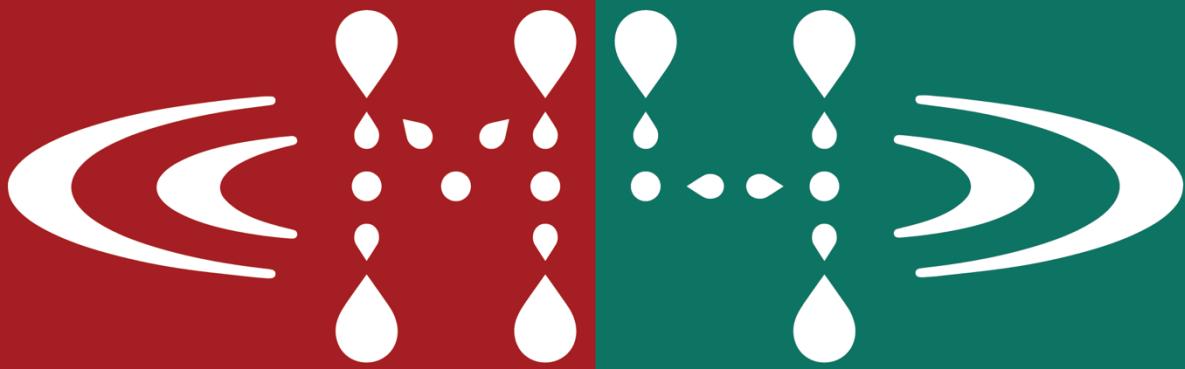


Mindfulness Mechanisms & Methods Meeting



**October 5-6
2023**



**Washington
University in St. Louis**



Mindfulness Mechanisms & Methods Meeting

mindfulnessmechanisms.org | October 5-6, 2023 | St. Louis

OVERVIEW

In the last decade, supported by the trans-NIH BRAIN Initiative, tremendous advances have been made in the development of available tools and technologies that have the potential to revolutionize our understanding of the human brain. In parallel, scientific interest and research on mindfulness meditation has exploded, including that focused on key brain mechanisms of action by which mindfulness practices yield beneficial effects on psychological health and well-being. Yet progress has not been as rapid as it should be, due to two key challenges: a) lack of fluency, and even awareness, among many contemplative scientists regarding current advances and the new tools available for 21st-century cognitive neuroscience research; and b) insufficient dialogue between researchers and advanced practitioners, regarding best practices on how to utilize this modern cognitive neuroscience toolkit within the context of mindfulness instruction and therapeutic intervention.

The objective of the Mindfulness Mechanisms and Methods Meeting is to address these key challenges, by providing a scientific conference that brings together an interdisciplinary group of individuals to inspire new mindfulness research utilizing advanced cognitive neuroscience tools and technologies.

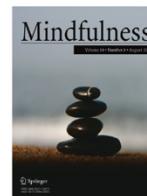
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Signature Initiative



MIND & LIFE
INSTITUTE





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VENUE

Eric P. Newman Education Center (EPNEC)

320 S. Euclid, St. Louis, MO 63110
(314) 747-MEET (6338) epnec.wustl.edu

Address of the Euclid Garage to program into
GPS - 224 South Euclid, St. Louis, MO 63110

Directions to Euclid Parking Garage from Kingshighway

- Turn right(East) on Parkview Place
- Take Parkview Place strait to the Euclid Garage
- Exit garage to the left and walk a short block to EPNEC

EPNEC - Side Door drop-off

- Forest Park Blvd. to Taylor
 - South on Taylor to Children's Place
 - West on Children's Place continue to EPNEC
 - Road will dead end at Euclid (EPNEC will be on your right for drop-off, use turn-around on your left to exit to parking.)
- (Note: No vehicular access to EPNEC from Euclid Ave.)

From the Airport:

- I-70 east to I-170
- I-170 south to Forest Park Blvd
- Forest Park Blvd. east to Euclid
- South on Euclid
- Left into the Euclid Garage
- Exit garage to the left and walk a short block to EPNEC

From Points West:

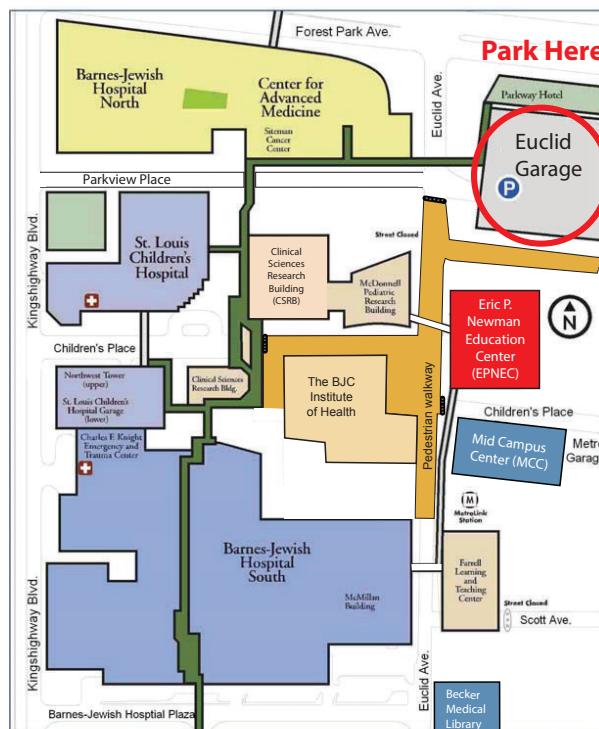
- Take I-64/40 East towards St. Louis
- Take Kingshighway exiting North
- East on Forest Park Ave.
- South on Euclid Ave.
- Turn left into Euclid Garage
- Exit garage to the left and walk a short block to EPNEC

From Downtown St. Louis, Illinois and points east:

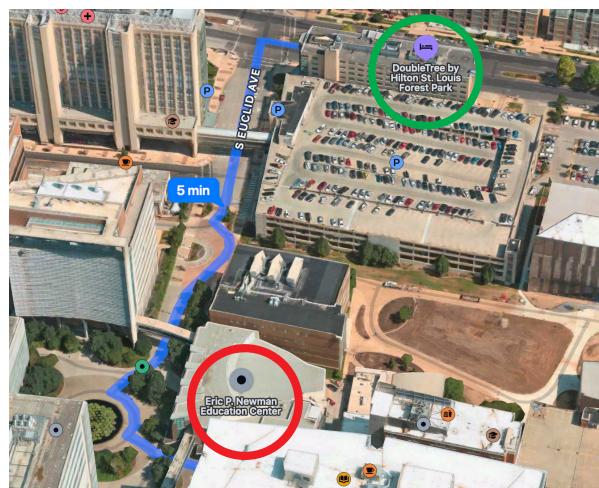
- West on I-55, I-70, I-64
- Stay to the left after crossing Mississippi River to continue on I-64/40
- Take Kingshighway North exit
- East on Forest Park Ave.
- South on Euclid Ave.
- Turn left into Euclid Garage
- Exit garage to the left and walk a short block to EPNEC

Via MetroLink:

- Detrain at the Central West End stop
- Ascend stairs or use elevator to Euclid Ave
- Right on Euclid to EPNEC



From DoubleTree hotel to EPNEC





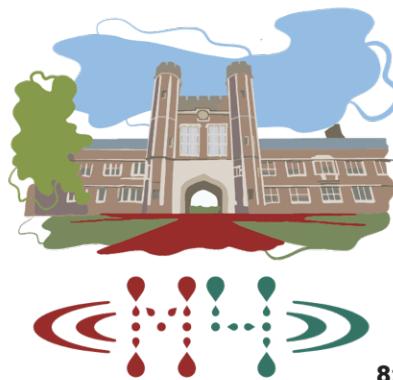
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MEETING SCHEDULE (Mornings)

DAY 1 October 5, 2023

Cognitive Neuroscience Mechanisms & Methods



Speakers & Session Moderators*

DAY 2 October 6, 2023

Broader Methodological Issues & Implications



10:00-11:00



11:00-12:30





Mindfulness Mechanisms & Methods Meeting

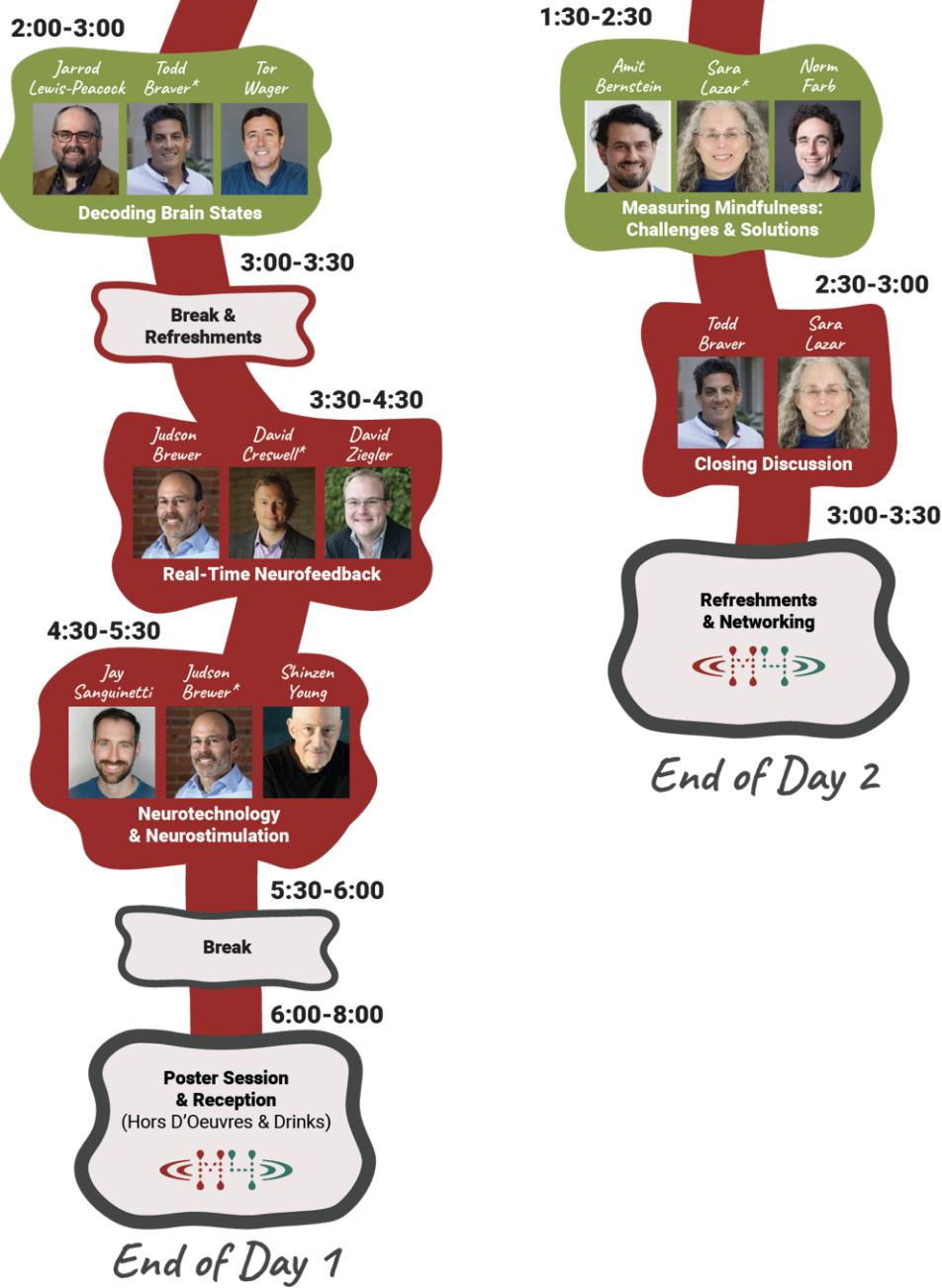
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MEETING SCHEDULE (Afternoons)

DAY 1
October 5, 2023
Cognitive Neuroscience Mechanisms & Methods



DAY 2
October 6, 2023
Broader Methodological Issues & Implications





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SPEAKERS



Clemens Bauer

Clemens Bauer, M.D., Ph.D. is a Research Scientist at Northeastern University and a Research Affiliate at the Gabrieli Lab at the Massachusetts Institute of Technology. He has had a long-time interest in understanding the neural correlates of subjective first-person experience, in particular, the mechanisms underlying the interactions between mind/brain and body.



Amit Bernstein

Amit Bernstein, Ph.D. is a Professor of Psychology, Director of the Observing Minds Lab at the University of Haifa, and member of the Israel Young Academy. Amit is interested in how wellbeing and suffering are impacted by the ways in which we process, experience and respond to our internal states, and thereby, how mindfulness and mental training may be used therapeutically.



Aviva Berkovich-Ohana

Aviva Berkovich-Ohana, Ph.D. is a senior lecturer at the University of Haifa, Edmond J. Safra Brain Research Center for the Study of Learning Disabilities, and Faculty of Education. Her research is on contemplative mental training and their relevance to education. Another focus is the study of consciousness and sense of self, in collaboration with long-term contemplative practitioners.



Todd Braver

Todd Braver, Ph.D. is a Professor of Psychological & Brain Sciences, Radiology, and Neuroscience at Washington University in St. Louis. He studies the cognitive and neural mechanisms underlying memory, attention, and controlled processing. His research approach combines computational modeling, functional neuroimaging, and behavioral studies.



Jud Brewer

Jud Brewer, M.D., Ph.D. is the Director of Research and Innovation at Brown University's Mindfulness Center, where he also serves as an associate professor in Behavioral and Social Sciences at the School of Public Health and Psychiatry at the School of Medicine at Brown University. Additionally, he is the executive medical director of behavioral health at Sharecare.



Mindfulness Mechanisms & Methods Meeting

mindfulnessmechanisms.org | October 5-6, 2023 | St. Louis



Shamil Chandaria

Shamil Chandaria, Ph.D. is a senior professional with a multi-disciplinary background and 30 years of experience in mathematical modelling of diverse systems. He is a philanthropist, serial entrepreneur, technologist, and academic with research interests spanning computational neuroscience, machine learning and artificial intelligence, and the philosophy and science of human well-being.



Kalina Christoff

Kalina Christoff, Ph.D. is a Professor of Psychology at the University of British Columbia. Her work focuses on understanding human thought, using a combination of functional neuroimaging (fMRI), behavioral testing, and theoretical work. She is currently Interim Director of the Peter Wall Institute for Advanced Studies.



David Creswell

David Creswell, Ph.D. is a Professor of Psychology and Neuroscience at Carnegie Mellon University. His research focuses on understanding what makes people resilient under stress. He conducts community intervention studies, laboratory studies of stress and coping, and neuroimaging studies to understand how stress management strategies alter coping and resilience.



Kathryn Devaney

Kathryn Devaney, Ph.D. is a neuroscientist and meditation practitioner, with over 20 years of meditation experience. Kati is currently the Executive Director of The Alembic, the Chief Science Officer of Jhourney.io, and a researcher at the UC Berkeley Center for the Science of Psychedelics.



Norman Farb

Norman Farb, Ph.D. is a Professor of Psychology at University of Toronto Mississauga. He studies the social neuroscience of the self and human emotion, with a focus on how biases in self-representation shape emotional reactions that determine well-being. His work draws from multiple levels of analysis, including qualitative reports, behavior, and neuroimaging.



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mindfulnessmechanisms.org | October 5-6, 2023 | St. Louis



Sara Lazar

Sara Lazar, Ph.D. is an Associate Researcher in the Psychiatry Department at Massachusetts General Hospital and an Assistant Professor of Psychology at Harvard Medical School. The focus of her research is to elucidate the neural mechanisms underlying the beneficial effects of yoga and meditation, both in clinical settings and in healthy individuals.



Jarrod Lewis-Peacock

Jarrod Lewis-Peacock, Ph.D. is an Associate Professor of Psychology at The University of Texas at Austin. He studies how the brain forgets things, both accidentally and on purpose. His lab uses functional neuroimaging and computational techniques to investigate working memory and its interactions with cognitive functions including perception, attention, and long-term memory.



Jeff Lin

Jeff Lin, Ph.D. is a postdoctoral scholar working with Dr. Todd Braver at Washington University in St. Louis. He studies the effects of mindfulness and other contemplative practices on cognitive control and emotion regulation. Jeff's work draws insights from psychology, neuroscience, religion, and philosophy to advance understanding and treatment of human suffering.



Antoine Lutz

Antoine Lutz, Ph.D. is a director of research at the French Medical Research Institute in the Lyon Neuroscience Research Center. His research investigates the neurophysiological basis of mindfulness and compassion meditations and their impact on consciousness, emotion regulation, attentional control, and pain perception. He uses cognitive, affective and social neuroimaging paradigms.



Rhonda Magee

Rhonda Magee, M.A., J.D. is a Professor at the University of San Francisco and teacher of mindfulness-based stress reduction interventions for lawyers, law students, and for minimizing social-identity-based bias. She is a facilitator, with an emphasis on mindful communication, who trained at the University of Massachusetts's and the Stanford Graduate School of Business.



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Diana Parra Perez

Diana Parra Perez, Ph.D. is an Assistant Professor at the Brown School at Washington University in St. Louis. She is also a yoga and mindfulness teacher for the Academy for Diversity, Equity and Inclusion. Her research focuses on the promotion of health and wellness through community-based programs in physical activity, nutrition, yoga, and mindfulness for oppressed minorities.



Ruchika Prakash

Ruchika Prakash, Ph.D. is a Professor of Psychology at The Ohio State University. Her interests broadly focus on understanding neuroplasticity in the context of healthy aging and neurological disorders, specifically multiple sclerosis, and applying the knowledge gained through research in basic sciences to design interventions that tap into such neuroplasticity.



Tenzin Priyadarshi

The Venerable Tenzin Priyadarshi is President & CEO of The Dalai Lama Center for Ethics and Transformative Values at the Massachusetts Institute of Technology. The Center is a collaborative and nonpartisan think-and-do tank. Its programs emphasize responsibility and examine meaningfulness and moral purpose between individuals, organizations, and societies.



Julianna Raye

Julianna Raye has been training individuals and groups in mindfulness for 17 years. Currently, she develops onsite and online mindfulness training for enterprise clients and consumers as well as privately coaching those interested in enhancing their work environment and providing preventative health care through mindfulness meditation.



Jay Sanguinetti

Jay Sanguinetti, Ph.D. is the Associate Director of the Center for Consciousness Studies and a Research Assistant Professor in the College of Social and Behavioral Sciences at The University of Arizona. He uses psychophysiological measures of visual perception, emotion, and mindfulness meditation, along with noninvasive brain stimulation, to enhance cognition and well-being.



Mindfulness Mechanisms & Methods Meeting

mindfulnessmechanisms.org | October 5-6, 2023 | St. Louis



Juan Santoyo

Juan Santoyo is an early-career researcher whose studies the neurophysiological dynamics of meditation training in humans and their neural circuits in mice. As a Ph.D. student at the Massachusetts Institute of Technology, Juan studies how genetics and environmental adversity combine to impact the brain and contribute to psychiatric and neurodegenerative diseases.



Michael Taft

Michael Taft is a meditation teacher, author, and podcaster. Michael teaches meditation courses, retreats, and individuals worldwide, and is the author of several books, including the bestselling *The Mindful Geek*. He is also the founder and host of the *Deconstructing Yourself* podcast.



Lucina Uddin

Lucina Uddin, Ph.D. directs the Brain Connectivity and Cognition Laboratory and the Center for Cognitive Neuroscience Analysis Core in the Semel Institute for Neuroscience and Human Behavior at The University of California, Los Angeles. Her research uses neuroimaging techniques to examine the organization of large-scale brain networks supporting the development of executive function.



Tor Wager

Tor Wager, Ph.D. is the Diana L. Taylor Distinguished Professor in Neuroscience at Dartmouth College. His lab is dedicated to developing analysis methods for functional neuroimaging and sharing ideas, tools, and scientific data with the scientific community and the public.



Shinzen Young

Shinzen Young is an American mindfulness teacher and neuroscience research consultant. His systematic approach to categorizing, adapting and teaching meditation, known as Unified Mindfulness, has resulted in collaborations with Harvard Medical School, Carnegie Mellon University, and the University of Vermont in the burgeoning field of contemplative neuroscience.



David Ziegler

David Ziegler, Ph.D. is an Assistant Professor of Neurology at The University of California, San Francisco. His current research focus is on unmasking the neural mechanisms that account for age-related changes in cognitive control and translating these basic neuroscience findings into cognitive neurotherapeutic interventions to alleviate impairments in attention in diverse populations.



Mindfulness Mechanisms & Methods Meeting

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POSTER SESSION

#	Poster Title	Presenter (*Travel Award)	Affiliation
1	Increases in Theta Oscillatory Activity During Episodic Memory Retrieval Following Mindfulness Meditation Training	Erika Nyhus	Bowdoin College
2	Longitudinal Effects of Naturalistic Psilocybin Use Across Age 18-60 in a Representative U.S. Sample: Examination of Predictors on Brain Health and Mindfulness	Stal Shrestha*	University of California San Francisco
3	Facilitating Meditation with Focused Ultrasound Neuromodulation: A First Investigation in both Experienced and Novice Practitioners	Joshua Cain	Institute for Advanced Consciousness Studies
4	Do Contemplative Practices Make Us Moral?	Kevin Berryman*	Monash Centre for Consciousness and Contemplative Studies
5	Feasibility of Implementing a Mindfulness-based Online Program for Latina Immigrants and the Staff that Work with Them	Juliana Muñoz-Bohorquez*	University of Maryland College Park
6	Designing and Testing an Evidence-Based Program for Clinician Burnout	Lia Antico	Brown University
7	Mindfulness as a Conduit for Parent Child Emotional and Relational Health	Natalie Gruber	Arizona State University
8	One Size Does Not Fit All: The importance of Customized Interventions in the Promotion of Student Wellbeing	Yiyi Wang*	University of Toronto Mississauga
9	The Impact of a Brief Mindfulness Training on Interoception	Geissy De Araújo*	Federal University of Rio Grande do Norte
10	The Effects of Brief Mindfulness-Based Telehealth on Contributing Mechanisms of Antisocial Features	Sofia Angelini	Alliant International University
11	Workers with Higher Stress Levels Have Altered Dynamic Neuroimaging	Diane Elliot	Oregon Health & Science University
12	Jhana Meditation Inhibits the Medial Prefrontal Cortex Related to Discursive Thinking	Winson Yang*	Harvard University



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13	Time-intensive Longitudinal Assessment of Focused Attention and Open Monitoring Mindfulness Training	Marne White	Washington University in St. Louis
14	Silence Practice Modulates the Resting State Functional Connectivity of Language Network with Default Mode and Dorsal Attention Networks in Long-term Meditators	Vaibhav Tripathi*	Boston University
15	Childhood Trauma Predicts Greater Meditation Practice, but Neither Childhood Trauma nor Meditation Experience Predict Telomere Length	Quinn Conklin*	University of California, San Francisco
16	Meditation and Complexity – A Review and Empirical Study	Daniel Atad*	University of Haifa
17	EEG-based Jhana States Detection for Neurofeedback Training	Tamaz Gadaev & Alex Gruver	Jjourney Inc.
19	Mindfulness as a Dynamical System: Theory and Study	Noga Aviad*	University of Haifa
20	Mind in Motion: Tracing Dynamics in the Stream of Thought Through Experience Sampling	Sneha Sheth*	University of British Columbia
21	Co-Designing a Meditation-Based Psychedelic Preparation Program: A Multi-phase Qualitative Approach	Rosalind McAlpine	University College London
23	Mindfulness Training on Attentional Control in Older Adults: A Randomized Placebo-controlled Trial	Megan Fisher*	Ohio State University
24	The validity of the Breath Counting Task as a Measure of Mindfulness for Children Ages 9 - 13 Years	Winnie Zhuang	University of Colorado Boulder
25	Neural Activation Associated with the Reporting of Spontaneous Thoughts in Experienced Mindfulness Meditators	Andre Zamani*	University of British Columbia
26	Absorption States Called Jhana Reduce the Rigidity of Bayesian Priors in the Brain	Jonas Mago*	McGill University
27	Trait Mindfulness is Associated with Attentional Vigilance and Reductions in the Occurrence of Mind Wandering	Anthony Zanesco*	University of Miami
28	Mindfulness-Based Stress Reduction Alters Neural Responses Associated with Asthma Outcomes	Estelle Higgins*	University of Wisconsin-Madison



Mindfulness Mechanisms & Methods Meeting

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29	Non-replicability in a Large Older Adult Sample of Previously Reported Effects of Mindfulness-based Stress Reduction Training on Resting State Functional Connectivity	Mohammad Hadji	Washington University in St. Louis
30	Nurturing Interoceptive Attention and Emotional Cognitive Control: The Impact of Breath-Focused Cooperative Compassion Training in Parent-Child Dyads	Satish Jaiswal	University of California San Diego
31	Effects of a Mindfulness-based Cognitive Therapy on Autobiographical Memory Specificity of Non-clinical Adults	Jade De Araújo*	University of Brasilia
32	Examining Racial Discrimination, Insula Cortex Functional Connectivity and Dissociation in a Trauma Exposed Black American Women Population	Aziz Elbasheir*	Emory University
33	The Mismeasurement of Mindfulness: Evidence of a Jangle Fallacy in Popular Mindfulness Scales	Polina Beloborodova*	Virginia Commonwealth University
34	Distancing the Negative: Mindfulness and the Control over the Contents of Working Memory	Brynn Paulsen	University of Colorado Boulder
35	Interrogating Mindfulness and Self–Other Processing with Thematic Images of Suffering and Threat	Brandon King*	University of California, Davis
36	Lowered Physiological Startle to Unpredictable Threat After Treatment with Escitalopram or Mindfulness Meditation in Anxiety Disorders	Elizabeth Hoge	Georgetown University
37	The Neural Mechanisms of Mindfulness, Consciousness, and Implications for Interventions in Alzheimer's Disease	Katherine Turk	Boston University
38	The Impact of Mindfulness Training on Working Memory Performance and Microstructural Integrity of Major White Matter Tracts Associated with the Hippocampus	Elizabeth Kaplan*	Brown University
39	Neurocircuitry, Meditation, and Mind-wandering: Distinct fMRI Connectivity Approaches Contribute to Biological Understandings of Conscious Thought	Hadley Rahrig*	University of Wisconsin-Madison
40	Dorsal Raphe Neurons Signal Integrated Value During Multi Attribute Decision-making	Yang-Yang Feng	Washington University in St. Louis



Mindfulness Mechanisms & Methods Meeting

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FOOD

Medical Campus Lunch Options

- Food trucks: <https://streetfoodfinder.com/WashUFoodTruckRow>
- Farmstead: <https://wusm.cafebonappetit.com/cafe/farmstead-3/>
- Shell Café: <https://wusm.cafebonappetit.com/cafe/shell-cafe-2/>
- Chick-Fil-A: <https://www.yelp.com/biz/chick-fil-a-saint-louis-10?osq=Chick-fil-a>

Central West End Restaurants

Bar Italia Ristorante	13 Maryland Plaza	Upscale Italian meals	Tues-Sun: 4:30-9pm
BBQ Saloon	4900 Laclede Avenue	BBQ & whiskey	Wed-Mon: 3pm-1am
Cocina Latina	508 N Euclid Avenue	Latin lounge & restaurant	Tues-Sun: 11am-9:30pm
Drunken Fish	1 Maryland Plaza	Sushi	Mon-Wed: 11am-10pm Thurs-Sun 11am-11pm
Evangeline's Bistro and Music House	512 N Euclid Avenue	NOLA inspired food & live jazz/blues music	KITCHEN: Wed: 4-10pm Thurs-Sat: 11am-10pm Sun: 11am-3pm
Global Quesadilla	4497 Forest Park Avenue	Quesadillas	Mon-Fri: 10am-9pm Sat: 11am-9pm
Jimmy John's	13 N. Euclid Avenue	Sandwiches	Daily: 10am-9pm
Kingside Diner	236 N. Euclid Avenue	Diner with traditional plates	Every Day: 7am-2pm Wed-Sat: 4-10pm
Pi Pizzeria	400 N. Euclid Avenue	Pizza	Sun-Thurs: 11am-9pm Fri-Sat: 11am-10pm
Pickles Deli	22 N. Euclid Avenue	Deli; serves breakfast	Mon-Fri: 9am-3pm Sat: 10am-3pm
Taste of Lebanon	331 N. Euclid Avenue	Lebanese & Middle Eastern staples	Mon: 2-10pm Tues-Sun: Noon-10pm
Saigon Café	10 N. Euclid Avenue	Vietnamese	Mon-Sat: 11am-9pm
Scottish Arms	6 South Sarah Street	Scottish restaurant & pub	KITCHEN: Tues-Thurs: 4-10pm Fri-Sat: 4-10:30pm BAR: Tues-Sat: 4pm-Midnight
Shake Shack	60 N. Euclid Avenue	Burgers & shakes	Daily: 10:30am-10pm
Vicia	4260 Forest Park Avenue	Upscale farm to table "feast"	Tues-Sat: 5-9pm
Yellowbelly	4659 Lindell Blvd	Island Inspired Gastropub	Tues-Thurs: 5-9pm Fri: 5-10pm Sat: 10am-10pm



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Biological Psychiatry: Global Open Science

Todd Braver, Ph.D.

Sara Lazar, Ph.D.

Guest Editors

www.sobp.org/BPGOS

BPGOS@sobp.org

Special Issue Call for Papers

Mindfulness: Measurement, Methods, Mechanisms & Mental Health

The field of mindfulness research has matured significantly over the past few years, with increasing emphasis on establishing the biological mechanisms by which mindfulness meditation works, as well as developing novel methods to both enhance and more accurately measure the efficacy of mindfulness training. This special issue of *Biological Psychiatry: Global Open Science* will focus on the development and/or use of these methods in the context of promoting mental health, and on advancing our understanding of why and how mindfulness training can be used in clinical contexts.

We invite submissions by Jan 15th 2024, with the goal of publishing the special issue in Fall 2024. *Biological Psychiatry: Global Open Science* welcomes high quality empirical papers that employ rigorous control conditions and well-powered sample sizes. Systematic reviews or meta-analyses exploring the special issue's central themes are also encouraged. All submissions will be peer-reviewed. Authors should indicate that the submission is intended for the special issue. For questions, contact the editorial office at BPGOS@sobp.org

About Biological Psychiatry: Global Open Science

Biological Psychiatry: Global Open Science is an official journal of the [Society of Biological Psychiatry](#) and part of the *Biological Psychiatry* family of journals. Companion titles include [Biological Psychiatry](#) and [Biological Psychiatry: Cognitive Neuroscience and Neuroimaging](#). The Society's purpose is to promote excellence in scientific research and education in fields that investigate the nature, causes, mechanisms, and treatments of disorders of thought, emotion, and behavior. In accord with this mission, this open-access, peer-reviewed, rapid-publication, international journal promotes open dissemination of research by publishing basic, translational, and clinical contributions from scientists across the world in all disciplines, research areas, and research methods relevant to the pathophysiology and treatment of major psychiatric disorders.

The journal publishes novel results of original research which represent an important new lead or significant impact on the field, including those addressing genetic and environmental risk factors, neural circuitry, neurochemistry, hormonal function, and computational understanding across the lifespan, as well as important new therapeutic approaches.