

2025 BIENNIAL MEETING

Mindful Families, Schools, and Communities: Contemplative Practices to Promote Child Well-Being and Health Equity 2025 Pre-Conference

Wednesday, April 30, 2025	
9:30 AM – 9:45 AM <i>Hilton Minneapolis Marquette VI</i>	Networking and Coffee
9:45 AM – 10:00 AM <i>Hilton Minneapolis Marquette VI</i>	Welcome and Introduction from Organizing Committee
10:00 AM – 11:00 AM <i>Hilton Minneapolis Marquette VI</i>	Keynote address Sona Dimidjian, <i>University of Colorado Boulder</i> Science and Love: Essentials for the Future of Contemplative Research and Practice
11:00 AM – 12:30 PM <i>Hilton Minneapolis Marquette VI</i>	<p>Simultaneous Symposia: Themes 1 and 2</p> <p>Session 1: Families Experiencing Adversity and Stress Chairs: Julie Poehlmann (UW-Madison) & Allie Sullivan (University of California, San Francisco) Presenters: Nicki Bush (University of California, San Francisco), Tara Chaplin (George Mason University), Camie Neece (Loma Linda University) Description: Intervention science on mindfulness, compassion, and self-compassion for children and families experiencing risks such as poverty, violence, incarceration, and intergenerational trauma.</p> <p>Session 2: Mindfulness in School Settings Chairs: Rob Roeser (Penn State) & Joshua Felver (Cornell University) Presenters: Brian Galla (University of Pittsburgh), Timothy Martin (University of Minnesota), Kim Schonert-Reichl Description: Implementation research on mindfulness in K-12 school settings, including its effects on children, educators, and health equity.</p>
12:30 PM – 1:30 PM	Lunch (1-hour)

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<p>1:30 PM – 3:00 PM Hilton Minneapolis Marquette VI</p>	<p><i>Simultaneous Symposia: Themes 3 and 4</i></p> <p>Session 3: Parent Well-being and Parent-Child Relationships</p> <p>Chairs: Justin Parent (University of Rhode Island) & Tuyen Huynh (University of South Carolina)</p> <p>Description: Family and ecological systems approaches to understanding parental well-being, mindful parenting and coparenting, and supportive parent-child relationships.</p> <p>Session 4: Mindfulness and Self-compassion with Youth and Young Adults</p> <p>Chairs: Christine Lathren (University of North Carolina) & Danielle Rosenscruggs (University of Michigan)</p> <p>Presenters: Emily Helminen (Brown University), Ryan Herringa (University of Wisconsin), Marwa El Masri (Children’s Hospital of Eastern Ontario), Christine Lathren (University of North Carolina)</p> <p>Description: Adolescent and young adult experiences, including mindful self-compassion for youth and digital mental health interventions for marginalized youth.</p>
<p>3:00 PM – 3:15 PM</p>	<p><i>Break (15-minutes)</i></p>
<p>3:15 PM – 5:00 PM Hilton Minneapolis Marquette VII</p>	<p><i>Flash Talks</i></p> <p>Brief 7-minute presentations of research projects, findings, and ideas.</p>
<p>5:00 PM – 5:15 PM Hilton Minneapolis Marquette VII</p>	<p><i>Networking and refreshments</i></p>
<p>5:15 PM – 5:45 PM Hilton Minneapolis Marquette VII</p>	<p><i>Discussion of Future Directions</i></p>
<p>5:45 PM – 6:00 PM Hilton Minneapolis Marquette VII</p>	<p><i>Closing</i></p>

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Flash Talk Presentations	
Presenter	Presentation Title
Helen Lee, Ph.D.	Nurturing Yourself, Nurturing the World: Supporting OST Practitioners' Social-Emotional Development Through Mindfulness and Community
Sarah Rasby	The Impact of Self-Compassion & Community for Parents of Children with Special Needs
Magen Lowe, M.S.	Predicting Infant Temperament: The Role of Mindful Parenting in Infancy
Lindsey M. Green, M.S.	Maternal Mindfulness, Warmth, and Infant's Positive Emotionality in the Development of Effortful Control
Kristen Davis, MS, RD	Nourishing Families: Parents as Partners in a Mindful Eating Intervention for Preschoolers
Ximena Ibinarriaga Soltero, MSc	Contextualizing Mindfulness: A Critical Systematic Review of Preventive School-Based Interventions for Latino/a/e Adolescents' Mental Health
Maura Tennor, MSW	Gestational Diabetes, Trait Mindfulness, and Pregnancy Experience in a High-Risk Population from West Baltimore
Desiree W Murray	Mindful Co-Regulation: A Promising Framework for Translating Mindfulness into Action for Educators
Alexandra Gellin, M.S.	Does the SHAPE JOY impact Mindful Parenting? A Mixed Methods Analysis
Diamonde C. McCollum, M.S.	Improving Health for Parents and Children Together: A Mindfulness & Self-Compassion Lens
Dianna Alvarado, MS	Protective Strategies to Combat Impostor Feelings in College Students of Color: The Role of Self-Compassion and Academic Self-Efficacy
Emily B. Reilly, Ph.D.	Behavioral Coding of Maternal Compassion and Self-Compassion in Intervention Interviews
Michele R Smith, MS, MED	Adversity and Suicidality in Adolescents: The Role of Emotion
Joanna Guan	Engaging Parents in Mindfulness Interventions for Children and
Danielle Rosenscruggs	Softening the Blow: The Role of Self-Compassion in Buffering Impostor