Symposium on Technology-Assisted Meditation at Harvard University

Saturday, September 29th, 2018
8:30 am – 5:30 pm
Harvard University Science Center
1 Oxford Street, Cambridge, MA

Register and learn more:
www.chacmc.org/technology

Ever used an app or device to help you meditate? Wondering if new technology innovations could help...or have concerns?

Join us for an experiential and collaborative day that embodies connection, discovery, and awareness. This symposium will include panel and group discussions, movement, reflection and interactive experiences related to ethics, safety, innovation, outcomes, and impact on development of children and teens.

All are welcome to attend

Register: www.chacmc.org/technology
Contact: cmc@challiance.org | 617-591-6132
CE credits: Available for Social Workers, Psychologists, and Nurses. Please visit our registration page for full CE information.

Hosted by the CHA Center for Mindfulness and Compassion (Department of Psychiatry, Harvard Medical School)

Sponsored by Dharmakaya Center for Wellbeing, Harvard Center for Wellness and Health Promotion and the Institute for Meditation and Psychotherapy
Speakers/Panelists:

Megan Jones Bell, PsyD, Chief Science Officer, Headspace

Judson Brewer, MD, PhD, Director of Research and Innovations, Center for Mindfulness, University of Massachusetts Medical School

Willoughby Britton, PhD, Director, Clinical and Affective Neuroscience Laboratory, Brown University, Assistant Professor of Psychiatry at Brown University Medical School

Nicole Cardoza, Founder, Yoga Foster, Product Lead, Mind Yeti

Ausiàs Cebolla, PhD, Assistant Professor, Department of Personality, Assessment and Psychological Treatments, University of València (Spain)

Tara Cousineau, PhD, Clinical Psychologist & Author, Founder, BodiMojo, Inc.

Norman Farb, PhD, Assistant Professor, Department of Psychology and Regulatory and Affective Dynamics Laboratory, University of Toronto Mississauga

Paula Gardiner, MD, MPH, Associate Professor & Associate Research Director, Family Medicine and Community Health, University of Massachusetts Medical School

Trungram Gyalwa Rinpoche, PhD, Head of the Trungram lineage of Tibetan Buddhism, Founder and Spiritual Leader, Dharmakaya Center for Wellbeing

Inna Khazan, PhD, BCB, Clinical Psychologist, Lecturer, Harvard Medical School, Founder, Arete Institute for Performance Excellence

Neema Moraveji, PhD, Co-Founder and Chief Scientist, Spire

Vitaly Napadow, PhD, LAc, Director, Associate Professor, Center for Integrative Pain Neurolimaging (CiPNI), Martinos Center for Biomedical Imaging, MGH, Harvard Medical School

Holly Rogers, Co-Founder, The Center for Koru Mindfulness

Jay Vidyarthi, UX/UI Director – Collaborator with Muse, Sonic Cradle, A Mindful Society, Brightmind + more

Moderators:

Richa Gawande, PhD, Research and Programs Manager, CHA Center for Mindfulness and Compassion

Zev Schuman-Olivier, MD, Executive Director and Research Director, CHA Center for Mindfulness and Compassion

Exhibitors to be announced!