

# ASIA-PACIFIC MINDFULNESS CONFERENCE 2021

## Connecting Hearts Transforming Minds

### 14-29 August 2021 (weekends) – online



#### 14 August (Saturday) Mental Health, Healthcare

SGT GMT+8	WEBINAR ROOM 1	WORKSHOP ROOM 1	WEBINAR ROOM (华语)
8.30am	<b>Mindful Moments</b>		
8.35am	<b>Welcome Address by A/Prof. Angie Chew, Organising Chairperson</b>		
8.45am	<b>Opening Address by Guest of Honour, Dr Janil Puthuchery, Snr Minister of State, Ministry of Health</b>		
8.55am	<b>Round Table Opening Remarks by APMC Co-Organisers &amp; Partners</b>		
9.25am	<b>The Neuroscience of Wellbeing</b> <b>Prof Richard Davidson</b> <i>Prof of Psychology and Psychiatry, Founder &amp; Director The Center for Healthy Minds, University of Wisconsin-Madison</i>		
	<b>BREAK</b>		
11.00am	<b>Stress, Mindfulness and Cellular Health</b> <b>Prof Elissa Epel</b> <i>Prof &amp; Vice Chair, Dept of Psychiatry, University of California, San Francisco</i>		
1.00pm		<b>BREAK</b>	
2.00pm	<b>Understanding the Minds and Emotions of Young People</b> <b>Dr Daniel Fung</b> <i>CEO, Institute of Mental Health, Singapore, President, International Association for Child &amp; Adolescent, Psychiatry &amp; Allied Profession</i> <b>Mindfulness and the Mind-Body Relationship</b> <b>Prof Craig Hassed</b> <i>Director of Education, Monash Centre for Consciousness &amp; Contemplative Studies, Monash University, Australia</i>		<b>情绪困扰的正念课程</b> <b>刘兴华</b> 北京大学心理与认知科学学院副院长
4.00pm	<b>Mindfulness-Based Cognitive Therapy for Life</b> <b>Prof Willem Kuyken</b> <i>Prof of Mindfulness and Psychological Science &amp; Director, University of Oxford</i>	8.00pm <b>Investigating the Mindfulness-Based Stress Reduction Core Elements</b> <b>Florence Meleo-Meyer</b> <i>Global Ambassador to the Global Mindfulness Collaborative</i>	

#### 15 August (Sunday) Self Care, Diversity & Inclusion

SGT GMT+8	WEBINAR ROOM 1	WORKSHOP ROOM 1	WEBINAR ROOM (华语)
9.00am	<b>Finding Joy in the Work We Do</b> <b>Dr Chua Hong Choon</b> <i>Chief Executive Officer, Khoo Teck Puat Hospital, Singapore</i>	<b>Mindful Self-Compassion</b> <b>Dr Mabel Yap</b> <i>Director, Professional Training &amp; Assessment Standards Ministry of Health Singapore</i> <b>Dr Tanya Tierney</b> <i>Assistant Dean, Clinical Communications Lee Kong Chian School of Medicine, Singapore</i>	<b>在辅导中应用正念</b> <b>颜莉莉</b> 百仁中心资深辅导员与正念老师, 新加坡
11.00am	<b>Mindfulness in Pain Management</b> <b>Dr Fadel Zeidan</b> <i>Executive Director, University of California, San Diego Center for Mindfulness</i>		
11.30am		<b>Climate Distress to Climate Action</b> <b>Philippe Goldin</b> <i>Director, Clinically Applied Affective, Neuroscience Laboratory University of California Davis</i> <b>Prof Elissa Epel</b> <i>Prof &amp; Vice Chair, Dept of Psychiatry, University of California San Francisco</i>	
1.00pm		<b>BREAK</b>	
2.00pm	<b>Neuroscience Research in Mindfulness Practice: Findings of the Singapore Dementia and Depression Prevention Programmes</b> <b>Prof Kua Ee Heok</b> <i>Snr. Consultant, Dept of Psychological Medicine, National University Hospital, Singapore</i> <b>Mindfulness and the Management of Compulsive Behaviours</b> <b>Dr Rebecca Segrave</b> , <i>Clinical Neuropsychologist and Head of Interventions Research BrainPark, Monash University</i> <b>Dr Karyn Richardson</b> , <i>Research Fellow, BrainPark, Monash University</i> <b>Ms Kavya Raj</b> , <i>PhD Student, BrainPark, Monash University</i>	<b>Reducing Caregiver Stress</b> <b>Eric Lim</b> <i>Mindfulness Psychologist, Brahm Centre, Singapore</i>	<b>人际静观三重奏：前奏</b> <b>方玮联</b> 创校导师 AIMT - 心·愿·度·静观培训学院 中国
4.00pm	<b>Mindfulness and Feeling Tone: Recent Psychological Insights and their Implications for Mindfulness Practice</b> <b>Prof Mark Williams</b> <i>Co-developer of Mindfulness-Based Cognitive Therapy, University of Oxford</i>		
8.00pm	<b>Mindfulness to Manage Anxiety and Habit Change</b> <b>A/Prof Judson Brewer</b> <i>Assoc Prof of Psychiatry, Brown University &amp; Director of Research &amp; Innovation, Brown Mindfulness Centre</i>		
10.00pm	<b>The Potential Utility of Mindfulness in Reducing Stress and Improving Minority Health</b> <b>Dr Sun Shufang</b> , <i>Asst Professor of Brown University School of Public Health Department of Behavioral and Social Sciences</i> <b>Native American Approaches to Mindfulness on the Pacific Coast of the US</b> <b>Dr Jeffrey Proulx</b> <i>Asst Professor Of Behavioural and Social Sciences (Research), Asst Professor Of Psychiatry and Human Behaviour (Research), Brown University</i>		

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#### 21 August (Saturday) Healthcare, Mental Health

SGT GMT+8	WEBINAR ROOM 1	WEBINAR ROOM 2	WORKSHOP ROOM 1	WEBINAR ROOM (华语)
9.00am	<b>Mindfulness and Neuroplasticity</b> <b>Dr Sara Lazar</b> <i>Director, Lazar Lab, Harvard University</i> <i>Assistant Professor in Psychology, Harvard Medical School</i>			生活中的正念, 以对话连结彼此的当下 <b>李崇建老师</b>
11.00am	<b>Trauma Sensitive Mindfulness</b> <b>Dr David Treleaven</b> <i>Mindfulness and Trauma Expert</i>			
1.00pm	<b>BREAK</b>			
2.00pm	<b>The National University Health System Group Experience of Mindfulness</b> <b>Dr Maleena Suppiah Cavert</b> <i>Chief Wellbeing Officer, National University Health System, Singapore</i> <b>Mindfulness in the Profession of Caring: Where the Heart and Mind Matters</b> <b>Dr Noorhazlina Ali</b> <i>Snr Consultant, Department of Geriatric Medicine</i> <i>Tan Tock Seng Hospital, Singapore</i>		<b>The Elements of Teaching Mindfulness</b> <b>Prof Craig Hassed</b> <i>Director of Education, Monash Centre for Consciousness &amp; Contemplative Studies, Monash University, Australia</i>	正念课程如何运用于职场健康促进--台湾台南市立医院三年经验分享 <b>胡慧芳医师</b> 台湾台南市立医院身心科主任
4.00pm	<b>Mindfulness Interventions: A Life-Course Perspective</b> <b>Prof Samuel Wong</b> <i>Prof &amp; Director, JC School of Public Health &amp; Primary Care</i> <i>Director, CUHK Thomas Jing Centre for Mindfulness Research &amp; Training Hong Kong</i>	8.00pm <b>Maintaining Calm Amidst The Storms</b> <b>Dr Annitha Annathurai</b> <i>Head of Emergency Medicine, Sengkang General Hospital, Singapore</i>	4.30pm <b>Mindfulness for Chronic Pain</b> <b>June Lim</b> <i>Pain Psychologist</i> <i>Tan Tock Seng Hospital, Singapore</i>	正念与死亡 – 别糊涂地走了 <b>梁涵宇医师</b> 新加坡陈笃生医院慈怀疗护科的高级顾问医生
8.00pm	<b>Mindfulness Based Programs: Why, When, and How to Adapt?</b> <b>A/Prof Eric Loucks</b> <i>Director, Brown Mindfulness Centre &amp; Assoc Professor of Behavioral &amp; Social Sciences, Brown University</i>	<b>Staying Calm in the Emergency Room</b> <b>Dr Phua Dong Haur</b> <i>A&amp;E Senior Consultant, Tan Tock Seng Hospital, Singapore</i>		

#### 22 August (Sunday) Education and Training

SGT GMT+8	WEBINAR ROOM 1	WEBINAR ROOM 2	WORKSHOP ROOM 1	WEBINAR ROOM (华语)
9.00am	<b>Mindfulness Meditation in the Long Term Management of Mood Disorders</b> <b>Prof Zindel Segal</b> <i>Co-founder of Mindfulness-Based Cognitive Therapy</i> <i>University of Toronto Scarborough</i>	<b>Approaches to healing Anxiety in Women</b> <b>Dr Karen Sheffield-Abdullah</b> <i>Asst. Professor, School of Nursing, University of North Carolina at Chapel Hill, USA</i>		
11.00am	<b>Understanding Psychological Trauma</b> <b>Dr Christopher Cheok</b> <i>Snr Consultant, Forensic Psychiatry</i> <i>Institute of Mental Health, Singapore</i>		<b>Mindfulness in Parenting</b> <b>Frank Singam</b> <i>Snr Counsellor, Brahm Centre, Singapore</i>	
1.00pm	<b>BREAK</b>			
2.00pm	<b>Bringing Mindfulness To School</b> <b>Prof Lam Shui-fong</b> <i>Director, JC "Peace and Awareness" Mindfulness Culture in Schools Initiative, Hong Kong</i> <b>Student Wellbeing &amp; Mental Fitness</b> <b>Ms Ng Mei Sze</b> <i>Deputy Principal, Student Development (Years 5-6), Raffles Institution Singapore</i> <b>Happy Teacher, Happy Students!</b> <b>A/Prof Angie Chew</b> <i>Mindfulness Principal &amp; CEO, Brahm Centre, Singapore</i>			“心希望”正念促进癌症康复 <b>孙玉静博士</b> 正念老师, 中国
4.00pm	<b>Foundations of Teaching Mindfulness in Schools</b> <b>Richard Burnett</b> <i>Teacher and Founder</i> <i>Mindfulness in Schools Project UK</i>			
8.00pm	<b>Moving Towards Higher Quality Studies in Contemplative Sciences</b> <b>Dr Julian Lim</b> <i>Asst Prof Yong Loo Lin School of Medicine</i> <i>National University of Singapore</i>			

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#### 28 August (Saturday) Resilience, Sciences, and the Workplace

SGT GMT+8	WEBINAR ROOM 1	WEBINAR ROOM 2	WORKSHOP ROOM 1
9.00am	<p><b>The Role of Learning Acceptance and Equanimity in Mindfulness Interventions</b>  <b>Prof David Creswell</b>  <i>Professor of Psychology, Carnegie Mellon University</i></p>	<p><b>Youth Resilience</b>  <b>Dr Chris Willard</b>  <i>Psychologist &amp; Educational Consultant, Harvard Medical School</i></p>	
11.00am	<p><b>Mindfulness in the Workplace</b>  <b>Joanne Chan</b>  <i>Former Finance Director, Swiss Reinsurance Asia &amp; Board Member, Brahm Centre</i></p> <p><b>Components of Mindfulness - Their Impact on Workplace Outcomes</b>  <b>A/Prof Jay Narayanan</b>  <i>National University of Singapore Business School</i></p> <p><b>Mindfulness for the Republic of Singapore Air Force – Drawing Insights for High Reliability Organisations</b>  <b>Grace Yip</b>  <i>Head Aviation Psychologist, Republic of Singapore Air Force</i></p>		<p><b>Becoming Trauma-Sensitive: Making Mindfulness and Meditation Safe for Trauma</b>  <b>Dr David Treleaven</b>  <i>Mindfulness &amp; Trauma Expert, Visiting Scholar, Brown University</i></p>
1.00pm	<b>BREAK</b>		
2.00pm	<p><b>Wonders of the Silver Lining</b>  <b>Prof Christopher Cheng</b>  <i>CEO, Sengkang General Hospital Singapore</i></p> <p><b>A Mindful Relationship with Medicines in Healing the Mind</b>  <b>Dr Phang Cheng Kar</b>  <i>Psychiatrist &amp; Mindfulness-Based Therapist, Malaysia</i></p>	<p><b>Youth &amp; Students Track Frustrations, Disappointments, &amp; Acceptance</b>  <b>Ethan Neo</b>  <i>NUS Year 2 Chemical Engineering Student</i></p> <p><b>Befriending My Anxiety</b>  <b>Ang Xiao Yi</b>  <i>NUS Year 3 Sociology Student</i></p> <p><b>Lost and Found- Me!</b>  <b>Gavyn Seah</b>  <i>NUS Year 2 Food Science &amp; Technology Student</i></p> <p><b>The Science and Practice of Mindfulness and Compassion Meditation</b>  <b>Philippe Goldin</b>  <i>Director, Clinically Applied Affective Neuroscience Laboratory University of California Davis</i></p>	
4.00pm	<p><b>Mindfulness for Strategic Awareness and Decision Making</b>  <b>A/Prof Jochen Reb</b>  <i>Assoc Professor of Organisational Behaviour &amp; Human Resources &amp; Director, Mindfulness Initiatives Singapore Management University</i></p>		
8.00pm	<p><b>Rising Above Office Politics</b>  <b>A/Prof Angie Chew</b>  <i>Mindfulness Principal &amp; CEO, Brahm Centre, Singapore</i></p> <p><b>Mindfulness Practices for Challenging Times: Pathways to Resilience</b>  <b>Dr. Ronald Siegel</b>  <i>Asst Professor of Psychology, Harvard University</i></p>		

#### 29 August (Sunday) Working with our environment and community

SGT GMT+8	WEBINAR ROOM 1	WEBINAR ROOM 2	WORKSHOP ROOM 1	WEBINAR ROOM (华语)
9.00am	<p><b>Kindness, Our Community and the Environment</b>  <b>Dr John Francis</b>  <i>National Geographic Planet Walker and Environmentalist</i></p>		<p><b>The Four Foundations of Mindfulness</b>  <b>Dr. Bob Stahl</b>  <i>Mindfulness-Based Stress Reduction Teacher Trainer, Brown University</i></p>	
11.00am	<p><b>ARTpreciate – A Novel Online Art as Therapy Approach for Staff Self-care and Mental Wellbeing</b>  <b>Dian Handayani</b>  <i>Senior Art Therapist, Singapore General Hospital</i></p> <p><b>Bernice Lin</b>  <i>Graduate Research Assistant, DUKE-NUS Medical School, Singapore</i></p>			
1.00pm	<b>BREAK</b>			
2.00pm	<p><b>The Mindful Diet</b>  <b>Dr Naras Lapsys</b>  <i>Nutrition &amp; Longevity Consultant</i></p> <p><b>Mindfulness Based Therapy for Insomnia for Older Adults with Sleep Difficulties</b>  <b>Dr Francesca Perini</b>  <i>Project Manager, Trentino Salute4.0, Italy</i></p>	<p><b>The Measurement of Mindfulness – What Have We Learned</b>  <b>Dr Kinjal Doshi</b>  <i>Principal Clinical Psychologist Singapore General Hospital</i></p>		<p><b>以正念支援儿童的特殊需要</b>  <b>卢希皿博士</b>  <i>香港理工大学应用社会学系副教授</i></p>
4.00pm	<p><b>Closing Plenary: Taking Mindfulness into the Future &amp; The Next Step</b>  <b>Co-Organisers</b></p>			