

Presented by the



Co-Organized by



February 4-5, 2012

Catamaran Resort Hotel, San Diego, CA

Constructed around the three “pillars” of clinical practice, education and research, this inaugural 2-day conference aims to support and extend the work of those who bring mindfulness to children and teens in a variety of settings. By bringing together noted experts in the field of mindfulness in these arenas, we hope to encourage an ever-growing dialogue and contribute to the greater goal of bettering the lives and futures of youth everywhere.

Keynote Speakers



Rick Hanson, PhD
Neuropsychologist and Author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*



Pamela Seigle, MS
Educator and Executive Director
Courage & Renewal Northeast
Wellesley College



Susan Kaiser Greenland, JD
Author of *The Mindful Child*, Educator
and Co-Founder, Inner Kids



Chip Wood, MSW
Author and Educator
Facilitator, Courage & Renewal Northeast



Amishi Jha, PhD
Psychologist and Researcher
University of Miami

Other Presenters Scheduled to Attend:

Mark Lilly, Street Yoga	Joe Klein, LPC, CSAC
Gina M. Biegel, MA, LMFT	Mark Lilly
Megan Cowan	Chris McKenna
M. Lee Freedman, MD	Amy Saltzman, MD
Amy Garrett, PhD	Randy Semple, PhD
Sam Himelstein, PhD	

For More Information, Contact:
UC San Diego Center for Mindfulness
(858) 334-4633
mindfulness@ucsd.edu
cme.ucsd.edu/bridging

