

Organizers



International Conference on Mindfulness-Asia Pacific (ICM-AP) 2025

27th - 29th June 2025

The Chinese University of Hong Kong

E-PROGRAM BOOK

Cultivating Collective Well-being:
Mindfulness and **Contemplative Practices**
for an Interconnected World



TABLE OF CONTENTS

Welcome to the ICM-AP 2025	1
• About the ICM Series	
• About ICM-AP 2025	
• About the Organizers	
Conference Information	3
About Hong Kong	5
Floor Plan	6
Conference Schedule	7
Visits and Workshops	10
Program Details – 26th June 2025	11
Program Details – 27th June 2025	12
Program Details – 28th June 2025	28
Program Details – 29th June 2025	43
Program Details – 30th June 2025	55
Poster Presentations	58
Acknowledgements	64



WELCOME TO THE ICM-AP 2025

About the ICM Series

The International Conference on Mindfulness (ICM) series was initiated in 2012. It was originally led by Prof. Nirbhay N. Singh from the Medical College of Georgia, who is the emeritus founding editor of the international journal, Mindfulness. Prof. Singh collaborated with Prof. Antonino Raffone from the University of Rome and Fabio Giommi, a mindfulness teacher from Italy, to launch the conference series.

The ICM series now aims to schedule a biennial (every two years) conference. These conferences are held in the northern hemisphere as well as the Asia Pacific region. Professor Antonino Raffone currently leads the ICM series.

The series has included the following events:

- 2013 Rome University, Italy, chaired by Prof. Antonino Raffone
- 2016 Rome University, Italy, chaired by Prof. Antonino Raffone
- 2018 Amsterdam University, chaired by Prof. Anne Speckens and Prof. Susan Bogels
- 2019 Auckland University, New Zealand, chaired by Prof. Christian Krägeloh
- 2020 Aarhus University, Denmark chaired by Prof. Lone Fjorback
- 2022 Aarhus University, Denmark chaired by Prof. Lone Fjorback
- 2022 Monash University, Melbourne, Australia, chaired by International Conference Mindfulness Asia-Pacific Nov 2022 (Non-AACBT event) | AACBT
- 2024 Bangor University, chaired by Prof. Rebecca Crane and directed by Dr Ken Lunn

Future conferences planned in the ICM series:

- 2026 South Korea, co-chaired by Prof. Jinyoung Jang and Prof. Christian Krägeloh

WELCOME TO THE ICM-AP 2025

About ICM-AP 2025

The ICM-AP 2025 conference aims to bring together researchers, practitioners, and enthusiasts committed to integrating mindfulness into healthcare, education, and the workplace.

As the first international mindfulness conference in Hong Kong, the ICM-AP 2025 will serve as a platform to disseminate evidence-based interventions, advance research, and inform practice in the Asia-Pacific region and beyond.

Themes and Topics

Health and Well-being
Education and Lifespan Development
Social Justice and Equality
Environmental and Social Sustainability
Peace and Conflict Resolution

About the Organizers

CUHK Thomas Jing Centre for Mindfulness Research and Training

The CUHK Thomas Jing Centre for Mindfulness Research and Training, established in 2018, aims to promote health and well-being by fostering mindfulness through education and research. Our vision is to be a centre of excellence in training, research and services in mindfulness-based approaches for applications in medicine and healthcare and in the promotion of well-being.

The Centre is one of the 10 Research Centres affiliated with the JC School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong (JCSPHPC, CU Medicine). Founded in 2001, JCSPHPC is the first public health school in Hong Kong and the only one integrating the fields of public health, primary care, and family medicine in teaching and research.

Organizing Committee

Conference Chair



Prof. Samuel Wong

Director, JC School of Public Health and Primary Care
Director, Thomas Jing Centre for Mindfulness Research and Training
The Chinese University of Hong Kong

Organizing Committee



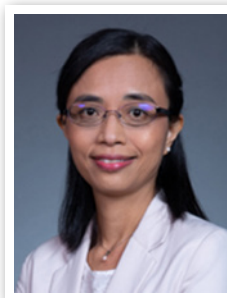
Prof. Herman Lo

Associate Professor, Department of Applied Social Sciences,
Hong Kong Polytechnic University



Prof. Winnie Mak

Psychology Professor,
Chinese University of Hong Kong



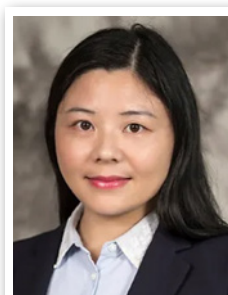
Dr. Ngar-Sze Lau

Senior Lecturer, Department of Educational Administration and Policy,
Chinese University of Hong Kong



Mr. Kevin Fong

Co-founder,
ATINAT Institute of Mindfulness Training



Prof. Daisy Zhang

Assistant Professor,
School of Nursing,
Hong Kong Polytechnic University



Prof. Stanley Chan

Adjunct Assistant Professor,
School of Public Health and Primary Care,
Chinese University of Hong Kong

CONFERENCE INFORMATION

Main Program

Date	Events
26th June (Thu)	Plum Village Workshop: A Day of Mindfulness
27th – 29th June (Fri-Sun)	3-day Main Conference
28th June (Sat)	Gala Dinner
30th June (Mon)	Mindfulness-Based Ethical Living: A Practical Workshop
	Tsz Shan Monastery Full Day Visit and Workshop

Venue

Henry Cheng International Conference Centre
1-2/F Cheng Yu Tung Building
The Chinese University of Hong Kong
Shatin, New Territories, Hong Kong

Opening Ceremony

Date: 27th June 2025 (Fri)
Time: 9:00 am – 9:30 am
Venue: Lecture Theatre, 1/F

Registration & Information Desk

The Registration and Information Desk is located at 1/F, Cheng Yu Tung Building, The Chinese University of Hong Kong and will be operated during the following hours:

Date	Time
26th June (Thu)	3:00 pm – 5:00 pm
27th June (Fri)	8:00 am – 5:30 pm
28th June (Sat)	8:00 am – 5:30 pm
29th June (Sun)	8:00 am – 5:00 pm

Gala Dinner

Date: 28th June 2025 (Sat)
Time: Cocktail - 6:30 pm - 7:00 pm
Dinner - 7:00 pm - 9:00 pm
Venue: Riverside Ballroom, 3/F,
Regal Riverside Hotel
34-36 Tai Chung Kiu Road, Shatin,
New Territories
Coach: 6:15 pm, pick up from CUHK to dinner venue
9:00 pm, pick up from dinner venue to
The University MTR Station
Admission by Gala Dinner email.

Preview Room

To ensure the smooth running of sessions, speakers are requested to upload the presentation files at least 4 hours prior to your session(s). The Preview Room is located at Room 203, 2/F and will be operated during the following hours:

Date	Time
27th June (Fri)	8:00 am – 5:30 pm
28th June (Sat)	8:00 am – 5:30 pm
29th June (Sun)	8:00 am – 4:00 pm

Poster Presentation

Poster presentation is located at the foyer of Lecture Theatre, 1/F. Presenters will be stationed at the poster area during break times.

Closing Ceremony and Awards Presentation

Date: 29th June 2025 (Sun)
Time: 3:45 pm – 5:00 pm
Venue: Lecture Theatre, 1/F

Coffee Breaks

Coffee and tea will be served on 1/F at the designated times.

Lunches

Lunches will be provided and served on 3/F, from 27th to 29th June, subject to availability.

Water Refill

Please bring your own bottle for water refills at the venue. Let's stay hydrated and reduce plastic waste!

CONFERENCE INFORMATION

Badge Identification

Each participant will receive a name badge upon registration. All participants are requested to wear their name badges throughout the Conference. Only badge holders will be admitted to the Conference venue and meeting rooms.

Official Language

The official language of the Conference is English.

Certificate of Attendance

An E-Certificate of Attendance will be emailed to attendees after the Conference.

WiFi & Workspaces

Free WiFi is available at the venue.

Please connect to Wi-Fi.HK via CUHK for a 4-hour free WiFi per device per day.

Photographer

Photographs will be taken throughout the Conference. Selected images may be shared on the Conference's official online platforms for promotional and archival purposes.

If you prefer not to be included in any photos intended for public use, kindly inform a member of the event staff or send email to info@icmap2025.hk/.

Social Media

Follow us on social media for live updates, behind-the-scenes moments, and highlights:

- Facebook: @cuhkcmrt
- Instagram: @cuhk_mindfulness_research

We'd love to see your experience too—feel free to tag us in your posts!

Lost and Found

If you have lost or found an item during the Conference, please report it to the Registration and Information Desk. Our staff will assist you in checking whether the item has been turned in or help you take the next steps.

Diversity and Inclusion

At the ICM, we welcome everyone regardless of race, gender, sexual identity, religion, age, class, disability, neurodiversity, nationality, or culture. Our goal is to create an inclusive and accessible environment where all participants can fully engage and benefit from the conference.

Adverse Weather Arrangements

Announcement on the arrangement under adverse weather condition, e.g. torrential rain or typhoon, will be made through emails to delegates, the Conference website. For enquiry, please call (852) 2852 2382

Useful Contacts

Congress Hotline (27-29 June 2025)	2852 2382 (dial +852 first for international call)
Emergency Number (police, fire, ambulance)	999
Weather	https://www.hko.gov.hk/
Hong Kong Tourism Board	2508 1234 https://www.discoverhongkong.com/
Hong Kong Airport Authority Hotline	2181 0000 or 2181 8888

Liability

The Organizer will not be liable for personal accidents, or any loss or damage of private property during the Conference. Participants should make their own arrangements with respect to personal insurance.

Disclaimer

Whilst every attempt will be made to ensure that all aspects of the Conference announced will take place as scheduled, the Organizers reserve the right to make changes should the need arise.

ABOUT HONG KONG

For the first time, the International Conference on Mindfulness in the Asia Pacific (ICM-AP) is held in Hong Kong – Asia's World City. The guide below serves to help attendees navigate the city with ease and make the most of their experience.

Passport and Visa

Visitors must hold a valid passport, endorsed where necessary for Hong Kong. Hong Kong has a liberal visa policy, allowing visa-free entry to nationals of more than 170 countries and territories. For country-specific visa information, please visit <http://www.immd.gov.hk/eng/services/visas/visit-transit/visit-visa-entry-permit.html>. For delegates from countries for which visas are required for entry to Hong Kong, please check with the Chinese Embassy or Consulate in your country.

Climate

June in Hong Kong is warm and humid, with temperatures often exceeding 31°C and frequent rainfall. Check www.hko.gov.hk for the latest forecast before packing.

Time Zone

Local Hong Kong time is eight (8) hours ahead of Coordinated Universal Time (UTC +08).

Currency

Hong Kong uses the Hong Kong Dollar. The Hong Kong dollar is pegged at 7.8 to the US dollar. All major credit cards are widely accepted in Hong Kong and can be used to obtain cash advances at banks and automatic teller machines (ATMs).

Electricity

The standard voltage in Hong Kong is 220 volts AC/50 cycles. The plug/ socket system in Hong Kong is a 3-rectangular-pin type.

Transportation

An efficient public transport system – a network of urban trains (Mass Transit Railway or MTR) and numerous routes of trams, buses, ferries, and also taxis – enables visitors to explore Hong Kong conveniently and safely on their own.

Various types of day passes for rides on the MTR are available with details here: http://www.mtr.com.hk/en/customer/tickets/day_pass_tourist.html

An Octopus card, Hong Kong's most widely accepted pre-paid e-token that allows you to travel on all forms of public transport and make purchases at merchants across the city, is available at MTR Service Centres.

Internet Access

Most hotels have internet access. You can also access the internet for free at many coffee shops, large shopping malls, major MTR stations and public libraries in town. For people bringing their laptops to Hong Kong, wireless broadband service is common at major shopping malls and coffee shops.

No Sales Tax or VAT

Businesses and individuals in Hong Kong enjoy one of the most tax-friendly systems in the world.

Discover Hong Kong

For the most updated tourist information, please visit the website of the Hong Kong Tourism Board at www.discoverhongkong.com.

Safety

The emergency number for the police, ambulance service, fire department and other emergency services is 999, available 24 hours a day. For the speech or hearing-impaired, a call for assistance may be made via SMS to 992.

FLOOR PLAN

Henry Cheng International Conferenc Centre

1-2/F, Cheng Yu Tung Building

The Chinese University of Hong Kong, Shatin, New Territories

Level 1

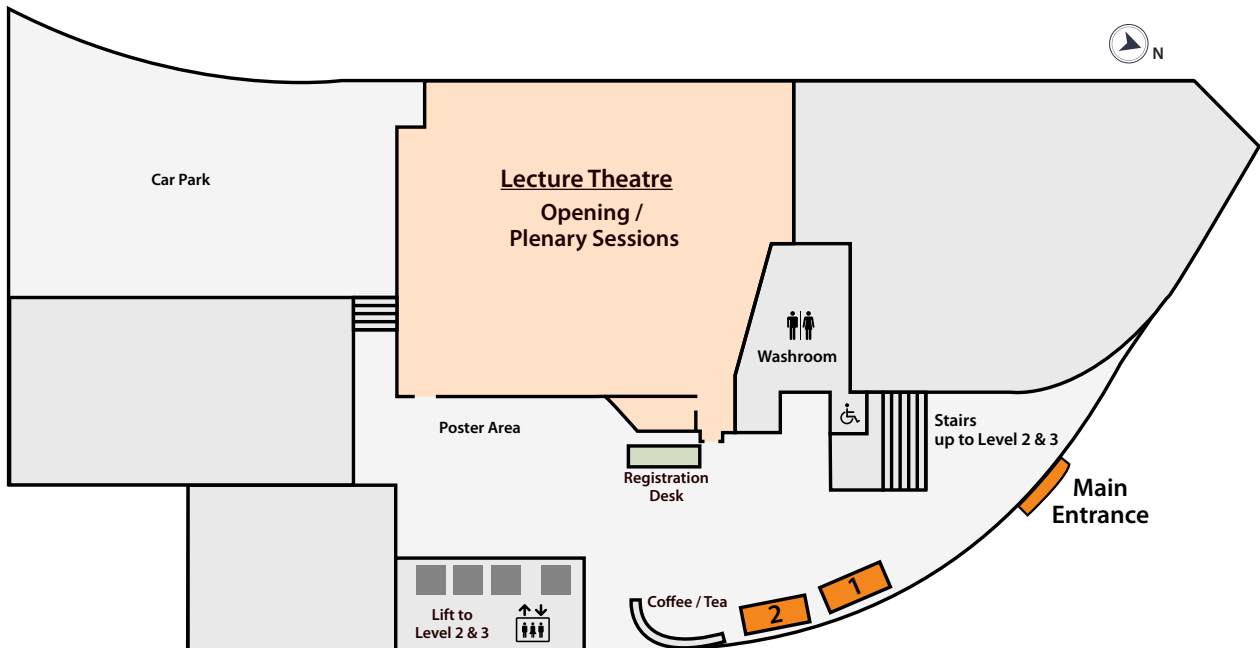
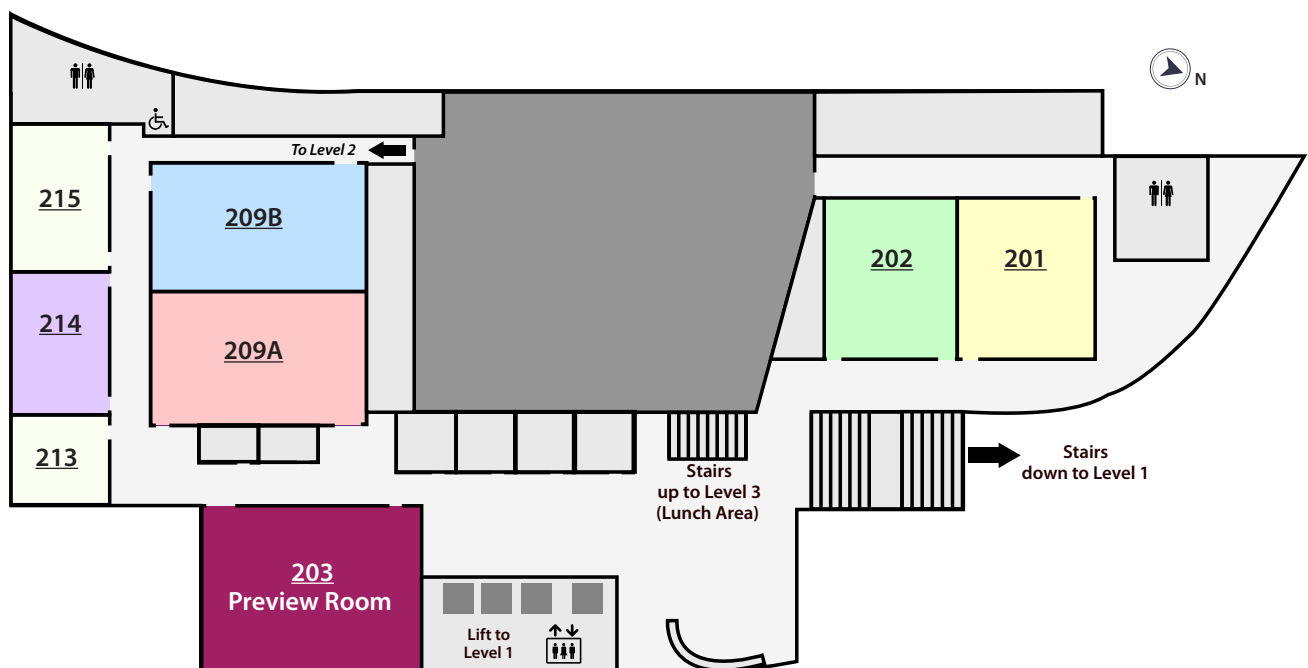


Table	Institution
1	Global Mindfulness Collaborative (GMC)
2	Chinese Association for Life Care - Mindfulness Professional Committee

Level 2



CONFERENCE SCHEDULE

27th June 2025 (Fri)

	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
9:00 AM - 9:30 AM	Opening Ceremony					
9:30 AM - 11:30 AM	Plenary Keynote Address (1) - Education and Lifespan Development					
11:30 AM - 11:50 AM	Morning Tea					
11:50 AM - 12:50 PM	Stream B1: Education and Lifespan Development	Stream B2: Education and Lifespan Development	Stream A1: Health and Well-being	Stream A2: Health and Well-being	Stream D1: Environmental and Social Sustainability	Symposium on Advancing Mindfulness Interventions: Mechanisms, Cultural Integration, and AI Innovations in Mental Health
12:50 PM - 1:50 PM	Lunch (Level 3)					
1:50 PM - 3:20 PM	Plenary Keynote Address (2a) - Peace and Conflict Resolution					
3:20 PM - 3:40 PM	Afternoon Tea / Poster Session					
3:40 PM - 5:30 PM	Plenary Keynote Address (2b)- Peace and Conflict Resolution					
5:30 PM - 6:45 PM	Mindfulness and Neurodiversity Special Interest Group					Symposium on Mindfulness-based Programme Training and Development

* The program is subject to change without prior notice.

CONFERENCE SCHEDULE

28th June 2025 (Sat)

	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
8:00 AM - 8:45 AM	Guided morning meditation					
9:00 AM - 10:20 AM	Plenary Keynote Address (3) - Social Justice and Equality					
10:20 AM - 10:40 AM	Morning Tea / Poster Session					
10:40 AM - 12:40 PM	Stream A5: Health and Well-being	Stream A4: Health and Well-being	Interpersonal Mindfulness Workshop	Stream A3: Health and Well-being	Stream B3: Education and Lifespan Development	Symposium on Education and Lifespan Development
12:40 PM - 1:40 PM	Lunch (Level 3)					
1:40 PM - 3:40 PM	Plenary Keynote Address (4) - Environmental and Social Sustainability					
3:40 PM - 4:00 PM	Afternoon Tea / Poster Session					
4:00 PM - 6:00 PM	The Threefold Wisdom (三慧) Model of Mindful Education: Study, Reflection, and Cultivation (聞・思・修)	Free Paper Presentation	Mindfulness-based Supervision: Exploring What it is and its Value in Your Mindfulness-based Work	Mindfulness- and Compassion-Oriented Integrative Psychotherapy		
6:00 PM - 6:30 PM	Transportation to Cocktail Party + Gala Dinner					
6:30 PM - 7:00 PM	Cocktail Party					
7:00 PM - 9:00 PM	Gala Dinner					

* The program is subject to change without prior notice.

CONFERENCE SCHEDULE

29th June 2025 (Sun)

	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
8:00 AM - 8:45 AM	Guided morning meditation					
9:00 AM - 11:00 AM	Plenary Keynote Address (5) - Health and Well-being					
11:00 AM - 11:20 AM	Morning Tea / Poster Session					
11:20 AM - 12:50 PM	Stream A7: Health and Well-being	Stream A8: Health and Well-being	Knowing How It Feels: Creatively Engaging with Habits (Workshop)	Stream A6: Health and Well-being	Stream C1: Social Justice and Equality	
12:50 PM - 2:00 PM	Lunch Lunch (Level 3)					
2:00 PM - 3:15 PM		Symposium on Mindfulness-Based Interventions in PTSD Treatment	Playful Path to Mindfulness: Engaging young learners through mindfulness activities			Symposium on Foundation Development: Global Perspectives on Mindfulness Training Standards
3:15 PM - 3:45 PM	Afternoon Tea / Poster Session					
3:45 PM - 5:00 PM	Conference Closing Ceremony / Awards Presentation					

* The program is subject to change without prior notice.

27th June, 2025 (Friday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
9:00 am – 9:30 am	Opening Ceremony (Lecture Theatre) <ul style="list-style-type: none">Guest of Honour and Officiating Guest: Lam Ching-choi, SBS, JP, Chairman of the Advisory Committee on Mental Health and Non-Official Member of the Executive Council of the Government of the Hong Kong SAROfficiating Guest: Kenneth Chen, GBS, Vice President (Administration) of The Chinese University of Hong Kong					
9:30 am – 11:30 am	Plenary Keynote Address (1) (Lecture Theatre) Education and Lifespan Development Moderator: Winnie Mak <ul style="list-style-type: none">Willem Kuyken, Professor of Mindfulness and Psychological Science, University of Oxford “A Life Well Lived” From Preventing Depression to Promoting Human Flourishing: Mindfulness-based Cognitive Therapy Comes of AgeZheng Ruimin, Professor, Center for Women and Children’s Health, National Health Commission of China Effects of mindfulness - based psychosomatic program on fear of childbirth: a multi - center randomized controlled studyHerman Lo, Associate Professor, Department of Applied Social Sciences, The Hong Kong Polytechnic University Applying Mindfulness in Supporting Children and Families Question & Answer					
11:30 am – 11:50 am	Morning Tea					
11:50 am – 12:50 pm	Stream B1: Education and Lifespan Development Moderator: Philo Yang (156) Integrating Peer-Led Mindfulness Education with Mobile Sensing Technology: A Novel Approach for Scaling Mindfulness Practice in Educational Settings Elison Po Wa Lee (25) The Mindful Scientist: How Mindfulness Meditation Could Support Ethical Scientific Practice Kevin Berryman (88) A Brief, Video-based Mindfulness Training on Young Children’s Socio-emotional Development: Randomized Controlled Trial Lai Hong Siu (151) Mindfulness-based Training for Teachers and Young Children for Social Emotional and Ethical Development (SEED): A Randomized Controlled Trial Rebecca Cheung	Stream B2: Education and Lifespan Development Moderator: Wenying Zeng (171) MINDWEL: Using Mindfulness-Based Huddle Intervention to Promote Nurses’ Daily Workplace Wellbeing Wenying Zeng (177) Mindfulness for college students in China: An experimental evaluation of a culturally adapted mindfulness-based program Cody Abbey (186) Examining the Feasibility of a Mindful Parenting Program among Chinese Families with Young Children Shiyu Jiang (194) The Effects of Incorporating Meditation into Classical Literature Classrooms: An Empirical Study on Classroom Anxiety, Behavior, Memory Retention, Narrative immersion and Text Comprehension Rong Deng	Stream A1: Health and Well-being Moderator: Yingqi Gu (7) Mindfulness for Seniors: The Silver Santé Study Martine Batchelor (8) Mechanism of Mindfulness Practice in Reducing Psychological Distress among Social Workers: The Role of Spirituality Qi Wang (13) Effectiveness of mindfulness to reduce spatial anxiety and improve spatial navigation with and without virtual reality support Yingqi Gu (122) Mapping Cross-Cultural Pathways from East Asian Ideologies to Help-Seeking and Effective Coping via Psychological Flexibility: A Network Analysis Yi-Ying Lin (96) The Role of Early Maladaptive Schemas, Self-Compassion, and Mindfulness in Predicting Anxiety and Depressive Symptoms Among Young People: A Structural Equation Modelling Approach Stella Chan	Stream A2: Health and Well-being Moderator: Eric Kam-pui Lee (18) Feasibility and preliminary effectiveness of mindfulness-based stress reduction program on patients with nocturnal hypertension: A pilot randomized controlled trial Eric Kam-pui Lee (24) Effects of Dyadic Parent-Child Self-Compassion Programme on Psychological Well-Being Among Children: A Pretest-Posttest Study Wai Man Sin (68) Exploration of the Inpatient Mindfulness-Based Intervention Yaxue Wu	Stream D1: Environmental and Social Sustainability Moderator: Stephanie Campbell (85) A thematic review of literature on how the sustainable environment affects to mindfulness. Dr. Miu Yee Wong Miu Yee Wong (107) Co-designing place-based interventions using contemplative practices to support mental health and community resilience in climate change contexts: a proof-of-concept study Julieta Galante (127) Inner-Outer Transformations for Sustainability—Current and potential contributions of spiritual and pastoral carers and faith-based leaders to realising transformative ecological justice in Australia Stephanie Campbell (173) Coming Back to Our “True Nature” as a Mindfulness Mechanism of Change for Prosociality and Personal Sustainability. Narrative Literature Review Anton Skolzkov	Symposium on Advancing Mindfulness Interventions: Mechanisms, Cultural Integration, and AI Innovations in Mental Health Moderator: Wei Xu (195) A Randomized Controlled Trial on the Effects of Mindfulness Interventions on Meaning in Life and the Mechanism of Decentering as a Mediator Jing Chen (198) Can Cognitive Behavioral Additions Improve the Efficacy of Self-Help Mindfulness Intervention for Depression and Anxiety?: A Randomized Controlled Trial Wei Xu (199) AI Mindfulness Meditation Instructor: Development and Initial Evaluation Xinyi Li (200) Exploring the Cultivation of Ideal Mentalities in Second-Generation Mindfulness-Based Interventions: A Preliminary Empirical Study on Confucian Oneness in Mindfulness-Based Positive Psychology Xinyi Li (202) The Dual-Process Model of Depressive Interpretation Bias: Immediate and Delayed Mechanisms Through Mindfulness Intervention Yuzheng Wang
12:50 pm – 1:50 pm	Lunch (Level 3)					

27th June, 2025 (Friday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
1:50 pm – 3:20 pm	Plenary Keynote Address (2A) (Lecture Theatre) Peace and Conflict Resolution Moderator: Kevin Fong <ul style="list-style-type: none">Stephen Batchelor, Buddhist writer, translator, teacher and artist Mindfulness-Based Ethical Living: Introduction and Overview <ul style="list-style-type: none">Rhonda Magee, Emeritus Law Professor, School of Law, University of San Francisco Connecting Across Differences: Mindfulness-Based Practices for Teaching, Learning and Flourishing Together <ul style="list-style-type: none">Hin Hung Sik, Honorary Assistant Professor and Senior Fellow, Centre of Buddhist Studies, University of Hong Kong The Uniqueness of Dharma Therapy: Integrating Buddhist Teachings with Top-Down and Bottom-Up Interventions in One-to-One Counseling					
3:20 pm – 3:40 pm	Afternoon tea / Poster session					
3:40 pm – 5:30 pm	Plenary Keynote Address (2B) (Lecture Theatre) Peace and Conflict Resolution Moderator: Stanley Chan <ul style="list-style-type: none">Thomas Kwan Tsun Tong, Emeritus Professor, Holy Spirit Seminary College of Theology and Philosophy Conflict and Reconciliation: A Spiritual Path <ul style="list-style-type: none">Mark Williams, Emeritus Professor of Clinical Psychology, University of Oxford Finding peace in the midst of conflict: what questions, what responses? Question & Answer					
5:30 pm – 6:45 pm	Mindfulness and Neurodiversity Special Interest Group Moderators: Chris Krageloh, Kelly Birtwell					Symposium on Mindfulness-based Programme Training and Development Moderators: Herman Lo, Stanley Chan Speakers: Heyoung Ahn Alison Evans Debbie Hu Ee Lin Ong Kevin Fong Sophie Zhang Tazuko Shibusawa Stanley Chan

28th June 2025 (Saturday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
8:00 am – 8:45 am	Guided Morning Meditation (Lecture Theatre)					
9:00 am – 10:20 am	Plenary Keynote Address (3) (Lecture Theatre) Social Justice and Equality Moderator: Samuel Wong <ul style="list-style-type: none"> Ramaswami Mahalingam, Psychology Professor, Personality and Social Contexts Program, University of Michigan Winnie Mak, Professor, Department of Psychology, Chinese University of Hong Kong Mindfulness, Dignity and the Art of Human Connection Beyond Mindfulness—Promoting Social Justice with Wisdom Question & Answer					
10:20 am – 10:40 am	Morning Tea / Poster session					
10:40 am – 12:40 pm	Stream A5: Health and Well-being Moderator: Julieta Galante (115) An exploration of outcome and cost assessment across contemplative practices for economic evaluations using a representative countrywide survey Julieta Galante (123) Supporting Children to Cope with Psychosocial Challenges: Effectiveness of a School-based Mindfulness-based Intervention among Chinese Migrant Children Xiaolu Dai (124) Altering the Sense of Self in Meditation with one’s avatar in virtual reality enhances self-compassion and perspective-taking Hang Yang (129) Embodied Interoceptive Interaction: A Design Approach for Mindfulness Technologies to Support Self-regulation in Bipolar Disorder Zhen Zhao (132) Digital Interventions for Compassion Fatigue in Helping Professionals: A Research Protocol for a Three-Arm Randomized Controlled Trial Comparing Emotion-Focused Training (EFT-HP), Mindfulness-Based Stress Reduction (MBSR), and a Waitlist Control Group MSc Denis Deriglazov (134) The Effect of Mind-body Interventions on Interoception among Healthy Adults Xindi Li (161) Healing Through Self-Kindness: Bridging Mindfulness and Recovery in Mental Health Yi Ting Daphne Cheng	Stream A4: Health and Well-being Moderator: To be advised (92) The Effects of Mindfulness-Based Intervention Versus Social Contact Control in Alleviating Loneliness Among Older Adults: A Randomized Controlled Trial Elvin Tsz Fung Wong (94) How do autistic adults experience mindfulness practice and stimming? Findings from an online survey study. Kelly Birtwell (69) More Practice, More Benefits? A Longitudinal Study on Mindfulness Frequency and Heart Rate Variability Yan Ping Wei (97) Mindfulness-Based and Mindfulness-Integrated Programs for Parents and Children: A Comprehensive Overview of Systematic Reviews Na Zhang (101) A Multiperspectival Interpretative Phenomenological Comparison of Lived Experiences of Goenka Vipassana and Classical Yoga Practitioners. Heena Kamble (102) Hug Mudra Meditation Animation and Narration: Structural Characteristics and Meaning Exploration Seong-Hun Jo (103) Progress in meditation practice: A Delphi consultation study with Buddhist and secular mindfulness meditation teachers Lillian Ward (110) Effects of Awareness Training Program on Postgraduate Student Well-being Wai Yan Bonnie Wu	Kevin Fong: Interpersonal Mindfulness Workshop	Stream A3: Health and Well-being Moderator: Xinli Chi (45) Effectiveness of an Online Synchronous Four-week Mindfulness of Feeling Tone Intervention Program on Mental Health Outcomes Samson Hoi Chun Lok (55) Enhancing Mindful Movement in Older Adults: An Adaptive Virtual Reality Qigong Training System for Holistic Well-being Ruitong Che (60) The Effect of a Brief Mindfulness Induction on Induced Positive Emotions Yanming He (65) Mitigating Death Anxiety Through Intervention in the Degree of Attachment to the Self: An Experimental Study Investigating the Efficacy of a Buddhist Philosophy Approach Koni Wing-Tung Lau (42) LESS IS MORE? OVERPARENTING AND SELF COMPASSION IN EMERGING ADULTS IN HONG KONG Lai Kin Elsa Wong (95) Development and Application of Mindfulness-Based Parent-Child Co-Healing for Adolescent NSSI Na Li (79) Exercise and Mindfulness Combined Intervention for Depressive Symptoms in University Students Xinli Chi (84) Can Nonattachment Mitigate Perfectionism And Self-criticism? An Experimental Investigation Kang Yau, Rex Tin	Stream B3: Education and Lifespan Development Moderator: Ricardo Tarrasch (56) Integrating Mindfulness to Reduce Foreign Language Anxiety: A Mixed-Methods Pilot Study in Higher Education Hui Yang (12) Maternal Mindful Parenting and Preschoolers' Social Adjustment: Mechanisms and Intervention Effects Sha Xie (59) The Enlightenment of "Wisdom" in Mythological Epics Shi Yan Lin (77) Transforming Parenting: Evaluating the Impact of Mindful Parenting Training for Parents of Adolescents with SENs Jia-qi Melody Xu (38) Mindfulness and the Ethics of Sustainability: A Developmental Ethical Framework David Matta (91) The application of mindfulness training in Chinese secondary school: an interview survey of students and schoolteachers Tingjun Wang (131) Tracking the Impact of Focused Attention and Open Monitoring Meditation on Creativity: A Pilot Study Combining EEG and Heart Rate Monitoring Fengyi Li (143) Mindfulness and compassion: Comparing teacher-only vs. teacher and children practice effects Ricardo Tarrasch	Symposium on Education and Lifespan Development Moderator: Herman Lo Speakers: <ul style="list-style-type: none"> Lam Shui Fong Rebecca Cheung Elsa Lau Herman Lo Candice LYM Powell and Amanda K Cheung

28th June 2025 (Saturday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
	<p>(140) Many Paths to Wellbeing: A Digital Mindfulness Intervention Alanna Jane Sethi</p> <p>(170) Mindfulness-based training for deaf and hard-of-hearing people: a pilot study Dexing Daisy Zhang</p>	<p>(112) Examining Dose-Response Effects of Mindfulness Meditation Interventions on Wellbeing: A Randomized Controlled Trial Nicholas Bowles</p>			<p>(11) Exploring the Impact of Mindfulness-Based Training on Social-Emotional Competence in Chinese Preschoolers Sha Xie</p>	
12:40 pm – 1:40 pm	Lunch (Level 3)					
1:40 pm – 3:40 pm	<p>Plenary Keynote Address (4) (Lecture Theatre) Environmental and Social Sustainability Moderator: Elsa Lau</p> <ul style="list-style-type: none">Christine Wamsler, Sustainability Science Professor, Director of Contemplative Sustainable Futures Program, Lund University <p>Mindfulness and Sustainability</p> <ul style="list-style-type: none">Poman Lo, Vice Chairman and Managing Director, Regal Hotels Group; Adjunct Professor, Department of Management, The Hong Kong University of Science and Technology <p>Embracing Interconnectedness: Harnessing Mindfulness and Compassion to Foster Sustainable Well-Being</p> <ul style="list-style-type: none">Christina Feldman, Co-founder, Gaia House <p>Changing Our Mind, Changing Our World Question & Answer</p>					
3:40 pm – 4:00 pm	Afternoon tea / Poster session					
4:00 pm – 6:00 pm	<p>Ryotaro Kusumoto: Symposium on the Threefold Wisdom Model of Mindful Education: Study, Reflection, and Cultivation</p>	<p>Free Paper Presentation Adjudicators: Chris Krageloh, Ramaswami Mahalingam</p> <p>(6) Mediators of mindfulness-based interventions in children and youth: A systematic review and meta-analysis Lian Liu</p> <p>(147) A Pragmatic Randomized Control Trial of “Ease with Zen”, a Web-based Mindfulness Program Promoting Holistic Wellbeing of the General Population in Hong Kong. Venue P.Y. Wong</p> <p>(14) Redevelopment of the State Mindfulness for Physical Activity with Self-compassion - Mindful and Compassionate Awareness Scale for Physical Activity (MCA-PA) Ming Yu Claudia Wong</p> <p>(17) Development of a Virtual Reality-based Mindfulness Intervention Program for Alleviating Pain and Enhancing Psychological Well-being Among Older Adults with Autoimmune Arthritis: A Transdisciplinary and Co-Creation Approach Chung Ming Timothy Wu</p> <p>(22) Comparing the Effectiveness and Mechanisms of Change of Parent Management Training and Mindful Parenting Programme: A Randomised Controlled Trial Hong Wang Kwan</p>	<p>Alison Evans & Debbie Hu: Mindfulness-based Supervision: Exploring What it is and its Value in Your Mindfulness-based Work (Workshop)</p>	<p>Gregor Žvelc & Maša Žvelc: Mindfulness and Compassion-Oriented Integrative Psychotherapy (Workshop)</p>		

28th June 2025 (Saturday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
4:00 pm – 6:00 pm		<div><div>(54) Dose-Response and Personalization of Mindfulness Practice and Programs for Wellbeing Outcomes – Findings from Randomized Controlled Trials</div><div>Sarah Strohmaier</div></div> <div><div>(72) The Unified Flexibility & Mindfulness (UFM) Model: A Cross-Cultural, Process-Oriented Framework for Illuminating Mechanistic Pathways to Distress and Well-Being</div><div>Yi-Ying Lin</div></div> <div><div>(98) Prevalence and Mental Health Correlates of Different Contemplative Practices in Australia and New Zealand</div><div>Karin Matko</div></div> <div><div>(109) Waste Not, Eat Mindfully: How Ethical Mindfulness Benefits the Environment</div><div>Nhat Tram Phan-Le</div></div> <div><div>(26) Enhancing User Empowerment and Agency through Co-Creation of a Nonattachment-Based Post-Traumatic Stress Reduction Intervention</div><div>Lindsay Tremblay</div></div> <div><div>(27) Mindfulness-Based Physical Therapy Reducing Pain and Improving Psychological Outcomes in Chronic Low Back Pain Patients</div><div>Dalinda Isabel Sanchez Vidana</div></div> <div><div>(61) Seven facets of the mindfulness-environment relationship: Reinforcing, Reminding, Restoring, Rewarding, providing Refuge, Representing, and instilling Responsibility.</div><div>Nicole Porter</div></div>				
6:00 pm – 6:30 pm	Transportation to Cocktail Party + Gala Dinner					
6:30 pm – 9:00 pm	Cocktail Party + Gala Dinner					

29th June 2025 (Sunday)

Time/Venue	CYT 201	CYT 202	CYT 209A	CYT 209B	CYT 214	Lecture Theatre
8:00 am – 8:45 am	Guided morning meditation (Lecture Theatre)					
9:00 am – 11:00 am	Plenary Keynote Address (5) (Lecture Theatre) Health and Well-being Moderator: Daisy Zhang <ul style="list-style-type: none"> Chris Krageloh, Psychology Professor, Department of Psychology and Neuroscience, Auckland University of Technology Mindfulness Research: Reflections and Future Directions for Health and Wellbeing Liu Xinghua, Associate Dean, School of Psychological and Cognitive Sciences, Peking University Introduction of Mindfulness Intervention for Emotional Distress (MIED) Zindel Segal: Distinguished Professor of Psychology in Mood Disorders, Graduate Department of Psychological Clinical Science, University of Toronto Scarborough Interoception, Body Awareness and Mechanisms of Change in Mindfulness Based Cognitive Therapy Questions & Answer					
11:00 am – 11: 20 am	Morning Tea / Poster session					
11:20 am – 12:50 pm	Stream A7: Health and Well-being Moderator: To be advised (164) Can Mindfulness-Based Inspiratory Training Enhance Functional Outcomes in Chronic Stroke? Study Protocol for A Randomized Controlled Trial Dalinda Isabel Sanchez Vidana (166) The effects of mindfulness-based painting training on reducing social media use and negative emotions Qian Yang (169) Effects of stand-alone mindfulness practices for people with long COVID-19 symptoms: A randomized controlled trial Dexing Daisy Zhang (172) From Attention to Intention: The Cognitive Mechanisms of Mindfulness as an Antidote in a Buddhist Psychological Model Yue Wang (176) Marital Quality and Child Behavior Problems: The Mediating Role of Mindful Parenting in a Longitudinal Study Nigela Ahemaitijiang (178) Early Findings of Enhanced Stress Resilience Training (ESRT) in a Hybrid In-Person and Digital Setting Paul Adam Gonzales (136) AI-Enhanced Mindfulness Intervention for Subclinical Anxiety and Depression: Integration of Machine Learning and Mindfulness Techniques Yaxue Wu (117) Positive Self Talk Journaling Intervention to Improve Psychological Well-being in Juvenile Prisoners Iyus Yosep	Stream A8: Health and Well-being Moderator: Yancy Shi (179) From Mindful Brian to BeWell Catalyst: Evolution of a Digital Companion for Mindfulness-Based Interventions Stephan Schoenig (180) Exploring the Relationship Between Mindfulness and Psychological Safety and their Associations with Anxiety and Depression in General Surgery Training Brianna Johnston (181) Automating Compassion: Cultivating Kindness and Compassion with Mindfulness Apps Luara Karlson-carp (183)'It Is All So Much Fun!': Exploring The Experiences Of Children And Adolescents with Disabilities In A Mental Health Promotion Program Lai Tong, Regina Lee (187) Promoting well-being through interconnectedness: A longitudinal investigation on the meditating role of self-compassion Xue Peng (189) Effect of 10-week 8-Sense Mindfulness Training Therapy on Sleep Quality and Depression Symptoms Yancy Shi (190) Designing and implementing a community-based parallel parent-child mindfulness intervention for new arrival families in Hong Kong Christine Ng	Martine Batchelor: Knowing How it Feels: Creatively Engaging with Habits (Workshop)	Stream A6: Health and Well-being Moderator: Yuwei Zhou (149) Effects of using a consumer-grade wearable device with biofeedback and brief mindfulness training for stress reduction in family caregivers of people with dementia: a pilot randomized controlled trial Pak Lik Tsang (152) A Study on the Experience of Therapeutic Community Residents Participating a Long-Term Mindfulness-Based program group Guang-Ru Chen (153) Validity of the "Recollection Perspective Function Scale" Including Elements of Self-Compassion Mao Matsumoto (155) Executive function-related brain activity predicts mental health improvement to mindfulness meditation training Yuwen He (159) Exploring the Effects of Mindfulness on Compulsive Social Media Use: The Mediating Influence of Fear of Missing Out (FoMO) Yuwei Zhou (157) Buddhist Calligraphy Meditation in Relationship to Stress under COVID in Hong Kong Janet Tse	Stream C1: Social Justice and Equality Moderator: Julieta Galante (67) From Indifference to Advocacy: Investigating the Effects of Interconnectedness and Critical Reflection on Promoting Collective Action Intention Within LGBT+ and Heterosexual Cisgender Individuals Hoi Lam Shen (104) How are mindfulness meditation teachers implementing social justice literacy in their classes? A cross-sectional mixed-methods survey Julieta Galante (119) Understanding the Interconnected World with Mindfulness: Exploring the Synergistic Effects of Mindfulness and Interconnectedness in Promoting Collective Action Winnie Mak (185) Considerations for Sociocultural Adaptations of a Mindfulness-based Program within a Low Socio-economic Setting in Cape Town, South Africa Sarah Foale (192) Can Buddhist Psychology Enhance Well-being and Social Advocacy? A Synergistic Approach Integrating Self-Complexity and the Understanding of Impermanence, Interconnectedness, and Nonattachment Muk Hon Wat	

12:50 pm – 2:00 pm	Lunch (Level 3)					
2:00 pm – 3:15 pm		Symposium on Mindfulness-Based Interventions in PTSD Treatment Moderator: Samuel Wong Speakers: <ul style="list-style-type: none">Elizabeth GrangerKen Yu	Stanley Chan: Playful Path to Mindfulness: Engaging Young Learners through Mindfulness Activities			Symposium on Foundation Development Moderators: Herman Lo, Elsa Lau Speakers: <ul style="list-style-type: none">Sharon Hadley, OMFJun Pang, Chinese Association for Life CareLone Fjorback, Global Mindfulness CollaborativeAlison Evans, Mindfulness NetworkStephanie Unthank-Latter, BAMBA
3:15 pm – 3:45 pm	Afternoon tea / Poster session					
3:45 pm – 5:00 pm	Conference Closing Ceremony / Awards Presentation					

VISITS AND WORKSHOPS

26th June 2025 (Thu)

9:00 AM - 4:00 PM	Plum Village HK: A Day of Mindfulness: Mindfulness is the Source of Peace and Happiness
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Monday, June 30, 2025

9:00 AM - 5:00 PM	Mindfulness-Based Ethical Living: A Practical Workshop	Tsz Shan Monastery Full Day Visit and Workshop
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** The program is subject to change without prior notice.*

PROGRAM DETAILS – 26TH JUNE 2025

Pre-Conference Workshop

Plum Village HK: A Day of Mindfulness: Mindfulness is the Source of Peace and Happiness

Time: 9:00 AM – 4:00 PM

Location: Room 303, Pommerenke Student Centre, Pond Crescent, The Chinese University of Hong Kong, Shatin, Hong Kong

The content of the workshop is about the integration of mindfulness and Buddhist psychology for physical, mental and social wellbeing. Teachings of mindfulness based on the Discourse on Mindfulness of Breathing, Manifestation-Only Psychology (Vijñapti-mātratā of the Yogacara school) and five essential mindfulness trainings (updated by Zen Master Thich Nhat Hanh) are shared in the lecture and used in examples to illustrate their applications in cultivating peace and happiness in daily life.



Bhikkhu Thich Chan Troi Linh Cam

Bhikkhu Thich Chan Troi Linh Cam, Plum Village Dharma teacher. Chan Troi Linh Cam was ordained a novice monk in 2013, a Bhikkhu in 2016 and a Dharma teacher in 2023. He has conducted mindfulness retreats and workshops in Hong Kong, Japan, Taiwan, Vietnam, Thailand and the Philippines. He is a monastic staff of Plum Village Foundation Hong Kong.

Bhikkhu Thich Chan Troi Pham Tru

Bhikkhu Thich Chan Troi Pham Tru, Plum Village Dharma teacher. Chan Troi Pham Tru was ordained a novice monk in 2014, a Bhikkhu in 2017 and a Dharma teacher in 2025. He has conducted mindfulness retreats and workshops in Hong Kong, Japan, Taiwan, Vietnam, Thailand and the Philippines. He is a monastic staff of Plum Village Foundation Hong Kong



Bhikkhuni Thich Nu Chan Tu Nghiem

Bhikkhuni Thich Nu Chan Tu Nghiem, Plum Village Dharma teacher. Chan Tu Nghiem was ordained a novice nun in 2009, a Bhikkhuni in 2014 and a Dharma teacher in 2021. She has conducted mindfulness retreats and workshops in France, Hong Kong, Japan, Taiwan, Vietnam, Thailand and the Philippines. She is a monastic staff of Plum Village Foundation Hong Kong.

Bhikkhuni Thich Nu Chan Trang Phu Xuan

Bhikkhuni Thich Nu Chan Trang Phu Xuan, Chan Trang Phu Xuan was ordained a novice nun in 2016 and a Bhikkhuni in 2021. She has helped conducted mindfulness retreats and workshops in Hong Kong, Vietnam and Thailand. She is a monastic staff of Plum Village Foundation Hong Kong.



PROGRAM DETAILS – 27TH JUNE 2025

Plenary Keynote Address (1) - Education and Lifespan Development

Time: 9:30 AM – 11:30 AM

Venue: Lecture Theatre

Moderator: Winnie Mak

"A Life Well Lived" From Preventing Depression to Promoting Human Flourishing: Mindfulness-based Cognitive Therapy Comes of Age

Depression represents a significant global health crisis, affecting an estimated one billion people worldwide. Most mental health issues begin in late adolescence and often persist throughout life. Alarming, mental health conditions are worsening, particularly among young people and those in socioeconomically deprived environments. To address this effectively, we must:

- Develop and disseminate interventions that both treat and prevent depression.
- Tackle the underlying causes of depression.
- Enhance overall mental health in the population as a whole.

At Oxford we have pioneered cognitive and mindfulness-based therapies to treat and prevent depression, demonstrated their effectiveness, and supported their integration into practice. However, psychological therapies, delivered by highly trained specialists can only ever be a small part of our response. In developed countries, only a minority of people have access to optimal mental health services, and only a very few in low- and middle-income countries (LMICs). In response a global wellness industry worth \$5.6 trillion has burgeoned, yet it often fails to deliver sustainable, meaningful results due to low engagement, and underuse of the best of psychological science and contemplative traditions.

We need to broaden our scope by teaching foundational skills for mental health and flourishing that resource individuals and organizations across the spectrum from depression, to languishing, to well-being, to thriving.

This keynote will outline our approach, "Mindfulness for Life," drawing on ancient wisdom and modern psychology to:

- Teach lifelong skills for managing daily challenges effectively.
- Promote resilience, social connectivity, and purpose-driven living, in individuals and families, schools, workplaces, and communities.
- Offer learning that is accessible, engaging, and inclusive.

The Mindfulness for Life programme can be adapted to different life stages and contexts, which evolves with the user, offering personalised guidance that adjusts to changing life circumstances. It progresses through three levels:

- Introduction to Mindfulness Course: Available to all, teaching foundational skills.
- Intermediate Mindfulness for Life Course: Eight sessions focusing on deeper engagement and integration into people's lives.
- Advanced 12-session Group Course: Twelve sessions for comprehensive, sustained lifelong learning.



Willem Kuyken

Prof. Willem Kuyken is Professor of Mindfulness and Psychological Science at the University of Oxford, United Kingdom.

His work focuses on preventing depression, promoting mental health, and flourishing across the lifespan. He has published more than 150 journal articles and was named by Web of Science as in the top 1% of the most cited scientists in the world in 2019, 2020, 2021, 2022, and 2023.

His new book, *Mindfulness for Life*, is due to be published by Guilford Press in September 2024. It is a practical guide to help people improve well-being, enjoy life more fully, handle life's challenges better, and live aligned with personal values. It accompanies his earlier book with Christina Feldman, *Mindfulness – Ancient Wisdom Meets Modern Psychology*, published in 2019.

His work has been featured in the New York Times, New Scientist, Nature, Scientific American, Times Educational Supplement, the BBC, CBS, New Statesman, Le Monde, der Zeit, the Telegraph, and the Guardian. He lives in London.

PROGRAM DETAILS – 27TH JUNE 2025

Plenary Keynote Address (1) - Education and Lifespan Development

Effects of mindfulness-based psychosomatic program on fear of childbirth: a multi-center randomized controlled study

Objective

1. To evaluate the effects of mindfulness-based psychosomatic program on psychosomatic health and birth outcomes of pregnant women with fear of childbirth.
2. To explore whether changes of mindfulness and depression functioned as the underlying mechanisms of mindfulness-based psychosomatic program on fear of childbirth and to explore whether changes of mindfulness and depression functioned as the underlying mechanisms of mindfulness-based psychosomatic program on cortisol awakening response.

Methods

1. Implementation and data collection Subjects were recruited from Shandong Maternal and Child Health Hospital, Shandong Provincial Hospital and Shanxi Maternal and Child Health Hospital and were randomly divided into intervention group and control group from April to November 2023. Pregnant women in the control group received conventional maternal health education while pregnant women in the intervention group received mindfulness-based psychosomatic program on that basis. The Wijma Delivery Expectancy/Experience Questionnaire (W-DEQ), Five Facet Mindfulness Questionnaire (FFMQ), Edinburgh Postnatal Depression Scale (EPDS), Generalized Anxiety Scale (GAD-7) and State-Trait Anxiety Inventory (STAI) were used to evaluate the pregnant women before intervention, after intervention and 3 days after delivery. Saliva samples were collected before and after the intervention to detect cortisol secretion. Information on birth outcomes was collected postpartum.
2. Effectiveness analysis of interventions The mixed linear model was used to analyze the changes in scores of W-DEQ, FFMQ, EPDS, GAD-7, STAI as well as the changes in indicators of salivary cortisol awakening response between the two groups.
3. Analysis of mediation Pearson correlation analysis was used to analyze the correlation between the changes of W-DEQ, the changes of AUCI, the changes of FFMQ and the changes of EPDS before and after intervention. SPSS Amos 24.0 was used to test the chain mediation model, including the mediating effect of changes of FFMQ and EPDS between group and changes of W-DEQ as well as the mediating effect of changes of FFMQ and EPDS between group and changes of AUCI.

Results

1. Results of effectiveness analysis

The scores of W-DEQ in the intervention group decreased by 11.24 and 13.53 points after intervention and 3 days after delivery, respectively, with statistically significant differences ($P < 0.05$). The scores of W-DEQ in the intervention group were lower than those in the control group after intervention and 3 days after delivery, with statistically significant differences ($P < 0.05$).

The area under the curve with respect to increase of cortisol awakening response (AUCI), cortisol peak (PK), and slope from baseline to peak (SBP) in the intervention group increased after intervention and the AUCI and SBP were higher than those in the control group, with statistically significant differences ($P < 0.05$).

The scores of FFMQ in the intervention group increased by 7.93 and 4.53 points after intervention and 3 days after delivery, respectively, with statistically significant differences ($P < 0.05$). After the intervention and 3 days after delivery, the scores of FFMQ of the intervention group were higher than those of the control group, with statistically significant differences ($P < 0.05$).

The scores of EPDS in the intervention group decreased by 1.03 and 1.64 points after intervention and 3 days after delivery, respectively, with statistically significant differences ($P < 0.05$). After intervention and 3 days after delivery, the scores of EPDS of pregnant women in the intervention group were lower than those in the control group, with statistically significant differences ($P < 0.05$).

PROGRAM DETAILS – 27TH JUNE 2025

The scores of STAI-S in the intervention group decreased by 4.03 points after intervention and the difference was statistically significant ($P<0.05$). After intervention and 3 days after delivery, the scores of STAI-S and GAD-7 of the intervention group were lower than those of the control group and the differences were statistically significant ($P<0.05$).

The proportion of labor analgesia use in the intervention group (37.2%) was lower than that in the control group (61.9%) and the proportion of oxytocin use in the second stage of labor in the intervention group (28.6%) was lower than that in the control group (64.0%), with statistically significant differences ($P<0.05$). In the cesarean section subgroup, the amount of blood loss at 2 hours postpartum in the intervention group (263.33 ± 83.38 ml) was less than that in the control group (317.06 ± 33.31 ml) and the difference was statistically significant ($P<0.05$). Among pregnant women with moderate fear of childbirth at baseline, the use of labor analgesia in the intervention group (31.0%) was lower than that in the control group (63.3%) and the differences were statistically significant ($P<0.05$). The proportion of natural delivery in the intervention group (78.6%) was higher than that in the control group (25.0%) and the differences were statistically significant ($P<0.05$).

2. Results of mediation analysis

The changes in the total score of W-DEQ before and after the intervention was negatively correlated with the changes of AUCI and the changes of FFMQ ($r=-0.304$, -0.396 , $P<0.01$) as well as positively correlated with the changes of EDPS ($r=0.455$, $P<0.01$). The changes of AUCI was positively correlated with the changes of FFMQ ($r=0.443$, $P<0.01$) and negatively correlated with the changes in the total score of EPDS ($r=-0.295$, $P<0.01$). The changes of FFMQ was negatively correlated with the changes in the total score of EPDS ($r=-0.478$, $P<0.01$).

The group could indirectly affect the changes of W-DEQ through the chain mediating effect of the changes of FFMQ and the changes of EDPS before and after intervention (effect value was -0.062 and 95%CI was $-0.126\sim-0.015$). The group could also indirectly affect the changes of AUCI through the mediating effect of the changes of FFMQ before and after intervention (effect value was 0.413 and 95%CI was $0.001\sim 0.283$).

Conclusion

1. The mindfulness-based psychosomatic program has an improvement effect on the psychosomatic health and delivery outcomes of pregnant women with fear of childbirth. The program significantly reduced fear of childbirth in pregnant women and increased the area under the curve with respect to increase of cortisol awakening response. The program also significantly reduced the proportion of labor analgesia and oxytocin use, and reduced the depression and anxiety of pregnant women with fear of childbirth.

2. Mindfulness-based psychosomatic program could improve the mindfulness level of pregnant women with fear of childbirth, thereby reducing depression and ultimately reducing the level of fear of childbirth. Mindfulness-based psychosomatic program could also increase the area under the curve with respect to increase of cortisol awakening response by improving the mindfulness level of pregnant women with fear of childbirth.



Ruimin Zheng

Center for Women and Children's Health, National Health Commission of China, Professor, M.D.

Winner of the 2022 APEC Healthy Women, Healthy Economies Research Prize.

Prof. Zheng has undertaken over 20 projects on women's healthcare for the Ministry of Science and Technology of China, the National Health Commission of China, WHO, UNFPA, UNICEF, etc. She has published over 50 papers in core and SCI journals as the first or corresponding author.

She is the chief editor or translator of more than ten specialized books. She is the corresponding author of *Expert Consensus on Maternal Mental Health Management and Expert Consensus on Mental Health Management in Menopause Stage*, the Chinese translator of the *WHO Thinking Healthy: A Manual for Psychosocial Management of Perinatal Depression*, and the Chinese translator of *Mindful Birthing*.

PROGRAM DETAILS – 27TH JUNE 2025

Plenary Keynote Address (1) - Education and Lifespan Development

Applying Mindfulness in Supporting Children and Families

There has been increasing attention on the role of implementation factors that significantly impact the outcomes of school mindfulness-based programs. However, studies examining this topic in Asian contexts remain limited. Drawing inspirations from the Consolidated Framework for Implementation Research and the School-Based Mindfulness Program Implementation Framework, this study focused on the people factor and explored the perceived strengths and weaknesses of instructors in program implementation after the sponsorship period of a school mindfulness project in Hong Kong. Three types of instructors including school teachers, social workers, and mindfulness instructors offered differing perspectives during qualitative interviews. Their roles in implementation, teaching competencies, and the capacity building process were analyzed. This study provides insights and recommendations for effectively implementing school-based mindfulness programs.



Herman Lo

Dr. Herman Lo is an Associate Professor of the Department of Applied Social Sciences at the Hong Kong Polytechnic University.

Dr. Lo is a Registered Social Worker, an Associate Fellow and Approved Supervisor from the Hong Kong Professional Counselling Association. He is also a certified teacher of the Mindfulness-Based Stress Reduction programme by the Mindfulness Center of Brown University. With his solid teaching experience in mindfulness programmes, he develops his expert research area in mindful parenting and caregiving.

He has published over 80 papers in peer-reviewed journals, and in 2024, he published a book, *Mindfulness for Children, Adolescents, and Families: Integrating Research into Practice* by Springer, summarizing his insights in this emerging field and suggestions for practice. He has received appointments in editorial board membership of world-leading academic journals, including *Mindfulness*, *Scientific Reports*, and *China Journal of Social Work*.

PROGRAM DETAILS – 27TH JUNE 2025

Stream B1 -Education and Lifespan Development

Time: 11:50 AM – 12:50 PM

Venue: CYT 201

Moderator: Philo Yang

(156) Integrating Peer-Led Mindfulness Education with Mobile Sensing Technology: A Novel Approach for Scaling Mindfulness Practice in Educational Settings

Elison Po Wa Lee

(25) The Mindful Scientist: How Mindfulness Meditation Could Support Ethical Scientific Practice

Kevin Berryman

(88) A Brief, Video-based Mindfulness Training on Young Children's Socio-emotional Development: Randomized Controlled Trial

Lai Hong Siu

(151) Mindfulness-based Training for Teachers and Young Children for Social Emotional and Ethical Development (SEED): A Randomized Controlled Trial

Rebecca Cheung

Stream B2: Education and Lifespan Development

Time: 11:50 AM – 12:50 PM

Venue: CYT 202

Moderator: Wenying Zeng

(171) MINDWEL: Using Mindfulness-Based Huddle Intervention to Promote Nurses' Daily Workplace Wellbeing

Wenying Zeng

(177) Mindfulness for college students in China: An experimental evaluation of a culturally adapted mindfulness-based program

Cody Abbey

(186) Examining the Feasibility of a Mindful Parenting Program among Chinese Families with Young Children

Shiyu Jiang

(194) The Effects of Incorporating Meditation into Classical Literature Classrooms: An Empirical Study on Classroom Anxiety, Behavior, Memory Retention, Narrative immersion and Text Comprehension

Rong Deng

Stream A1: Health and Well-being

Time: 11:50 AM – 12:50 PM

Venue: CYT 209A

Moderator: Yingqi Gu

(7) Mindfulness for Seniors: The Silver Santé Study

Martine Batchelor

(8) Mechanism of Mindfulness Practice in Reducing Psychological Distress among Social Workers: The Role of Spirituality

Qi Wang

PROGRAM DETAILS – 27TH JUNE 2025

(13) Effectiveness of mindfulness to reduce spatial anxiety and improve spatial navigation with and without virtual reality support

Yingqi Gu

(122) Mapping Cross-Cultural Pathways from East Asian Ideologies to Help-Seeking and Effective Coping via Psychological Flexibility: A Network Analysis

Yi-Ying Lin

(96) The Role of Early Maladaptive Schemas, Self-Compassion, and Mindfulness in Predicting Anxiety and Depressive Symptoms Among Young People: A Structural Equation Modelling Approach

Stella Chan

Stream A2: Health and Well-being

Time: 11:50 AM – 12:50 PM

Venue: CYT 209B

Moderator: Eric Kam-pui Lee

(18) Feasibility and preliminary effectiveness of mindfulness-based stress reduction program on patients with nocturnal hypertension: A pilot randomized controlled trial

Eric Kam-pui Lee

(24) Effects of Dyadic Parent-Child Self-Compassion Programme on Psychological Well-Being Among Children: A Pretest-Posttest Study

Wai Man Sin

(68) Exploration of the Inpatient Mindfulness-Based Intervention

Yaxue Wu

Stream D1: Environmental and Social Sustainability

Time: 11:50 AM – 12:50 PM

Venue: CYT 214

Moderator: Stephanie Campbell

(85) A thematic review of literature on how the sustainable environment affects to mindfulness. Dr. Miu Yee Wong

Miu Yee Wong

(107) Co-designing place-based interventions using contemplative practices to support mental health and community resilience in climate change contexts: a proof-of-concept study

Julieta Galante

(127) Inner-Outer Transformations for Sustainability—Current and potential contributions of spiritual and pastoral carers and faith-based leaders to realising transformative ecological justice in Australia

Stephanie Campbell

(173) Coming Back to Our “True Nature” as a Mindfulness Mechanism of Change for Prosociality and Personal Sustainability. Narrative Literature Review

Anton Skolzkov

PROGRAM DETAILS – 27TH JUNE 2025

Symposium on Advancing Mindfulness Interventions: Mechanisms, Cultural Integration, and AI Innovations in Mental Health

Time: 11:50 AM – 12:50 PM

Venue: Lecture Theatre

Moderator: Wei Xu

(195) A Randomized Controlled Trial on the Effects of Mindfulness Interventions on Meaning in Life and the Mechanism of Decentering as a Mediator

Jing Chen

(198) Can Cognitive Behavioral Additions Improve the Efficacy of Self-Help Mindfulness Intervention for Depression and Anxiety?: A Randomized Controlled Trial

Wei Xu

(199) AI Mindfulness Meditation Instructor: Development and Initial Evaluation

Xinyi Li

(200) Exploring the Cultivation of Ideal Mentalities in Second-Generation Mindfulness-Based Interventions: A Preliminary Empirical Study on Confucian Oneness in Mindfulness-Based Positive Psychology

Xinyi Li

(202) The Dual-Process Model of Depressive Interpretation Bias: Immediate and Delayed Mechanisms Through Mindfulness Intervention

Yuzheng Wang

PROGRAM DETAILS – 27TH JUNE 2025

Plenary Keynote Address (2a) - Peace and Conflict Resolution

Time: 1:50 PM – 3:20 PM

Venue: Lecture Theatre

Moderator: Kevin Fong

Mindfulness-Based Ethical Living: Introduction and Overview

Mindfulness-Based Ethical Living (MBEL) is a project-in-development that aims to create a system of practical philosophy, contemplation and ethics for anyone who seeks to care for their own and others' lives. In particular, it addresses those who seek a philosophical and ethical context for their practice of mindfulness meditation. Founded on a secular interpretation of early Buddhism, MBEL focuses on responding to the present and future needs of this world and age (saeculum).



Stephen Batchelor

Stephen Batchelor is a writer, translator, teacher and artist. Born in 1953, he was ordained as a Buddhist monk at the age of twenty-one and spent ten years training in the Tibetan Geluk and Korean Sŏn orders. Since disrobing he has been engaged in a critical exploration of Buddhism's role in the modern world, which has earned him both condemnation as a heretic and praise as a reformer.

From 1990 to 2019, he served as a guiding teacher at Gaia House meditation centre in Devon, England. Since 1992 he has been a contributing editor for Tricycle: The Buddhist Review. From 1985 to 1996, he was the Buddhist chaplain at HMP Channings Wood in Devon. In 2015 he co-founded Bodhi College, a European educational project dedicated to the understanding and application of early Buddhism.

He is the author of the bestselling *Buddhism without Beliefs* (1997). Other books include *Living with the Devil* (2004), *Confession of a Buddhist Atheist* (2010), *After Buddhism* (2015), *Secular Buddhism* (2017), and *The Art of Solitude* (2020). His next book *Buddha, Socrates and Us: Ethical Living in Uncertain Times* will be published by Yale University Press in 2025. His books have been translated into ten languages. He lives in south-west France with his wife Martine.

PROGRAM DETAILS – 27TH JUNE 2025

Plenary Keynote Address (2a) - Peace and Conflict Resolution

Connecting Across Differences: Mindfulness-Based Practices for Teaching, Learning and Flourishing Together

From migration to climate distress, from A.I. to income inequality, humanity faces a range of challenges causing both increased pressure and the need to collaborate on solutions. Building on an understanding of the ethical underpinnings of mindfulness practices, Professor Magee will describe how contemplative teaching and learning approaches to higher education provide a foundation for personal awareness, interpersonal connection, collective conflict resolution and healing. Reflecting on her 25+ year career as a law professor, and experience as a long-time leader among the contemplative educator community in the United States, Professor Magee will discuss the challenges and opportunities for applying mindfulness to better address the social, collective crises of our time.



Rhonda Magee

Rhonda V. Magee, M.A., J.D., is Emeritus Professor of Law and the founding Director of the Center for Contemplative Law and Ethics, at the University of San Francisco, and Founder of the Mount Iris Meditation Community (2025). She is the author of *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness* (Penguin RandomHouse TarcherPerigee: 2019), an innovative approach to the integration of mindfulness principles and practices into the work of addressing identity in diverse settings and communities, and helping us heal from the trauma that the legacies of oppression. Having received authorization as a spiritual guide and teacher in the Zen lineage, Hoshi Myozen Magee also draws on training as a teacher of Mindfulness-Based Stress Reduction, and her study and co-teaching with Bhikkhu Analayo, a Scholar-Monk in the Theravadan tradition. Hoshi Magee is a founding advisor of the Mindfulness in Law Society, and a member of the Board of Advisors of the Contemplative Sciences Center at the University of Virginia. Her current work explores how culturally-specific practices – including Black Social Gospel and the quality she calls “soulheartedness” -- intersect with and strengthen flourishing at the personal, interpersonal and collective levels in changing times.

PROGRAM DETAILS – 27TH JUNE 2025

Plenary Keynote Address (2a) - Peace and Conflict Resolution

The Uniqueness of Dharma Therapy: Integrating Buddhist Teachings with Top-Down and Bottom-Up Interventions in One-to-One Counseling

This talk explores the unique aspects of Dharma Therapy, a personalized counseling model grounded in Buddhist teachings. It delves into how Dharma Therapy integrates both top-down and bottom-up interventions to provide a comprehensive therapeutic approach. Attendees will gain insights into the core principles of Dharma Therapy, the specific Buddhist teachings it draws upon, and the practical applications of these principles in one-to-one counseling sessions. The talk aims to highlight the benefits of this integrative approach and its relevance in modern therapeutic practices.



Ven. Hin-Hung Sik

Ven. Sik Hin Hung graduated from The University of Oregon in the U.S. and initially worked in the business and financial sector upon his return to Hong Kong. In 1990, he was ordained as a Buddhist monk under Grand Master Ven. Sheng Yi and later obtained an MA in Religious Studies from the School of Oriental and African Studies (SOAS) at the University of London in 1993.

He is one of the Founding Fellows of the Centre of Buddhist Studies at The University of Hong Kong, where he served as the Centre Director for nearly a decade. Currently, he is a Senior Fellow at the Centre and has been instrumental in establishing the Master of Buddhist Studies, Master of Buddhist Counselling, and the newly launched Postgraduate Diploma in Professional Practice of Buddhist Counselling programs. Additionally, he holds the positions of Managing Vice-President and Administrator-General at the Hong Kong Buddhist Association and had provided counselling services to the staff of the Hong Kong Hospital Authority for many years.

Ven. Hin Hung teaches meditation and has worked to "repackage" Buddhist teachings to make them more accessible for contemporary audiences. He continues to teach courses in Buddhist meditation and supervises students in Buddhist counselling. His current research projects include the "Awareness Training Program," "Dharma Therapy," "Neuroscience of Meditation," and "Guangdong Yuqie Yankou," among others. He has numerous publications on Buddhism, psychotherapy, and Buddhist education.

PROGRAM DETAILS – 27TH JUNE 2025

Plenary Keynote Address (2b) - Peace and Conflict Resolution

Time: 3:40 PM – 5:30 PM

Venue: Lecture Theatre

Moderator: Stanley Chan

Conflict and Reconciliation: A Spiritual Path

All conflicts in the world originate from within ourselves, and so too do the solutions to these conflicts.

Throughout history, whether at the individual or collective level, the roots of various conflicts revolve around fundamental issues such as survival, safety, self-respect, and the unhealed wounds from our past that lead to feelings of dissatisfaction and resistance. Inadvertently, this gives rise to much harm and opposition, both towards the world and others, as well as towards the divine and oneself.

To resolve conflict, we must begin with the heart. Here, "the heart" refers to our consciousness and unconsciousness, the place where we store the memories and emotions related to the traumas we have encountered in our growth. Virginia Satir describes this as the deepest layer of the "iceberg" of human experience, representing our most profound desires. Similarly, Carl Jung refers to this as the realm of the unconscious and the collective unconscious.

In various religious and philosophical traditions, both Eastern and Western, the journey toward inner peace and rationality—which facilitates open communication—often highlights meditation or contemplation as a vital method for reconciliation.

At first glance, conflicts ranging from family disputes to international tensions seem to arise from a complex interplay of environmental, developmental, cultural, economic, political, and even religious factors. One might question how these issues relate to spiritual practice. However, upon closer reflection, we realize that many conflicts stem from our internal fears, insecurities, survival instincts, and self-esteem—or from external sources such as invasion, harm, danger, discrimination, isolation, and abandonment. These issues are deeply embedded in our memories and unconscious. Unresolved, they disrupt our balance of existence and life, leading to physiological and psychological decline, interpersonal dysfunction, and negative behaviors that can escalate into conflict or even violence. As the saying goes, "A journey of a thousand miles begins with a single step." Thus, the ultimate solution to our struggles with others, ourselves, and the world around us begins within.

Drawing on the insights and wisdom from long-established practices, individuals who regularly engage in meditation and contemplation often experience profound psychological and spiritual transformations, both in solitude and within community. These transformations manifest in several ways: first, a transition toward non-dualistic thinking and perception; second, an enhanced capacity for inclusivity and an open-hearted approach to life; and finally, a compassionate perspective toward all living beings.

Ultimately, all transformation begins with oneself.



Thomas Tsun Tong Kwan

Father Kwan holds a double master's degree in Philosophy and Theology (PUU Rome) and a Doctorate in Ethics (PUL Rome). He has served in various esteemed positions, including as the Director of the Theological Department and Professor of Moral Theology at the Holy Spirit Seminary College of Philosophy and Theology; Curriculum Development Director at the Centre for Civic Education of the Hong Kong Institute of Education; Associate Director of the Centre for Catholic Studies, Department of Cultural and Religious Studies at the Chinese University of Hong Kong. Additionally, he has been an Honorary Professional Consultant in the Department of Educational Administration and Policy at the Faculty of Education of the Chinese University of Hong Kong.

Father Kwan is highly experienced in youth formation training, ethical education, and holistic personality development. Since 2008, he has been dedicated to advancing spiritual education in Hong Kong, offering tailored spiritual formation programs to various sectors, including academia, business, and social work. He is the founder of the "Educational Movement for Human and Spiritual Development" society.

Currently retired, Father Kwan focuses on writing and personal counseling.

PROGRAM DETAILS – 27TH JUNE 2025

Plenary Keynote Address (2b) - Peace and Conflict Resolution

Finding peace in the midst of conflict: what questions, what responses?

Conflict can occur at many levels: within the self, the family and the community. It seems to call for caring, forgiveness, loving-kindness and the courage to face difficulties with openness. This is easy to say, but the lived experience of conflict raises many questions:

- If everything is impermanent, why should we care?
- Does forgiveness mean that we have to allow those who have hurt us back into our lives?
- Does loving kindness mean we have to love everyone?
- Is an aim of mindfulness to face difficulties by dampening feelings?

In this talk, we'll explore whether the second foundation of mindfulness (feeling tone) can help us respond to these questions; how learning how to become aware of feeling tone, and to do so without becoming attached to the pleasant and pushing away the unpleasant, might allow us to discern wise action, even amidst the urgency that conflicts create.



Mark Williams

Mark Williams is Emeritus Professor of Clinical Psychology at the University of Oxford, having held posts at the Medical Research Council's Cognition and Brain Sciences Unit at Cambridge and the University of Wales, Bangor. The main focus of his research and clinical work has been to understand how best to prevent serious clinical depression and suicide. With Zindel Segal and John Teasdale, he co-developed Mindfulness-based Cognitive Therapy (MBCT) and was founding Director of the University of Oxford's Mindfulness Centre that works to prevent depression and enhance human potential through the therapeutic use of mindfulness across the lifespan.

His books include Mindfulness-based Cognitive Therapy for Depression and The Mindful Way Workbook (with Zindel Segal & John Teasdale, 2013, 2014), The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness (Second Edition - with John Teasdale, Zindel Segal and Jon Kabat-Zinn, 2025) and Mindfulness: A Practical Guide to Finding Peace in a Frantic World (with Danny Penman, 2011). His most recent work focuses on how to sustain and deepen mindfulness through an eight-week programme that explores feeling tone (vedanā) 'frame by frame', as explained in Deeper Mindfulness (with Danny Penman, 2023).

PROGRAM DETAILS – 27TH JUNE 2025

Symposium on Mindfulness-based Programme Training and Development

Time: 5:30 PM – 6:45 PM

Venue: Lecture Theatre

Moderators: Herman Lo, Stanley Chan

In this roundtable discussion, 8 MBSR and MBCT teacher trainers will gather and share their thoughts and intentions in offering professional training and development programs to novel MBP teachers, focusing on issues and challenges encountered as a teacher trainer and their training organisation. Additional ideas may be included concerning their thought, strategy or support that have been taken to support new MBP teachers' needs after their training program.



Heyoung Ahn

Heyoung Ahn received his Doctor of Education (Ed.D.) from Teachers College, Columbia University. He has served as a Fulbright Visiting Professor and currently serves as the Director of the Korea Center for Mindfulness (KCFM). He is a Teacher trainer in both MBSR and MBCT-L, having completed his training through the Center for Mindfulness at the University of Massachusetts and the Oxford Mindfulness Foundation. Dr. Ahn also serves as Managing Director of the Global Mindfulness Collaborative (GMC) and is the Founding President of the Korea Mind-Body Healing Association (KMBHA). He offers MBSR and MBCT-L courses, teacher trainings, and retreats in the KCFM. In doing so, he contributes to the development and dissemination of mindfulness-based interventions both in Korea and internationally.

Alison Evans

Dr Alison Evans, based in the UK, is the Supervision Lead for the Mindfulness Network and a freelance mindfulness-based supervisor, trainer and teacher. She co-founded the Mindfulness Network in 2012 and co-directed/directed the charity until 2021. Alison has a particular interest in Mindfulness-based Supervision (MBS). In 2017, Alison joined the Bangor University Centre for Mindfulness Practice and Research team to continue the development and delivery of training for mindfulness-based supervisors. This ties in closely with her work as a supervisor/supra-visor and her research 'What do supervisors' and supervisees' think about mindfulness-based supervision? A Grounded Theory Study'. Alison is currently in the process of writing a book about mindfulness-based supervision with her colleague, Pamela Duckerin. From 2008-2017, she was a Senior Lecturer at the University of Exeter and worked as a mindfulness-based cognitive therapist within the NHS clinic and on various research trials. She also led the postgraduate training in MBCT at Exeter University from 2008 until 2017. Prior to her work at the University of Exeter, she worked in NHS mental health settings, including teaching MBCT from 2004. Her professional training is as an occupational therapist.



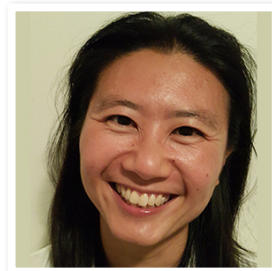
Debbie Hu

Debbie, a senior consultant psychiatrist at Tainan Municipal Hospital in Taiwan, specialises in general psychiatry, child and adolescent psychiatry, and psycho-oncology while holding a university lecturer qualification. She serves multiple roles in the mindfulness field, including MBCT teacher, trainer, and supervisor at the Oxford Mindfulness Foundation (UK), .b and Paws b trainer for the Mindfulness in Schools Project (MiSP, UK)), supervisor and supra visor for the the Mindfulness Network (UK), and MBCT mentor at the Center for Mindfulness at the University of California, San Diego. She has gained extensive experience leading MBCT groups for diverse populations, including cancer patients, workplace professionals, university students, healthcare practitioners, the general public, and young people. Her commitment to mindfulness extends to volunteer service across different regions. Currently, she holds positions on both the Community Friends Committee and the Board of Trustees at the Mindfulness Network (UK).

PROGRAM DETAILS – 27TH JUNE 2025

Ee Lin Ong

Ee Lin is blessed to encounter and practice mindfulness teachings from the contemporary fields of psychology, as well as the contemplative tradition. She continues to experience first-hand the difference it is making to the lives of many across cultures and traditions. Being a grateful recipient herself, of the early days of MBCT Teacher's training when a formal pathway was yet to be form, to becoming a trainer and supervisor as the pathway developed and currently into a formal pathway, she sees the translation of training into real world applications. She has worked as a psychologist, coach, wildlife guide. Over the years, she has mentored hundreds to provide introduction to mindfulness classes in the community, trained as well as supervised those in the Asia-Pacific region who are teaching the MBCT family of curriculum; such as MBCT-D, MBCT-L, Finding Peace in a Frantic World, Deeper Mindfulness. She delights in teaching the courses online and in-person and providing the OMF training for MBCT Teachers. She is also a Mindfulness Teacher-trainer for Mindfulness Works and Teaching Advisor-Supervisor for Mindful Circle. She is motivated to connect with people so that cultivation of mindfulness touches the inner life of oneself and widens to that of others around them, and beyond. She is happy to share experiences and dialogue at this conference.



Kevin Fong

Kevin Fong is a co-founder and lead teacher at the ATINAT Institute of Mindfulness Training (AIMT) in Hong Kong and Mainland China, and a founding member of the Mindfulness Professional Committee (MPC) within the Chinese Associations for Life Care (CALC), where he serves as Executive Director. He also acts as International Advisor and Retreat Lead for the Oxford Mindfulness Foundation.

A pioneer in introducing contemporary mindfulness to Mainland China, Kevin taught MBSR and supported mindfulness research at Capital Normal University in Beijing from 2012 to 2014. Since 2011, he has organized and translated workshops for renowned teachers like Jon Kabat Zinn and Mark Williams.

With a personal practice rooted in early Buddhist teachings, Kevin is a teacher trainer, supervisor, and assessor for mindfulness programs. He now focuses on relational mindfulness and deepening mindfulness through retreats, offering silent retreats and teaching the Interpersonal Mindfulness Program (IMP) alongside training new MBSR and MBCT teachers.

Formerly an international business executive for 20 years, Kevin was inspired by the universal power of mindfulness across race, age, language or belief. He is committed to bringing mindfulness to hospitals, schools, prisons, and businesses, with an inclusive, accessible, and experiential teaching style that is free of jargon.

Sophie Zhang

Sophie Zhang had been working for over ten years as lawyer, qualified in China and the state of New York, USA, till she had the chance to meet mindfulness in 2015. Since then, the path of learning, sharing and teaching MBCT nurtured her, inspired her how vivid, authentic and wise life can be and led her to a full-time mindfulness teacher eventually.

She is currently teaching various mindfulness-based programmes and also facilitating mindful leadership courses in China. Besides, she has been serving tailored mindfulness programmes to the police and the inmates of many prisons for over 7 years.

She has put her heart into training and supervising teachers in Chinese speaking community with the Oxford Mindfulness Foundation since 2021. She has also been learning and facilitating retreat guidance with senior retreat teachers.

The mindfulness institution 慧舍 WisDorm she founded 5 years ago also become a mindfulness oasis in Shenzhen to cultivate mindfulness in general public and also to nurture the trained teachers in the Great Bay area.

Being part of the ICM 2025 is a privilege to her, to learn the broad perspectives with people internationally.



PROGRAM DETAILS – 27TH JUNE 2025



Tazuko Shibusawa

Tazuko Shibusawa received her master's and doctorate degrees in Social Work at the University of California, Los Angeles (UCLA). She was on the faculty at Columbia University, and New York University where she served as the associate dean and director of the master's program in social work. She received her training as a MBSR teacher and teacher trainer from the Centers of Mindfulness at the University of Massachusetts and Brown University. She also completed the mindfulness- and compassion-based psychotherapy programs at the Nalanda Institute for Contemplative Science in New York City. Tazuko currently lives in Tokyo and teaches MBSR, MBSR Teacher Training Program, and Mindful-Self Compassion through the Tokyo Mindfulness Center. She is co-director of the Japan Mindfulness Collaborative, which is a member of the Global Mindfulness Collaborative (GMC), an international network of MBSR teacher trainers. She currently serves on the Board of GMC and is a guest teacher for Space2Meditate, which is based in the United States.

Stanley Chan

Dr. Stanley Chan is an Educational Psychologist in Accredited Register. As an experienced mindfulness teacher, Stanley has been awarded with the Certificate of Competence for mindfulness teacher and is listed as mindfulness supervisor and trainer by the Oxford Mindfulness. Stanley is also in the Research and Training Team of the CUHK Thomas Jing Centre for Mindfulness Research and Training. In addition to being the professional trainer and group facilitator of the MYmind program, he is currently serving as a trainer in the Professional Certificate Program in Mindfulness-based Cognitive Therapy Teacher Training jointly organized by CUHK and OMF.

Stanley has collaborated with scholars from various universities in Hong Kong on several mindfulness-related research initiatives. The focus of his doctoral dissertation was on the effectiveness of mindfulness on families of Children with ADHD. The results of this research have been published in the academic journal Psychotherapy and Psychosomatics.



PROGRAM DETAILS – 27TH JUNE 2025

Mindfulness and Neurodiversity Special Interest Group

Time: 5:30 PM – 6:45 PM

Venue: CYT 201

Moderators: Chris Krageloh, Kelly Birtwell

This informal gathering offers an opportunity for academics, researchers, clinicians, and other stakeholders interested in the intersection of mindfulness and neurodiversity to connect and network. The session will provide space for open discussion, idea sharing, and exploration of how an informal or more structured group might support mutual interests and collaboration. Whether your work is clinical, theoretical, or community-based, and whether you are neurodivergent or neurotypical, all are welcome to join the conversation. If you need any adjustments or support to join this gathering please let one of the facilitators know.



Chris Krageloh

Chris Krägeloh, PhD, is a Professor of Psychology at the Department of Psychology and Neuroscience, Auckland University of Technology, New Zealand. Apart from his research interests in health outcome measurement and psychosocial factors related to robotics and artificial intelligence, much of his work explored empirical and conceptual topics in mindfulness. Chris is an author of more than 150 articles in international journals, lead author of a mindfulness research book ("Mindfulness-Based Intervention Research: Characteristics, Approaches, and Developments"), co-editor of two major reference works on assessment ("Handbook of Assessment in Mindfulness Research" and "International Handbook of Behavioral Health Assessment"), and co-editor and co-author of several other books on research methods and well-being. Chris is joint Editor-in-Chief of the journal "Mindfulness", which is widely considered to be the flagship journal of mindfulness research. With his co-Editor-in-Chief, he has also launched new journal in 2024, with the title "Journal of Psychology and AI".

Kelly Birtwell

Dr Kelly Birtwell is a neurodivergent counsellor, mindfulness teacher, and chartered psychologist. She has taught mindfulness in a range of settings including the UK NHS, higher education, workplace settings and third sector organisations. Kelly is a Research Fellow in the Centre for Primary Care and Health Services Research at the University of Manchester, UK. Her research focuses on two main areas: mindfulness for underserved groups, and the health and wellbeing of autistic adults. Kelly enjoys working collaboratively with people with lived experience and aims to improve access to healthcare for people who are currently underserved by research and practice



PROGRAM DETAILS – 28TH JUNE 2025

Plenary Keynote Address (3) - Social Justice and Equality

Time: 9:00 AM – 10:20 AM

Venue: Lecture Theatre

Moderator: Samuel Wong

Mindfulness, Dignity and the Art of Human Connection

Mindfulness is conceived in many ways. Some conceptions of mindfulness focus on the esoteric aspects of gaining mystical or spiritual powers. On the other hand, mainstream mindfulness focuses on the individual's growth—it's often seen as a self-enhancement tool. Mindfulness is often viewed as a self-enhancement tool to improve attention, physical health, mental health, and emotional well-being. However, from the Buddhist and Eastern perspectives, mindfulness is about something more profound and of a deeper significance. It's about realizing interconnectedness and understanding that my well-being is intrinsically linked to the contributions of many people. This understanding is a powerful tool for building peace and dignity in our communities, as it encourages us to recognize and appreciate the contributions of others. Mindfulness practices play a crucial role in helping us to recognize the dignity of other human beings. Mindful awareness is our capacity to be in the present and recognize the humanity of people around us, which will deepen our connection with our communities. So, mindfulness is not just about how long you can meditate, which is essential. But can you treat the other person with dignity? And treat yourself with dignity and treat Mother Nature with dignity? For me, recognizing the dignity of self and others becomes our litmus test of the everyday practice of mindfulness. With seven features, I developed a holistic mindfulness perspective, Banyan Tree Mindset (<https://myumi.ch/qVQ7N>). My presentation will focus on the Banyan Tree Mindset and three kinds of dignity to build an equitable and interconnected community, fostering peace, harmony.



Ramaswami Mahalingam

Ramaswami (Ram) Mahalingam is a cultural psychologist, award-winning researcher, teacher, mentor, artist, and filmmaker (www.mindfuldignity.com).

He developed a holistic mindfulness perspective, the Banyan Tree Mindset, with seven features to sustain our vision for three kinds of dignity (personal, intersubjective, and processual). His holistic mindfulness is an all-encompassing approach that spans multiple dimensions of our lives - mental, physical, emotional, and social, with a particular emphasis on the need to recognize the dignity of our fellow human beings, especially those who are vital to our well-being yet invisible and ignored (e.g., Janitors).

His current research focuses on promoting a caring and compassionate workplace that treats its workers with dignity. Ram is dedicated to developing leaders who prioritize dignity and contribute to workplace well-being. His current research explores dignity within four organizational contexts: (a) Janitors and cleaning; (b) Dignity in Healthcare settings; (c) Dignity, Gender, and Technology; and (d) Dignity injuries experienced by crematorium workers in India.

He serves as Director of the Barger Leadership Institute and the Barger Leadership Institute Professor in the Personality and Social Contexts program at the University of Michigan. Additionally, he has edited two books: *Multicultural Curriculum* (Routledge) with Cameron McCarthy and *Cultural Psychology of Immigrants* (Lawrence Erlbaum). He developed an online Coursera course, *Mindfulness, Dignity, and the Art of Human Connection* (<https://myumi.ch/qVQ7N>).

PROGRAM DETAILS – 28TH JUNE 2025

Plenary Keynote Address (3) - Social Justice and Equality

Beyond Mindfulness—Promoting Social Justice with Wisdom

The talk will discuss how Buddhist psychological concepts (e.g., mindfulness, interconnectedness, and compassion) may be used to understand stigmatization of minoritized individuals, enhance universalism, and engage social equality. The talk starts off with conceptualization, followed by experimental studies and longitudinal research conducted in this area, and ends with future directions and ways forward in applying Buddhist psychology for collective well-being.



Winnie Mak

Prof. Winnie W. S. Mak is a Professor in the Department of Psychology at The Chinese University of Hong Kong.

She obtained her PhD in clinical psychology at the University of California, Santa Barbara. She is a Fellow of the American Psychological Association, Association for Psychological Science, Society for Community Research and Action, and Hong Kong Psychological Society.

Her research focuses on three synergistic areas: stigma and diversity, digital mental health, and the application of Buddhist psychology in promoting mental well-being, erasing stigma, and promoting social equality for collective sustainability.

PROGRAM DETAILS – 28TH JUNE 2025

Symposium on Education and Lifespan Development

Time: 10:40 AM – 12:50 PM

Venue: Lecture Theatre

Moderator: Herman Lo



Shui-fong Lam

Shui-fong Lam is an Honorary Professor in the Faculty of Social Sciences at the University of Hong Kong (HKU). She obtained her bachelor's degree and post graduate diploma in education from the Chinese University of Hong Kong, master's degree (counseling psychology) from the University of Texas, and doctoral degree (school psychology) from the University of Minnesota. She was a recipient of the Outstanding Teaching Award from the HKU, the Outstanding International Scholar Award from the International School Psychology Association, and the Knowledge Exchange Award from the Social Sciences Faculty at HKU. She is now the Director of the Jockey Club "Peace and Awareness" Mindfulness in School Culture Initiative. It is her aspiration to promote the mental health of students, teachers, and parents in Hong Kong through the training and research in mindfulness.

Rebecca Cheung

Rebecca Cheung holds a Ph.D. in psychology from the University of Notre Dame, with a specialization in developmental and quantitative psychology. She is a Senior Associate Professor at the Department of Educational Studies of Xi'an Jiaotong-Liverpool University, having previously held appointments at The Education University of Hong Kong and the University of Reading. She is also an Associate Editor for the Journal of Child and Family Studies and Mindfulness. Rebecca's research advances the understanding of risk and protective processes of mental health across developmental periods. She is particularly interested in topics including mindfulness, emotion regulation, and conflict and communication in the family setting. Rebecca's works have appeared in journals such as Journal of Counseling Psychology, Journal of Marriage and Family, Journal of Youth and Adolescence, and Mindfulness. Through research and practice, Rebecca aspires to make a positive change in mental health among people from diverse contexts.



Elsa Ngar-sze Lau

Ngar-sze Lau (PhD) is a Senior Lecture of Department of Educational Administration and Policy, Faculty of Education at the Chinese University of Hong Kong. She had served as a secondary school teacher and subject panel of Ethics and Religion. She is also an affiliated Assistant Professor (part-time) of Department of Buddhist Studies, Fo Guang University. Her research interests include transnational contemplative practices in contemporary Chinese communities, religious education, spiritual health, values education, mindfulness education, moral and ethics education. Ngar-sze has started research projects on mindfulness, mind-body-spirit health and positive education and provided professional training for undergraduates, pre-service teachers, and in-service teachers since 2007. She publishes papers in journals, including Mindfulness, Religions, International Journal of Children's Spirituality, Asian Medicine, etc. She also publishes book chapters for Routledge International Handbook of Religion in Global Society and Bloomsbury Academic.

PROGRAM DETAILS – 28TH JUNE 2025



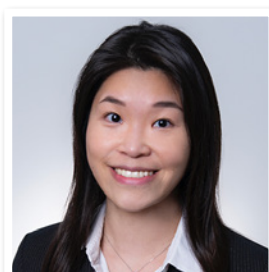
Herman Lo

Dr. Herman Lo is an Associate Professor of the Department of Applied Social Sciences at the Hong Kong Polytechnic University. He is a Registered Social Worker, the Associate Fellow and Approved Supervisor from the Hong Kong Professional Counselling Association. Herman also a certified teacher of Mindfulness-Based Stress Reduction programme by the Mindfulness Center of the Brown University. With his solid teaching experience in mindfulness program, he develops his expert research area in mindful parenting and caregiving. He has published over 80 papers in peer-reviewed journals and in 2024, he published a book "Mindfulness for Children, Adolescents, and Families: Integrating Research into Practice" by Springer, summarizing his insights in this emerging field and suggestions for practice. He has received appointments in editorial board membership of world leading academic journals including Mindfulness, Scientific Reports, and China Journal of Social Work.

Candice Powell

Dr Candice Powell joined Mind HK as Chief Executive Officer in September 2022. She is trained as a clinical psychologist at The Chinese University of Hong Kong. Before joining Mind HK, she worked at New Life Psychiatric Rehabilitation Association, one of Hong Kong's largest community mental health NGOs, for 13 years. She is an honorary lecturer at The University of Hong Kong and a fellow of The Hong Kong Psychological Society, vice-chair of the Division of Clinical Psychology of HKPS, and a training officer of the Association of Contextual and Behavioural Science (Hong Kong Chapter). She is an awardee of Hong Kong Professional Elite Ladies Selection 2022.

Candice is diversely trained in evidence-based psychological intervention. Apart from being a practitioner, she is also a rigorous researcher and widely published in academic journals and presented her study findings at local and international conferences. She has developed innovative intervention programmes for improving people's mental health and well-being. She introduced Mindful Parenting, digitised Unified Protocol for emotional disorders, and established a stepped-care psychological service in Hong Kong. She hopes everyone with emotional distress can easily access quality psychological services



Amanda Kingsze Cheung

Dr. Amanda Cheung specializes in individual differences across the lifespan and complex statistical modeling, such as behavioral genetics, and is dedicated to promoting research in the practicing community. She has led a number of clinical trials on third-generation therapies, including mindfulness-based interventions, acceptance and commitment therapy, and compassion-focused therapy. As a registered clinical psychologist in Hong Kong (with HKPS and HKICP) and a licensed psychologist in the United States, Amanda has extensive clinical experience in treating individuals with emotional and behavioral dysregulations. She has completed the certification in conducting Seeking Safety by Treatment Innovations, Inc. (San Francisco, CA, USA), the Dialectical Behavior Therapy (DBT) Intensive Training by Behavioral Tech (Seattle, WA, USA), and is a certified therapist in Parent-Child Interaction Therapy (PCIT).

PROGRAM DETAILS – 28TH JUNE 2025

Stream A5: Health and Well-being

Time: 10:40 AM – 12:40 PM

Venue: CYT 201

Moderator: Julieta Galante

(115) An exploration of outcome and cost assessment across contemplative practices for economic evaluations using a representative countrywide survey

Julieta Galante

(123) Supporting Children to Cope with Psychosocial Challenges: Effectiveness of a School-based Mindfulness-based Intervention among Chinese Migrant Children

Xiaolu Dai

(124) Altering the Sense of Self in Meditation with one's avatar in virtual reality enhances self-compassion and perspective-taking

Hang Yang

(129) Embodied Interoceptive Interaction: A Design Approach for Mindfulness Technologies to Support Self-regulation in Bipolar Disorder

Zhen Zhao

(132) Digital Interventions for Compassion Fatigue in Helping Professionals: A Research Protocol for a Three-Arm Randomized Controlled Trial Comparing Emotion-Focused Training (EFT-HP), Mindfulness-Based Stress Reduction (MBSR), and a Waitlist Control Group MSc

Denis Deriglazov

(134) The Effect of Mind-body Interventions on Interoception among Healthy Adults

Xindi Li

(161) Healing Through Self-Kindness: Bridging Mindfulness and Recovery in Mental Health

Yi Ting Daphne Cheng

(140) Many Paths to Wellbeing: A Digital Mindfulness Intervention

Alanna Jane Sethi

(170) Mindfulness-based training for deaf and hard-of-hearing people: a pilot study

Dexing Daisy Zhang

Stream A4: Health and Well-being

Time: 10:40 AM – 12:40 PM

Venue: CYT 202

Moderator: To be advised

(92) The Effects of Mindfulness-Based Intervention Versus Social Contact Control in Alleviating Loneliness Among Older Adults: A Randomized Controlled Trial

Elvin Tsz Fung Wong

PROGRAM DETAILS – 28TH JUNE 2025

(94) How do autistic adults experience mindfulness practice and stimming? Findings from an online survey study.

Kelly Birtwell

(69) More Practice, More Benefits? A Longitudinal Study on Mindfulness Frequency and Heart Rate Variability

Yan Ping Wei

(97) Mindfulness-Based and Mindfulness-Integrated Programs for Parents and Children: A Comprehensive Overview of Systematic Reviews

Na Zhang

(101) A Multiperspectival Interpretative Phenomenological Comparison of Lived Experiences of Goenka Vipassana and Classical Yoga Practitioners.

Heena Kamble

(102) Hug Mudra Meditation Animation and Narration: Structural Characteristics and Meaning Exploration

Seong-Hun Jo

(103) Progress in meditation practice: A Delphi consultation study with Buddhist and secular mindfulness meditation teachers

Lillian Ward

(110) Effects of Awareness Training Program on Postgraduate Student Well-being

Wai Yan Bonnie Wu

(112) Examining Dose-Response Effects of Mindfulness Meditation Interventions on Wellbeing: A Randomized Controlled Trial

Nicholas Bowles

Stream A3: Health and Well-being

Time: 10:40 AM – 12:40 PM

Venue: CYT 209B

Moderator: Xinli Chi

(45) Effectiveness of an Online Synchronous Four-week Mindfulness of Feeling Tone Intervention Program on Mental Health Outcomes

Samson Hoi Chun Lok

(55) Enhancing Mindful Movement in Older Adults: An Adaptive Virtual Reality Qigong Training System for Holistic Well-being

Ruitong Che

(60) The Effect of a Brief Mindfulness Induction on Induced Positive Emotions

Yanming He

(65) Mitigating Death Anxiety Through Intervention in the Degree of Attachment to the Self: An Experimental Study Investigating the Efficacy of a Buddhist Philosophy Approach

Koni Wing-Tung Lau

PROGRAM DETAILS – 28TH JUNE 2025

(42) LESS IS MORE? OVERPARENTING AND SELF COMPASSION IN EMERGING ADULTS IN HONG KONG

Lai Kin Elsa Wong

(95) Development and Application of Mindfulness-Based Parent-Child Co-Healing for Adolescent NSSI

Na Li

(79) Exercise and Mindfulness Combined Intervention for Depressive Symptoms in University Students

Xinli Chi

(84) Can Nonattachment Mitigate Perfectionism And Self-criticism? An Experimental Investigation

Kang Yau, Rex Tin

Stream B3: Education and Lifespan Development

Time: 10:40 AM – 12:40 PM

Venue: CYT 214

Moderator: Ricardo Tarrasch

(56) Integrating Mindfulness to Reduce Foreign Language Anxiety: A Mixed-Methods Pilot Study in Higher Education

Hui Yang

(12) Maternal Mindful Parenting and Preschoolers' Social Adjustment: Mechanisms and Intervention Effects

Sha Xie

(59) The Enlightenment of "Wisdom" in Mythological Epics

Shi Yan Lin

(77) Transforming Parenting: Evaluating the Impact of Mindful Parenting Training for Parents of Adolescents with SENs

Jia-qi Melody Xu

(38) Mindfulness and the Ethics of Sustainability: A Developmental Ethical Framework

David Matta

(91) The application of mindfulness training in Chinese secondary school: an interview survey of students and schoolteachers

Tingjun Wang

(131) Tracking the Impact of Focused Attention and Open Monitoring Meditation on Creativity: A Pilot Study Combining EEG and Heart Rate Monitoring

Fengyi Li

(143) Mindfulness and compassion: Comparing teacher-only vs. teacher and children practice effects

Ricardo Tarrasch

(11) Exploring the Impact of Mindfulness-Based Training on Social-Emotional Competence in Chinese Preschoolers

Sha Xie

PROGRAM DETAILS – 28TH JUNE 2025

Interpersonal Mindfulness Workshop

Time: 10:40 AM – 12:50 PM

Venue: CYT 209A

Relational Mindfulness: Finding Stability and Connection Amidst Uncertainty

Grounded in the teachings of the Interpersonal Mindfulness Program (IMP) and Insight Dialogue, this workshop offers a unique practice experience that blends mindfulness meditation with interpersonal engagement. It cultivates deep listening and shared inquiry, enabling participants to foster presence and compassion within their relationships when navigating uncertainty. Through guided mindfulness practices and relational inquiry in various group settings, attendees will examine both personal and collective patterns when confronted with life's inherent unpredictability. By joining this workshop, you'll have the opportunity to explore the strengthen of your resilience, deepen connections with others, and discover inner stability amidst the complexities of modern life, all supported by the framework of relational mindfulness.



Kevin Fong

Kevin Fong is a co-founder and lead teacher at the ATINAT Institute of Mindfulness Training (AIMT) in Hong Kong and Mainland China, and a founding member of the Mindfulness Professional Committee (MPC) within the Chinese Associations for Life Care (CALC), where he serves as Executive Director. He also acts as International Advisor and Retreat Lead for the Oxford Mindfulness Foundation.

A pioneer in introducing contemporary mindfulness to Mainland China, Kevin taught MBSR and supported mindfulness research at Capital Normal University in Beijing from 2012 to 2014. Since 2011, he has organized and translated workshops for renowned teachers like Jon Kabat Zinn and Mark Williams.

With a personal practice rooted in early Buddhist teachings, Kevin is a teacher trainer, supervisor, and assessor for mindfulness programs. He now focuses on relational mindfulness and deepening mindfulness through retreats, offering silent retreats and teaching the Interpersonal Mindfulness Program (IMP) alongside training new MBSR and MBCT teachers.

Formerly an international business executive for 20 years, Kevin was inspired by the universal power of mindfulness across race, age, language or belief. He is committed to bringing mindfulness to hospitals, schools, prisons, and businesses, with an inclusive, accessible, and experiential teaching style that is free of jargon.

PROGRAM DETAILS – 28TH JUNE 2025

Plenary Keynote Address (4) - Environmental and Social Sustainability

Time: 1:40 PM – 3:40 PM

Venue: Lecture Theatre

Moderator: Elsa Lau

Mindfulness and Sustainability

Professor Christine Wamsler's presentation focuses on the nexus between mind(fulness) and sustainability. She discusses how we can address today's polycrisis and the role mindfulness and contemplative practices play in this context. Sustainability science and practice are about finding solutions to complex, global challenges that threaten the existence of humanity and the planet. Examples of such existential threats are climate change, biodiversity loss, social disparity and global health pandemics. These threats are generally framed as external to us, and therefore, sustainability work tried to address them with primarily external, technical measures. At the same time, we increasingly understand that these threats are a reflection of an inner, human crisis, a kind of alienation, which is an integral element of modern life forms. Mindfulness and contemplative approaches are therefore increasingly explored and applied across different sectors and contexts. Christine Wamsler's work explores if, and how, they can foster individual, collective and planetary wellbeing and become vehicles for culture and system transformation.



Christine Wamsler

Prof. Christine Wamsler is Professor of Sustainability Science at Lund University Centre for Sustainability Studies (LUCSUS), Founder and Director of the Contemplative Sustainable Futures Program, a Mind & Life Fellow, and former Co-Director of the Societal Resilience Centre.

Prof. Wamsler is an internationally-renowned expert in sustainable development and associated (cognitive and material) transformation processes, with 25 years of experience, both in theory and practice. Christine is leading the emergent field of inner transformation, mindfulness, and sustainability; she has co-developed related theories, approaches, leadership, and educational programs for climate action, sustainability, and transformation (e.g., MBST and MBST-TT programs).

Her work has shaped international debates and increased knowledge on personal, collective, institutional, and policy transformations in a context of climate change. She has led many international projects and published more than 200 academic papers, book chapters, and books on these issues. Her publications are regularly cited and used in theory and policy development, including by the Intergovernmental Panel on Climate Change (IPCC) and the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES).

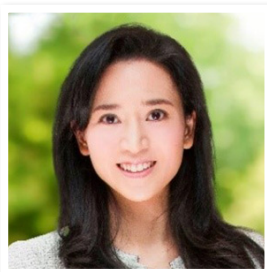
Prof. Wamsler serves as a senior scientific advisor for the UNDP Conscious Food Systems Alliance, the Global Compassion Coalition, the Inner Green Deal, the Inner Development Goals (IDGs) Initiative, and the Science Centre (Science Village). Her workplace, LUCSUS, is a pioneer in transdisciplinary research and collaboration that combines critical perspectives with solutions-based approaches to address sustainability challenges.

PROGRAM DETAILS – 28TH JUNE 2025

Plenary Keynote Address (4) - Environmental and Social Sustainability

Embracing Interconnectedness: Harnessing Mindfulness and Compassion to Foster Sustainable Well-Being

Transformation is a process that can be consciously cultivated. The early traditions of mindfulness use the word world in two ways – the world of conditions we are all find ourselves in and impacted by, and the world of inner experience that in turn impacts the world of conditions. These two worlds are always interconnected but not always interdependent. Transformation rests upon cultivating the conditions that incline the mind and the world toward a greater wakefulness, compassion and understanding. In this presentation i would like to reflect upon some of the qualities that can be cultivated inwardly that are effective in bringing about skillful and liberating change.



Poman Lo

Ms. Poman Lo is the Vice Chairman and Managing Director of Regal Hotels Group and the Founding Managing Partner of AlphaTrio Capital, an impact venture fund focused on empowering climate tech startups in Asia to provide disruptive solutions for the world's most pressing environmental challenges.

Ms. Lo established the Institute of Sustainability and Technology to advance ESG education and founded the One Earth Summit and One Earth Alliance to drive capital towards green innovations.

She serves on Hong Kong's Chief Executive's Policy Unit Expert Group and the Green Technology and Finance Development Committee. As a global champion of sustainable development, Poman takes an active leadership role at the United Nations Economic and Social Commission for Asia and the Pacific (UNESCAP). She was appointed Co-Chair of the ESNB Finance Task Force and member of the Executive Committee of ESNB, and serves as Chair of Asia Pacific Green Deal for Business Committee.

Ms. Lo was awarded Outstanding Young Person of the world in 2014, the "Oslo Business for Peace Award" in 2015 and "Business Person of the Year" in 2023 by DHL/ SCMP Hong Kong Business Awards.

PROGRAM DETAILS – 28TH JUNE 2025

Plenary Keynote Address (4) - Environmental and Social Sustainability

Changing Our Mind, Changing Our World

Transformation is a process that can be consciously cultivated. The early traditions of mindfulness use the word world in two ways – the world of conditions we are all find ourselves in and impacted by, and the world of inner experience that in turn impacts the world of conditions. These two worlds are always interconnected but not always interdependent. Transformation rests upon cultivating the conditions that incline the mind and the world toward a greater wakefulness, compassion and understanding. In this presentation i would like to reflect upon some of the qualities that can be cultivated inwardly that are effective in bringing about skillful and liberating change.



Christina Feldman

Ms. Christina Feldman has been a practitioner of contemplative pathways for more than fifty years.

She is the author of numerous books, the latest being Mindfulness – Ancient Wisdom Meets Modern Psychology. She has been leading contemplative retreats for more than forty years and has been on the faculty teaching the masters course in MBCT at Exeter University and a regular teacher on the same programme at Nijmegen university in Holland, a co-founder of Gaia House, a retreat centre in the U.K., a co-founder of Bodhi College dedicated to the study of early Buddhist teaching and a guiding teacher of the Insight Meditation Society in the U.S.

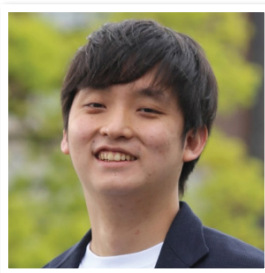
PROGRAM DETAILS – 28TH JUNE 2025

The Threefold Wisdom (三慧) Model of Mindful Education: Study, Reflection, and Cultivation (聞・思・修)

Time: 4:00 PM – 6:00 PM

Venue: CYT 201

In this presentation, we will explore how mindfulness can be further weaved into higher education as the very thread of the learning process in order to foster both academic excellence and human flourishing. To do so, we will rely upon the ancient framework of the development of wisdom according to the three steps of "study, reflection, and cultivation" (聞慧、思慧、修慧), as it is found in Asian and Buddhist classics. In this way, mindfulness and education can be articulated according to a synergistic relationship in which learning is supported by mindfulness, and mindfulness is refined throughout each educative phase. We will demonstrate how this conception of mindful education, integrating conceptual and experiential modes of knowing according to the approach developed in Mindfulness-Based Cognitive Therapy (MBCT), is especially relevant in our Digital Age. Facing the challenges of information overload, distractibility, and superficial engagement, the threefold wisdom model of mindful education can serve as a compass for students to memorize relevant information, to constitute a self-reflexive and properly organized knowledge, and eventually to cultivate an embodied wisdom in their lives and activities.



Ryotaro Kusumoto

Ryotaro Kusumoto is a Visiting Research Fellow at Kyoto University's Mindful Living Research Group. He has completed there his doctoral dissertation on the philosophy of mindful education. His research aims at re-articulating and implementing mindfulness in higher education and life-long learning. He has previously elucidated traditional Japanese Buddhist educative frameworks and have explored the potentiality of mindful education on student agency, human flourishing, and academic excellence. His research is featured in journal such as *Religions*, *Mindfulness*, *Journal of Philosophy of Education*, etc. He also has trained as a teacher in Mindfulness-Based Cognitive Therapy for Life (MBCT-L) with Oxford Mindfulness Foundation. In collaboration with the latter, he has been coordinating joint Mindful Leadership Programmes in Kyoto, integrating the ancient wisdom and modern science of mindfulness, with special reference to Japanese traditional culture and arts.

PROGRAM DETAILS – 28TH JUNE 2025

Mindfulness-based Supervision: Exploring What it is and its Value in Your Mindfulness-based Work

Time: 4:00 PM – 6:00 PM

Venue: CYT 209A

Mindfulness-based supervision (MBS), sometimes referred to as mentoring, is an important part of ongoing practice in your mindfulness-based work. It is a mindfulness-based and relational process aimed to support growth, development, and integrity in mindfulness-based work and the interface with mindfulness-based practice in your life. Many people misunderstand what mindfulness-based supervision is and how they can either supervise or be supervised using this approach. This is particularly the case for understanding that ongoing supervision is part of good practice. In this workshop, we will explore what MBS is through the mindfulness-based supervision (MBS) framework that Alison has developed with colleagues. Alongside the presentation of the framework, we will share stories to illustrate the different dimensions and value of MBS. There will be practical guidance about MBS and how to get the most benefit from it at different stages of your mindfulness-based work. We will include brief moments of practice and reflection. We aim for this workshop to be of interest to both supervisees and supervisors. We look forward to sharing our passion and love of supervision with you.



Alison Evans

Dr Alison Evans, based in the UK, is the Supervision Lead for the Mindfulness Network and a freelance mindfulness-based supervisor, trainer and teacher. She co-founded the Mindfulness Network in 2012 and co-directed/directed the charity until 2021. Alison has a particular interest in Mindfulness-based Supervision (MBS). In 2017, Alison joined the Bangor University Centre for Mindfulness Practice and Research team to continue the development and delivery of training for mindfulness-based supervisors. This ties in closely with her work as a supervisor/supra-visor and her research 'What do supervisors' and supervisees' think about mindfulness-based supervision? A Grounded Theory Study'. Alison is currently in the process of writing a book about mindfulness-based supervision with her colleague, Pamela Duckerin. From 2008-2017, she was a Senior Lecturer at the University of Exeter and worked as a mindfulness-based cognitive therapist within the NHS clinic and on various research trials. She also led the postgraduate training in MBCT at Exeter University from 2008 until 2017. Prior to her work at the University of Exeter, she worked in NHS mental health settings, including teaching MBCT from 2004. Her professional training is as an occupational therapist.

Debbie Hu

Debbie, a senior consultant psychiatrist at Tainan Municipal Hospital in Taiwan, specialises in general psychiatry, child and adolescent psychiatry, and psycho-oncology while holding a university lecturer qualification. She serves multiple roles in the mindfulness field, including MBCT teacher, trainer, and supervisor at the Oxford Mindfulness Foundation (UK), .b and Paws b trainer for the Mindfulness in Schools Project (MiSP, UK)), supervisor and supra visor for the the Mindfulness Network (UK), and MBCT mentor at the Center for Mindfulness at the University of California, San Diego. She has gained extensive experience leading MBCT groups for diverse populations, including cancer patients, workplace professionals, university students, healthcare practitioners, the general public, and young people. Her commitment to mindfulness extends to volunteer service across different regions. Currently, she holds positions on both the Community Friends Committee and the Board of Trustees at the Mindfulness Network (UK).



PROGRAM DETAILS – 28TH JUNE 2025

Mindfulness- and Compassion-Oriented Integrative Psychotherapy

Time: 4:00 PM – 6:00 PM

Venue: CYT 209B

Mindfulness and Compassion-Oriented Integrative Psychotherapy (MCIP) is an approach to psychotherapy that integrates relationally focused integrative psychotherapy with mindfulness- and compassion-oriented approaches, research, and practice. MCIP represents a new wave of integration, viewing mindfulness and compassion as fundamental meta-processes of change that enhance other psychotherapeutic processes. In MCIP, we emphasize relational mindfulness, drawing from the principle that two "mindfully aware minds are more powerful than one". A mindfully present therapist from the position of a 'loving witness', invites and supports the client to bring mindful awareness and self-compassion to their inner experiences and parts of self. By activating the client's mindful and self-compassionate state of mind, we influence their cognitive, emotional, physiological, relational, and spiritual dimensions. The therapist acts as a guide for the client to embody present moment awareness, a decentred perspective, acceptance and self-compassion. While in MCIP, we may teach clients some mindfulness exercises, the primary way of using mindfulness in MCIP is through contact-in-relationship. In the workshop, we will describe the main theoretical concepts and methods of MCIP, such as mindful processing and self-compassion processing. Through short experiential exercises and therapy session transcripts, we will demonstrate how mindfulness and self-compassion methods can be relationally applied in psychotherapy.



Gregor Žvelc

Gregor Žvelc is a clinical psychologist and professor at the Department for Psychology, Ljubljana (University of Ljubljana). He is a certified integrative psychotherapist, trainer and supervisor. Gregor is the co-founder of the Institute for Integrative Psychotherapy and Counselling in Ljubljana. He is the co-originator of Mindfulness- and Compassion-oriented Integrative Psychotherapy and co-author of two books, published by Routledge: *Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach* (2021) and *Mindfulness and Compassion in Integrative Supervision* (2024). He is the co-editor of the ongoing book series *Advancing Theory in Therapy*, Routledge.

Maša Žvelc

Maša Žvelc is an Assistant Professor of Psychology at the Department for Psychology, (University of Primorska, Slovenia). She is also the director of the Institute for integrative psychotherapy and counselling (IPSA) in Ljubljana, Slovenia. She is the international integrative psychotherapist, trainer and supervisor. She has a psychotherapy and supervision practice and leads courses in integrative psychotherapy, mindfulness and compassion-oriented integrative psychotherapy, and supervision. She is the co-author of two books published by Routledge: *Mindfulness and Compassion in Integrative Supervision* (2024), and *Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach* (2021). She is also the co-author of the internationally used Relational Needs Satisfaction Scale. She is the co-editor of the ongoing book series *Advancing Theory in Therapy*, Routledge.



PROGRAM DETAILS – 28TH JUNE 2025

Free Paper Presentation

Time: 4:00 PM – 6:00 PM

Venue: CYT 202

Adjudicators: Chris Krageloh, Ramaswami Mahalingam

(6) Mediators of mindfulness-based interventions in children and youth: A systematic review and meta-analysis

Lian Liu

(147) A Pragmatic Randomized Control Trial of “Ease with Zen”, a Web-based Mindfulness Program Promoting Holistic Wellbeing of the General Population in Hong Kong.

Venue P.Y. Wong

(14) Redevelopment of the State Mindfulness for Physical Activity with Self-compassion - Mindful and Compassionate Awareness Scale for Physical Activity (MCA-PA)

Ming Yu Claudia Wong

(17) Development of a Virtual Reality-based Mindfulness Intervention Program for Alleviating Pain and Enhancing Psychological Well-being Among Older Adults with Autoimmune Arthritis: A Transdisciplinary and Co-Creation Approach

Chung Ming Timothy Wu

(22) Comparing the Effectiveness and Mechanisms of Change of Parent Management Training and Mindful Parenting Programme: A Randomised Controlled Trial

Hong Wang Kwan

(54) Dose-Response and Personalization of Mindfulness Practice and Programs for Wellbeing Outcomes – Findings from Randomized Controlled Trials

Sarah Strohmaier

(72) The Unified Flexibility & Mindfulness (UFM) Model: A Cross-Cultural, Process-Oriented Framework for Illuminating Mechanistic Pathways to Distress and Well-Being

Yi-Ying Lin

(98) Prevalence and Mental Health Correlates of Different Contemplative Practices in Australia and New Zealand

Karin Matko

(109) Waste Not, Eat Mindfully: How Ethical Mindfulness Benefits the Environment

Nhat Tram Phan-Le

(26) Enhancing User Empowerment and Agency through Co-Creation of a Nonattachment-Based Post-Traumatic Stress Reduction Intervention

Lindsay Tremblay

(27) Mindfulness-Based Physical Therapy Reducing Pain and Improving Psychological Outcomes in Chronic Low Back Pain Patients

Dalinda Isabel Sanchez Vidana

(61) Seven facets of the mindfulness-environment relationship: Reinforcing, Reminding, Restoring, Rewarding, providing Refuge, Representing, and instilling Responsibility.

Nicole Porter

PROGRAM DETAILS – 29TH JUNE 2025

Plenary Keynote Address (5) - Health and Well-being

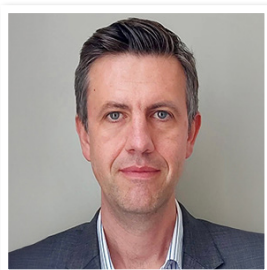
Time: 9:00 AM – 11:00 AM

Venue: Lecture Theatre

Moderator: Daisy Zhang

Mindfulness Research: Reflections and Future Directions for Health and Wellbeing

This keynote presentation will provide an overview of the current state of mindfulness research, with a particular focus on its contributions to health and wellbeing. Speaking from the perspective of a practitioner, researcher, author, and co-Editor-in-Chief of the flagship journal "Mindfulness", the presenter will offer insights into the field's development and future directions. The talk will highlight the importance of continually conducting a stocktake of existing research, an increasingly challenging task given the accelerated growth of literature in recent years. The potential role of AI tools in synthesizing this vast body of knowledge will be discussed, alongside the critical need to maintain high research standards and adopt latest practices for open science. The presentation will not only address ongoing challenges related to research designs and statistical analyses, but also issues related to terminology and the importance of cross-cultural and cross-linguistic comparisons. Balancing the need for replications on one hand but requiring novel topics of investigation on the other, mindfulness research needs to demonstrate that contemplative practices can provide meaningful and effective contributions to wellbeing and health in our rapidly changing world. While current trends show no signs of the field's momentum abating, the presentation will encourage forward-thinking approaches to secure its future significance in the broader landscape of health and wellbeing research.



Chris Krägeloh

Chris Krägeloh, PhD, is a Professor of Psychology at the Department of Psychology and Neuroscience, Auckland University of Technology, New Zealand. Apart from his research interests in health outcome measurement and psychosocial factors related to robotics and artificial intelligence, much of his work explored empirical and conceptual topics in mindfulness. Chris is an author of more than 150 articles in international journals, lead author of a mindfulness research book ("Mindfulness-Based Intervention Research: Characteristics, Approaches, and Developments"), co-editor of two major reference works on assessment ("Handbook of Assessment in Mindfulness Research" and "International Handbook of Behavioral Health Assessment"), and co-editor and co-author of several other books on research methods and well-being. Chris is joint Editor-in-Chief of the journal "Mindfulness", which is widely considered to be the flagship journal of mindfulness research. With his co-Editor-in-Chief, he has also launched new journal in 2024, with the title "Journal of Psychology and AI".

PROGRAM DETAILS – 29TH JUNE 2025

Plenary Keynote Address (5) - Health and Well-being

Introduction of Mindfulness Intervention for Emotional Distress (MIED)

Emotional disorders (e.g., anxiety and depression disorders), is the most common psychological disorders across different countries. In order to develop more efficient intervention for these disorders and sub-health state, Xinghua Liu developed the Mindfulness Intervention for Emotional Distress (MIED) program, based on mindfulness-based stress reduction (MBSR) and unified protocol for transdiagnostic treatment of emotional disorders (UP). Compared to other mindfulness-based interventions, the MIED program addresses the psychopathological mechanisms underlying emotional disorders, named as transdiagnostic psychopathological diamond model, proposed by Liu, and includes four key intervention strategies accordingly. These strategies include 1) engage in life; 2) adjust distress tolerance; 3) adjust emotional behaviors; 4) improve cognitive flexibility. All of these strategies are blended into the practices and tasks of the MIED program in a stepwise approach. The MIED program can be delivered in a group (8 weeks group-based MIED program) with guidance from a qualified teacher or delivered over the internet in a self-help version (49 days iMIED program), which has helped more than 30,000 people from 2020. In this speech, Dr. Liu will introduce MIED briefly and the preliminary research evidence of its effectiveness.



Xinghua Liu

Xinghua Liu, the founder of MIED, tenured associate professor. He is associate dean of School of Psychological and Cognitive Sciences (SPCS), and director of Beijing Key Laboratory of Behavior and Mental Health, and director of Department of Clinical and Health Psychology, SPCS in Peking University presently. He is a qualified teacher of MBSR and certified trainer of UP. He is the associate editor of the Mindfulness journal. He is founder of Division of Mindfulness Psychology, Chinese Psychological Society. He has published 30 SSCI articles and 36 CSSCI articles as a corresponding or first author since 2007.

PROGRAM DETAILS – 29TH JUNE 2025

Plenary Keynote Address (5) - Health and Well-being

Interoception, Body Awareness and Mechanisms of Change in Mindfulness Based Cognitive Therapy

Recent neuroimaging and clinical research suggests that negative emotion robs people of their ability to sense—it quite literally shuts off the sensory parts of the brain in favour of concepts and ideas. When sensation is absent, brain networks for self-judgment and rumination become more dominant, which in turn can increase worry and hopelessness. In contrast, engagement with the sensory world can be an effective and highly accessible way of keeping the sensations alive and maps easily onto the types of sensory learning that is provided via mindfulness meditation. We have coined the term 'sense foraging' to describe a group of accessible sensory practices and see it as an important addition to what is taught in mindfulness based interventions. Shifting into a sensing mode can be accomplished in a wide variety of ways, including eating, walking in nature, art, travel, exercise, which makes it easier for people to practice in ways that are entirely in sync with their everyday lives. This talk will outline the theory behind sense foraging and provide examples of its generalizability.



Zindel Segal

Zindel Segal, PhD is Distinguished Professor of Psychology in Mood Disorders at the University of Toronto Scarborough and a cofounder of Mindfulness-Based Cognitive Therapy. His latest book *Better In Every Sense* describes sensation's vital role in building resilience. Zindel's research on relapse vulnerability in affective disorder provided an empirical rationale for offering training in mindfulness meditation to those living with recurrent depression. His TEDx talk advocating for the relevance of mindfulness-based clinical care in psychiatry and mental health has over 1 million views.

PROGRAM DETAILS – 29TH JUNE 2025

Stream A7: Health and Well-being

Time: 11:20 AM – 12:50 PM

Venue: CYT 201

Moderator: To be advised

(164) Can Mindfulness-Based Inspiratory Training Enhance Functional Outcomes in Chronic Stroke? Study Protocol for A Randomized Controlled Trial

Dalinda Isabel Sanchez Vidana

(166) The effects of mindfulness-based painting training on reducing social media use and negative emotions

Qian Yang

(169) Effects of stand-alone mindfulness practices for people with long COVID-19 symptoms: A randomized controlled trial

Dexing Daisy Zhang

(172) From Attention to Intention: The Cognitive Mechanisms of Mindfulness as an Antidote in a Buddhist Psychological Model

Yue Wang

(176) Marital Quality and Child Behavior Problems: The Mediating Role of Mindful Parenting in a Longitudinal Study

Nigela Ahemaitijiang

(178) Early Findings of Enhanced Stress Resilience Training (ESRT) in a Hybrid In-Person and Digital Setting

Paul Adam Gonzales

(136) AI-Enhanced Mindfulness Intervention for Subclinical Anxiety and Depression: Integration of Machine Learning and Mindfulness Techniques

Yaxue Wu

(117) Positive Self Talk Journaling Intervention to Improve Psychological Well-being in Juvenile Prisoners

Iyus Yosep

Stream A8: Health and Well-being

Time: 11:20 AM – 12:50 PM

Venue: CYT 202

Moderator: Yancy Shi

(179) From Mindful Brian to BeWell Catalyst: Evolution of a Digital Companion for Mindfulness-Based Interventions

Stephan Schoenig

(180) Exploring the Relationship Between Mindfulness and Psychological Safety and their Associations with Anxiety and Depression in General Surgery Training

Brianna Johnston

(181) Automating Compassion: Cultivating Kindness and Compassion with Mindfulness Apps

Luara Karlson-carp

PROGRAM DETAILS – 29TH JUNE 2025

(183) 'It Is All So Much Fun!': Exploring The Experiences Of Children And Adolescents with Disabilities In A Mental Health Promotion Program

Lai Tong, Regina Lee

(187) Promoting well-being through interconnectedness: A longitudinal investigation on the meditating role of self-compassion

Xue Peng

(189) Effect of 10-week 8-Sense Mindfulness Training Therapy on Sleep Quality and Depression Symptoms

Yancy Shi

(190) Designing and implementing a community-based parallel parent-child mindfulness intervention for new arrival families in Hong Kong

Christine Ng

Stream A6: Health and Well-being

Time: 11:20 AM – 12:50 PM

Venue: CYT 209A

Moderator: Pak Lik Tsang

(149) Effects of using a consumer-grade wearable device with biofeedback and brief mindfulness training for stress reduction in family caregivers of people with dementia: a pilot randomized controlled trial

Pak Lik Tsang

(152) A Study on the Experience of Therapeutic Community Residents Participating a Long-Term Mindfulness-Based program group

Guang-Ru Chen

(153) Validity of the "Recollection Perspective Function Scale" Including Elements of Self-Compassion

Mao Matsumoto

(155) Executive function-related brain activity predicts mental health improvement to mindfulness meditation training

Yuwen He

(159) Exploring the Effects of Mindfulness on Compulsive Social Media Use: The Mediating Influence of Fear of Missing Out (FoMO)

Yuwei Zhou

(157) Buddhist Calligraphy Meditation in Relationship to Stress under COVID in Hong Kong

Janet Tse

Stream C1: Social Justice and Equality

Time: 11:20 AM – 12:50 PM

Venue: CYT 209B

Moderator: Julieta Galante

(67) From Indifference to Advocacy: Investigating the Effects of Interconnectedness and Critical Reflection on Promoting Collective Action Intention Within LGBT+ and Heterosexual Cisgender Individuals

Hoi Lam Shen

PROGRAM DETAILS – 29TH JUNE 2025

(104) How are mindfulness meditation teachers implementing social justice literacy in their classes? A cross-sectional mixed-methods survey

Julieta Galante

(185) Considerations for Sociocultural Adaptations of a Mindfulness-based Program within a Low Socio-economic Setting in Cape Town, South Africa

Sarah Foale

(119) Understanding the Interconnected World with Mindfulness: Exploring the Synergistic Effects of Mindfulness and Interconnectedness in Promoting Collective Action

Winnie Mak

(192) Can Buddhist Psychology Enhance Well-being and Social Advocacy? A Synergistic Approach Integrating Self-Complexity and the Understanding of Impermanence, Interconnectedness, and Nonattachment

Muk Hon Wat

PROGRAM DETAILS – 29TH JUNE 2025

Knowing How It Feels: Creatively Engaging with Habits (Workshop)

Time: 11:20 AM – 12:50 PM

Venue: CYT 209A

This workshop will be an in-depth study and practice of mindfulness of feeling tones, also known in the ancient Pali language as vedana. Vedana refers to the tonality we experience upon contact with sense objects through the six senses, which we can experience as pleasant, unpleasant or neither pleasant nor unpleasant. Because tonalities activate our habitual reactions they trigger us fast and can plunge us into overwhelming painful mental or emotional states. Cultivating mindfulness of feeling tones gives us the opportunity to be calmer and clearer. This help us to move from reactivity to creative engagement thus allowing us to let go of our limiting habits. The workshop will explore how many aspects of our life are impacted by feeling tones like consciousness, emotions, ethics, internet use, relationships and work.



Martine Batchelor

Martine Batchelor was a Buddhist nun in Korea for ten years. She studied Seon Buddhism under the guidance of the late Master Kusan. She translated his book *The Way of Korean Zen*. Following Master Kusan's death she returned her nun's vows and left Korea to come back to live in Europe where she also studied insight meditation. She is the author of different books showing her interest in various subjects from Buddhism and ethics as in *The Path of Compassion to Buddhism* and women thus *Women in Korean Zen*. For Martine practice only makes sense if it is intimately related and applied to daily life this is why she wrote *Let go: A Buddhist Guide to Breaking Free of Habits*. In a recent book she presents in a simple and comprehensive manner *The Spirit of the Buddha*. Her latest book is *What is this? Ancient Questions for Modern Minds*.

Recently she started to explore in depth mindfulness of vedana (feeling tone) and has written a few academic articles on the subject. One is included in "The definition, Practice and Psychology of Vedana" edited by Martine Batchelor and John Peacock.

She has also been involved with the Silver Sante Study which is a large scientific European study of both meditation and foreign language learning to see if meditation could help seniors' well-being (<https://silversantestudy.eu/> <https://silversantestudy.fr/>). She teaches meditation retreats worldwide. She is on the faculty of the Bodhi College (<https://bodhi-college.org/>). As people seems to points out often, she is practical and precise in her teaching which is seemingly simple but deep. She is interested in photography and art. She is a multi-choice teacher who is interested in what works for people and help them to develop their creative potential for wisdom and compassion for themselves and others.

PROGRAM DETAILS – 29TH JUNE 2025

Symposium on Foundation Development

Time: 2:00 PM – 3:15 PM

Venue: Lecture Theatre

Moderator: Stanley Chan, Elsa Lau



Sharon Grace Hadley

Working with the Chair of the Board of Trustees, she takes joint responsibility for strategic leadership. She is a business person who has been fortunate enough to find a field where she loves to work. Following many years in leadership roles, she is now a Fellow Member of the Institute of Leadership and Management and holds an Executive Masters in Business (MBA) which focused on workplace sickness. Her Health Economics PhD researched the cost-effectiveness of Mindfulness in the Workplace. She feels very blessed to be working in an area where she is supported in her desire to promote positive mental health in all areas of society, working with mindfulness and mindful behaviours to enable this.

She is passionate about supportive leadership, building connections, and working in a collaborative way to increase impact on a global scale. She works hard to establish a 'container of care' around all she does, focusing on accessibility and quality when working here at Oxford Mindfulness. As the Chief Executive Officer, she leads the business planning and operations, ensuring work is aligned with the Charity's Board-approved Business Plan. She works with the leadership team to implement the strategic vision and their portfolio of offerings. She also works closely with the leads in the team to ensure their curriculums are of the best quality, relevant, updated, financially viable, and accessible.

Pang Jun

He is the Vice Chairman of Chinese Association for Life Care—Mindfulness Professional Committee and a registered supervisor of the Chinese Psychological Society (D-23-039).

He is also a supervisor for the Mindfulness Network in the UK; a certified teacher, supervisor, and trainer for Mindfulness-Based Cognitive Therapy (MBCT) at the Oxford Mindfulness Foundation in the UK.

He is the founder of the Guangzhou Jue Nian Studio, a certified mindfulness guide for the Taiwan Mindfulness Development Association, and a certified instructor for the "Gift of the Present" children's mindfulness course in the UK, as well as the developer and chief supervisor of the "Children's Mindfulness Brain Development Course."



PROGRAM DETAILS – 29TH JUNE 2025



Lone Fjorback

Lone Overby Fjorback, Associate Professor, MD, PhD, is the Director of the Danish Center for Mindfulness at Aarhus University, Denmark. Her work centers on promoting mental health and preventing depression in both clinical and non-clinical populations. The Center advances this mission through research, education, and outreach, integrating mindfulness and compassion to support well-being across the lifespan.

Her research includes randomized controlled trials on mindfulness and compassion for pregnant women, school-aged children and youth, workplace settings, healthy adults, and individuals experiencing stress, anxiety, or depression—as well as their caregivers. She is co-author and co-editor of *Arts and Mindfulness in Education for Human Flourishing*.

Lone also leads community initiatives such as "Take Your Time – Focus Your Mind", a daily 12-minute meditation at noon, and is actively engaged in supporting climate action, climate activists, and social efforts that promote diversity and equality.

The Danish Center for Mindfulness is part of the Global Mindfulness Collaborative and offers professional teacher training in mindfulness and compassion.

Alison Evans

Dr Alison Evans, based in the UK, is the Supervision Lead for the Mindfulness Network and a freelance mindfulness-based supervisor, trainer and teacher. She co-founded the Mindfulness Network in 2012 and co-directed/directed the charity until 2021. Alison has a particular interest in Mindfulness-based Supervision (MBS). In 2017, Alison joined the Bangor University Centre for Mindfulness Practice and Research team to continue the development and delivery of training for mindfulness-based supervisors. This ties in closely with her work as a supervisor/supra-visor and her research '*What do supervisors' and supervisees' think about mindfulness-based supervision? A Grounded Theory Study*'. Alison is currently in the process of writing a book about mindfulness-based supervision with her colleague, Pamela Duckerin. From 2008-2017, she was a Senior Lecturer at the University of Exeter and worked as a mindfulness-based cognitive therapist within the NHS clinic and on various research trials. She also led the postgraduate training in MBCT at Exeter University from 2008 until 2017. Prior to her work at the University of Exeter, she worked in NHS mental health settings, including teaching MBCT from 2004. Her professional training is as an occupational therapist.



Stephanie Unthank-Latter

Stephanie lives in the UK and is based near the Southeast Coast in Kent, she is married to Sam, her wife of four years. Stephanie comes from a working class background, is one of four siblings and is the daughter of a labourer father and finance manager mother who are both retired.

Stephanie has been in the mindfulness field for 10 years and is a trained teacher, teacher trainer and supervisor. She has been the Director of BAMBA since 2020, overseeing BAMBA's strategy alongside a strong team of Trustees and an Executive board.

Stephanie's background is in corporate and retail banking at C suite level, where she specialised in leadership, transformational and cultural change.

PROGRAM DETAILS – 29TH JUNE 2025

Symposium on Mindfulness-Based Interventions in PTSD Treatment

Time: 2:00 PM – 3:15 PM

Venue: CYT 202

Moderator: Samuel Wong

Post-traumatic stress disorder (PTSD) is a significant mental health challenge globally and in Hong Kong. People with PTSD symptoms from the community have diverse backgrounds and heterogeneous trauma histories, which is an important consideration when adopting group therapy for PTSD in this setting. This presentation reports findings from a two-arm randomised controlled trial evaluating the effectiveness of mindfulness-based cognitive therapy (MBCT) versus Seeking Safety, a present-focused cognitive therapy, among adults with PTSD symptoms in Hong Kong primary care.

The Power of Connection – Mindfulness Training for Healing Trauma for Veterans and Their Families



Elizabeth Granger

Elizabeth is a co-founding Director of the charity Openground - Australian Centre for Mindfulness and Compassion, and has been teaching MBSR through Openground since 2007. Prior to that Elizabeth worked as a litigation lawyer for 14 years, including at partnership level.

Elizabeth has led many successful mindfulness and leadership programs in the corporate, educational, health and community sectors. Her clients include Microsoft, Boston Consulting Group, Commonwealth Bank, PWC (PricewaterhouseCoopers), Investec, Macquarie Bank, Genea, Snowy Hydro, Bayer, TressCox Lawyers, The Law Societies of NSW and ACT, doctors at Royal Prince Alfred Hospital, and St Paul's College, University of Sydney.

For the last 5 years Elizabeth also pioneered the Mindfulness for Veterans, Family Members and Carers Program which was independently researched and found strong, clinically meaningful and lasting reductions in PTSD symptoms, anger reactivity and psychological distress, along with improved emotional regulation and relationships.

Elizabeth has also recently led the first 8 week mindfulness programs to Federal Parliamentarians and their staffers and is on the Australian Expert Panel to the Global Mindfulness Initiative which supports the cultivation of mindfulness and compassion amongst legislators worldwide to shift political culture and elicit wiser policy making.

PROGRAM DETAILS – 29TH JUNE 2025

Effects of Mindfulness-Based Cognitive Therapy for Adults with PTSD Symptoms in Primary Care: A Randomised Controlled Trial

Background:

Post-traumatic stress disorder (PTSD) is a significant mental health challenge globally and in Hong Kong. People with PTSD symptoms from the community have diverse backgrounds and heterogeneous trauma histories, which is an important consideration when adopting group therapy for PTSD in this setting. This presentation reports findings from a two-arm randomised controlled trial evaluating the effectiveness of mindfulness-based cognitive therapy (MBCT) versus Seeking Safety, a present-focused cognitive therapy, among adults with PTSD symptoms in Hong Kong primary care.

Objectives:

This study aims to evaluate the effectiveness of mindfulness-based cognitive therapy in reducing PTSD symptoms (primary outcome) and depression and anxiety symptoms (secondary outcomes) among adults when compared to Seeking Safety.

Methods and Results:

Ninety-one participants were randomized 1:1 to MBCT or Seeking Safety, with outcomes assessed at baseline, post-intervention, and three months post-intervention. Both interventions yielded significant within-group reductions in PTSD symptoms, depression, and anxiety symptoms, with improvements sustained at follow-up. Notably, MBCT participants demonstrated higher session attendance, lower dropout rate and higher satisfaction level. However, no significant between-group differences were observed in PTSD symptoms at primary endpoint.

Conclusion:

This study is among the first community-based RCTs of MBCT for PTSD in a Chinese population. The findings underscore the potential of mindfulness-based interventions for people with PTSD symptoms in the community, as a group-based intervention with a high satisfaction level.



Ken Yu

Ken Yu is an emerging public-health scholar in Hong Kong whose work bridges frontline clinical care and population-level research. After completing his medical degree at the University of Hong Kong, Ken obtained a master's degree in Epidemiology and Biostatistics from The Chinese University of Hong Kong, where he now serves as a research assistant and will begin his PhD in Public Health in August 2025.

Ken's research centres on how environmental factors and lifestyle interventions shape physical and mental health. He is the first author of an ecological study using 22-year territory-wide data to link ambient temperature, influenza-like illness and acute appendicitis (BMC Public Health, 2025), and of a randomised-controlled-trial protocol testing an online exercise programme for subthreshold depression in primary care (BMC Psychiatry, 2025). During his undergraduate study, he also led a cross-sectional study on blood-donation behaviours among young adults in Hong Kong.

Drawing on his clinical and research experiences, Ken is committed to translating epidemiological evidence into practical solutions for clinicians, policymakers and the wider community. His forthcoming doctoral work will focus on public mental health, aiming to guide health-system reforms that weave evidence-based mental-health services into primary care and build more resilient, equitable care models.

PROGRAM DETAILS – 29TH JUNE 2025

Playful Path to Mindfulness: Engaging Young Learners through Mindfulness Activities

Time: 2:00 PM – 3:15 PM

Venue: CYT 209A

Discover how to teach mindfulness to children and youth through an engaging, experiential workshop. With his prior works in CUHKCMRT and other local experience, Prof. Stanley Chan will guide you through creating a "mind jar" to visualize clarity of mind, practicing mindful stretching following the plot of a locally designed picture book, and exploring locally designed animations that bring mindfulness to young learners. Unlike typical conference presentations, this hands-on session invites you to experience through active participation. If you're seeking a refreshing break from conventional symposiums and are enthusiastic about working with young learners, this workshop offers practical, hands-on techniques to incorporate into your practice.



Stanley Chan

Dr. Stanley Chan is an Educational Psychologist in Accredited Register. As an experienced mindfulness teacher, Stanley has been awarded with the Certificate of Competence for mindfulness teacher and is listed as mindfulness supervisor and trainer by the Oxford Mindfulness. Stanley is also in the Research and Training Team of the CUHK Thomas Jing Centre for Mindfulness Research and Training. In addition to being the professional trainer and group facilitator of the MYmind program, he is currently serving as a trainer in the Professional Certificate Program in Mindfulness-based Cognitive Therapy Teacher Training jointly organized by CUHK and OMF.

Stanley has collaborated with scholars from various universities in Hong Kong on several mindfulness-related research initiatives. The focus of his doctoral dissertation was on the effectiveness of mindfulness on families of Children with ADHD. The results of this research have been published in the academic journal Psychotherapy and Psychosomatics.

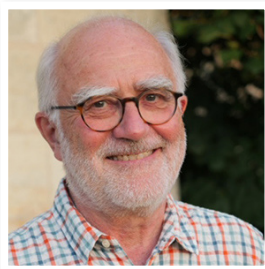
PROGRAM DETAILS – 30TH JUNE 2025

Mindfulness-Based Ethical Living: A Practical Workshop

Time: 9:00 AM - 5:00 PM

- **Gathering Time & Point:** 8:45 AM, at University MTR Station, exit A (Our staff will be waiting at the University MTR Station, Exit A, at 8:35 AM. We will start walking together as a group at 8:45 AM towards the venue)
- **Location:** Room G2, Ho Tim Building
The Chinese University of Hong Kong, Shatin, Hong Kong
(10-minute walk from the conference venue; directions will be provided)
- **Attire:** Comfortable clothing
- **Cushions:** Chairs will be provided. Limited futon cushions will be available; participants may also consider bringing your own blanket or any additional materials they feel might enhance their comfort during the session.
- **Lunch:** Not included; guidance to CUHK canteens will be offered by student helpers.

This workshop will explore the underlying principles and practices of Mindfulness-Based Ethical Living (MBEL), framed within the context of a "Cartography of Care." Through a four-fold, phenomenological analysis of care, we will consider how mindfulness cannot be reduced to a single activity but, depending on context, can be seen as existential, therapeutic, contemplative or ethical in nature. Our time will be divided between talks, meditation, and discussion.



Stephen Batchelor

Stephen Batchelor is a writer, translator, teacher and artist. Born in 1953, he was ordained as a Buddhist monk at the age of twenty-one and spent ten years training in the Tibetan Geluk and Korean Sŏn orders. Since disrobing he has been engaged in a critical exploration of Buddhism's role in the modern world, which has earned him both condemnation as a heretic and praise as a reformer.

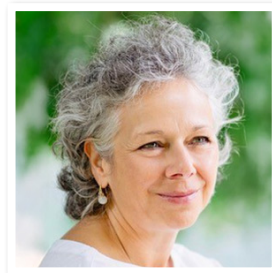
From 1990 to 2019, he served as a guiding teacher at Gaia House meditation centre in Devon, England. Since 1992 he has been a contributing editor for Tricycle: The Buddhist Review. From 1985 to 1996, he was the Buddhist chaplain at HMP Channings Wood in Devon. In 2015 he co-founded Bodhi College, a European educational project dedicated to the understanding and application of early Buddhism.

He is the author of the bestselling *Buddhism without Beliefs* (1997). Other books include *Living with the Devil* (2004), *Confession of a Buddhist Atheist* (2010), *After Buddhism* (2015), *Secular Buddhism* (2017), and *The Art of Solitude* (2020). His next book *Buddha, Socrates and Us: Ethical Living in Uncertain Times* will be published by Yale University Press in 2025. His books have been translated into ten languages. He lives in south-west France with his wife Martine.

PROGRAM DETAILS – 30TH JUNE 2025

Ayda Duroux

Ayda has a rich experience in paediatric intensive care and palliative care as a medical doctor at the University of Munich, Germany. The experiences in end-of-life care for children and adolescents brought her to practise mindfulness. After moving away from Germany, her interest in neuroscience and mindfulness led her to pursue a Masters in Mindfulness Based Cognitive Therapy at Oxford University (Mst in MBCT). This sparked a deepening engagement with early Buddhism, Western philosophy and the wisdom traditions and their connections to science. Ayda is also a volunteer for Mind and Life Europe, an organisation that aims to bridge the wisdom of contemplative traditions and scientific inquiry.



After attending several retreats with Stephen Batchelor she participated in his workshop "Mindfulness Based Human Flourishing" in October 2022 out of which — with Stephen's encouragement— she co-founded the international collaboration to build the MBEL (Mindfulness Based Ethical Living) curriculum.



Carmel Shalev

Carmel received a doctoral degree from Yale Law School (1989) and led an academic and public interest career in Israel and internationally, focusing on bioethics and human rights from birth to death. She is the author of two books in this field - Birth Power: The Case for Surrogacy (Yale University Press, 1989) and Health and Human Rights in Israeli Law (Ramot, Tel Aviv University Press, 2003) [in Hebrew]. She now teaches at Tel Aviv University – a course on end-of-life care.

After sitting a mindfulness silent retreat in the mid-'90s, she has been walking a path of secular Buddhism and she co-translated Stephen Batchelor's Buddhism Without Beliefs into Hebrew (2015). Her own most recent book is In Praise of Ageing – Awakening to Old Age with Wisdom and Compassion (Watkins UK, 2020).

Throughout the years, Carmel's main interest has been in the ethics of care and responsibility from a feminist and secular Buddhist perspective, and she contributes in writing to the Secular Buddhist Network (SBN). In 2022 she started working with SBN friends to develop an online course on Mindfulness Based Ethical Living (MBEL), which applies the skill of mindfulness to our actions in the world in daily life, based on the teachings of Stephen Batchelor.

PROGRAM DETAILS – 30TH JUNE 2025

Tsz Shan Monastery Full Day Visit and Workshop

Time: 10:00 AM - 5:00 PM

Location: 88 Universal Gate Road, Tai Po, New Territories, Hong Kong

- **Transport:** Complimentary round-trip shuttle bus from the conference venue
- **Shuttle Pick-up Time:** 9:20 am, 1/F, Henry Cheng International Conference Centre
- **Attire:** Comfortable clothing
- **Water:** Please bring your own water bottle
- **Lunch:** Vegetarian meal will be provided
- **Visit Guidelines:** <http://www.tszshan.org/home/new/en/visit.php>

About Tsz Shan Monastery

Tsz Shan Monastery, a significant project of the Li Ka Shing Foundation, is renowned as one of Hong Kong's hidden gems. With the great support of Mr. Li Ka Shing, the Monastery was officially opened to the public in 2015 and has since welcomed over two million visitors and practitioners from around the world. In addition to regular ritual ceremonies, the Monastery also offers mindfulness experiences to visitors such as water offering, sutra copying and forest therapy, providing ways for the general public to cultivate inner tranquillity and equanimity.

About Tsz Shan Institute

Tsz Shan Institute, the research and spiritual educational division of the Monastery, was established in 2016. Over the years, the institute endeavours to bridge the gap between theory and practice, and aims to provide systematic and comprehensive Dharma education to people of all ages and backgrounds. Tsz Shan Institute is dedicated to responding to the spiritual needs of society and promoting positive psychology and compassion through various courses, experiential programmes, retreats, youth empowerment initiatives, community outreach, and research projects.

Workshop Brief Outline

During our day of workshops, we are excited to offer a diverse range of experiences including but not limited to monastery tour, museum tour, water offering, sutra copying and forest therapy experience, etc. These practices create spaces for participants to learn more about the Dharma from various perspectives, reconnect to our inner peace, and foster a transformative and enlightening journey towards greater mindfulness and well-being.

POSTER PRESENTATIONS – 27TH JUNE 2025

Abstract Number	Board Number	Abstract Title Authors
20	D1-01	Evaluate Effect of Mindfulness Meditation on Reducing Pain in Cancer Patients: A Systematic Review <i>Kwan Ho Cheng</i> , Ching Yau Shannon So, Kai Yu Nicole Su, Sen Hei Wong, Jingxuan Wang
28	D1-02	The effect of Mindfulness-Based Eating Awareness Training (MB-EAT) on university students with emotional eating: A randomized controlled trial <i>Dalinda Isabel Sanchez Vidana</i> , Daniel Kwasi Ahorsu, Lynette McCormack, Roy Rongyue Zeng, Tiev Miller, Nestor Vinas Guasch, Ngai-Man Jackie Chan, Kenneth Ka-Hei Lo, Sheena Ramazanu, Benson Wui-Man Lau, Kwok-Wai Way Lau
37	D1-03	Third-wave cognitive behavioral therapy for burnout in healthcare professionals: A systematic review and meta-analysis Jin-hui Han, Miran Lee, <i>Chiyong Cha</i> , Gumhee Baek
46	D1-04	Depression as a Moderator of Mindfulness in Couples and Sexual Satisfaction among Adults in Committed Relationships <i>Akua Kwarko-Fosu</i> , Claudia Dias Martins, Agata Kasprzyk, Bassam Houry
51	D1-05	Relationship Between Adult Attachment and Positive Emotions: the Mediating Role of Dispositional Mindfulness Facets <i>Yanming He</i> , Zara Brodie, Zsofia Takacs, Karen Goodall
66	D1-06	Chatbot-delivered mindfulness-based stress reduction program for enhancing athletes' sports performance and psychological well-being: A study protocol of a pilot randomised controlled trial <i>Mengqi Li</i> , Yan Li, Wenze Lu, Dexing Zhang, Mengting He
74	D1-07	Mechanism of Mindfulness on Learning Burnout: the Chain Mediation of Regulatory Emotion Self-efficacy and Academic Self-efficacy & the Partial Mediation of Perceived University Climate <i>Zhi Mei Cai</i> , Faridah Mydin, Muhammad Syawal Amran
90	D1-08	Mindfulness decreases responsiveness to reward presentation during reinforcement learning <i>Taiki Kishigami</i>

POSTER PRESENTATIONS – 27TH JUNE 2025

Abstract Number	Board Number	Abstract Title Authors
105	D1-09	Exploring the Impacts of a College Biology Course with Integrated Mindfulness Practice on Social Connectedness and Self-Compassion <u>Zhuoya Zhang</u> , Caroline M. Borowy, Mingliang Ge, Elizabeth Shelto, Diane Gilbert-Diamond
111	D1-10	Internalization or Enactment? A Longitudinal Analysis of Self-Compassion Among LGBTQ Individuals in Hong Kong <u>Eddie Chong</u> , Han Chen, Shuk Kwan Po, Yiyang Zhang
114	D1-11	Integrated Model of Mindful Practice: Focusing on Three Aspects of Mindfulness <u>Jin Young Jang</u>
120	D1-12	The effects of response styles on relationship between negative cognition and suicidal ideation in daily life <u>Atsushi Sakata</u> , Ayaka Yanagida, Hiroaki Kumano
121	D1-13	The mediating role of recovery perception and resilience on self-compassion and perceived functioning among people in recovery in Hong Kong <u>Shi Cheng, Vivian Fung</u> , Raysen Cheung
126	D1-14	The Impact of Enhanced Interoception on Reducing Internet Addiction Tendencies <u>Li-Hao Yeh</u> , Shu-Chi Mou
130	D1-15	Evaluation on the acceptability and efficacy of app-based brief mindfulness training program to enhance psychosocial well-being in working adults: A randomised control trial <u>Eliza Lai-Yi Wong</u> , Annie Wai-Ling Cheung, Amy Yuen-Kwan Wong, Qiu Hong

POSTER PRESENTATIONS – 28TH JUNE 2025

Abstract Number	Board Number	Abstract Title Authors
32	D2-01	Mindfulness-Based Interventions for Post-Stroke Depression: A Meta-Analytical Perspective <u>Dalinda Isabel Sanchez Vidana</u> , Rangchun Hou, Peter Bohao Yang, Jack Jiaqi Zhang, Roy Rongyue Zeng, Jackie Ngai-Man Chan, Timothy Kai-Hang Fung, Shirley Pui-Ching Ngai, Kenneth N.K. Fong, Benson Wui-Man Lau
35	D2-02	Promoting Wellbeing: A Mindfulness-Based Self-Care Program for Minority Women in Hong Kong <u>Dalinda Isabel Sanchez Vidana</u> , Claudia Victoria Maetinez Roa, Ana Izquierdo Gil, Derry K. M. Law, Rangchun Hou, Sheena Ramazanu, Mohana Das, Misbah Iqbal
36	D2-03	Gender Minority Stress, Mindfulness, Rumination, and Mental Health Outcomes: A Moderated Mediation among Transgender and Gender Diverse Adults <u>Agata Kasprzyk</u> , Akua Kwarko-Fosu, Bassam Khoury
41	D2-04	Mindfulness-based Interventions and Cardiovascular Diseases: An Umbrella Review Protocol on Cardiovascular Health Conditions <u>Yuen Ling Leung</u> , Hon-Lon Tam, Ka Ming Ho
43	D2-05	Mindfulness as a Catalyst for Lifespan Brain Health and Emotional Resilience <u>Robert Jesky</u>
49	D2-06	A Comparative Review of Awareness Training Program (ATP) and Mindfulness-Based Cognitive Therapy for Life (MBCT-L) <u>Karen Ga-Yun Lau</u>
58	D2-07	The Impact of Mindfulness-Based Interventions on Dancers' Mental Health: A Scoping Review <u>YULU Lin</u> , Richard Xu
63	D2-08	Effects of mindfulness- and acceptance-based interventions on reducing loneliness amongst older adults: A systematic review <u>Ka Wing, Vanessa Chau</u> , Long Kwan, Laurie Ho, Po Yan Sin, Huiyuan Li, Hok Man, Ken Ho, Ka Fai, Stephen Mann, Cho Lee Wong

POSTER PRESENTATIONS – 28TH JUNE 2025

Abstract Number	Board Number	Abstract Title Authors
70	D2-09	The Roles of Psychological Flexibility in Internet Gaming Disorder and Social Media Addiction in Hong Kong Adolescents: The Mediating Effects of Emotional Regulation and Stress Coping <u>Qian Li</u> , Samuel Yeung-shan Wong, Xue Yang
73	D2-10	The Role of Nonattachment in the Mental Well-being of Informal Caregivers <u>Sin Yan Yuen</u> , Winnie Wing-Sze Mak
76	D2-11	Heart rate variability as a biomarker for postpartum emotional distress and self-injury thoughts <u>Weiyi Xie</u> , Siuman Ng, Man Wang, Erin Li, Pingqiao Wang
78	D2-12	Can A Cooking Program Improve Mindfulness, Mindful Eating, And Emotional Self-Efficacy In Children? A Pilot Study Claudia Victoria Martinez Roa, Maria Isabela Brosas, Andreea Apostol, Rangchun Hou, Tiev Miller, <u>Dalinda Isabel Sanchez Vidana</u>
113	D2-13	The Effects of Mindful Practice Program on Stress, Mindfulness, and Gratitude Disposition in Middle-aged Adults: Focusing on the MindON Program <u>Eunjin Kim</u>
133	D2-14	Be kind, Be mind Yu Feng Li, <u>Shi Yan Lin</u> , Chen Yuan Zhang, Shu Huang
137	D2-15	The Relationship Between Self-Compassion and the Salience Network: A swLORETA Study <u>Hoshito Sasa</u> , Mao Nanamori, Taiki Kishigami, Hiroaki Kumano
142	D2-16	Introducing Loving-kindness Meditation to Patients with Chronic Musculoskeletal Pain <u>TC Chong</u>

POSTER PRESENTATIONS – 29TH JUNE 2025

Abstract Number	Board Number	Abstract Title Authors
19	D3-01	Mindfulness Based Intervention to Improve Well-being in University Students <u>Luz Fernandez</u>
21	D3-02	The relationship between compassion and well-being in romantic couples: a dyadic approach <u>Ning Jia</u> , Mariët Hagedoorn, Maya Schroevers
29	D3-03	Increased frontal midline theta activity in response to mindfulness is related to emotion regulation: A pilot study <u>Dalinda Isabel Sanchez Vidana</u> , Hiu Yin Lai, Hei Yuen Huang, Ka Siu Lau, Kayan Hung, Rachel Kwok, Nestor Vinas Guasch, Daniel Kwasi Ahorsu, Tiev Miller, Sheena Ramazanu, Yushen Dai, Yan Li, Benson Wui Man Lau, Jack Jiaqi Zhang, Rangchun Hou
31	D3-04	The Effects Of Short-term Mindfulness Training On Emotional Attentional Bias And Emotional States <u>Xincheng Guo</u>
80	D3-05	Exploring professionalism among dental students: The influence of perceived stress and implicit affective experience within the dental environment, and the moderation effect of trait mindfulness <u>Rongdi Zhang</u> , Ke Deng, Jia-Qi, Melody Xu
81	D3-06	The Effect of Mindfulness-Based Interventions on Social Adaptation with Intellectual Disability: A Systematic Review and Meta- Analysis Yuetong Chen, Rangchun Hou, Sheena Ramazanu, Benson Wui-Man Lau, Tiev Miller, <u>Dalinda Isabel Sanchez Vidana</u>
83	D3-07	Managing Stress with Health Qigong, Mindfulness, and Virtual Reality: Testing the Feasibility of a Novel Stress Management Program for Young Adults <u>Erin Yiqing Lu</u> , Cong Wang, Zoey Yutong Li
87	D3-08	Effect of mindfulness-based cognitive therapy on quality of life in people with depressive disorders <u>Lei Liu</u>
89	D3-09	Innovative Approaches to Mindfulness Teaching for Undergraduate Medical Students <u>Pauline Luk</u> , Pui Wah Pamela Lee

POSTER PRESENTATIONS – 29TH JUNE 2025

Abstract Number	Board Number	Abstract Title Authors
135	D3-10	Future Education, Originally Mindfulness · Timeless Wisdom <u>Shi Yan Lin</u> , Yu Feng Li, Shu Huang, Chen Yuan Zhang
158	D3-11	The Relationship Between Volleyball Player Positions, Playing Experience, and Stress <u>Kunugi Inoue</u>
160	D3-12	Dual Pathways to Enhancing Youth Well-being: Social Capital and Nature Connection Hoi Huen Chan, <u>Qiyu Chen</u>
167	D3-13	Insights Of The Path Of Devotion For Organizational Healing and Sustainability <u>Aditya Agrawal</u> , Payal Kumar, Chirag Dagar
184	D3-14	Examining the Association Between Two Types of State Loneliness and Mood States: An Approach from Quantitative and Qualitative Perspectives <u>Misaki Kishimoto</u> , Ayaka Yanagida, Hiroaki Kumano
193	D3-15	Effect of 10-week 8-Sense Mindfulness Training Therapy on Eating Behavior and 24-hour Movement Behaviors <u>Yancy Shi</u> , Yanda Li, Gejia Cao
203	D3-16	Adolescent Psychological Well-being, Agency, and Resilience during Dual Crises: Insights from a Civic Education Program in Ukraine <u>Kateryna Kliuzko</u> , Maria Pereira Da Costa



International Conference on Mindfulness Asia-Pacific Wonkwang University, KOREA 2026

Modern Civilization and Mind Practice: From Life to Ecology

October 19th-23rd, 2026. Wonkwang University, Iksan City

Overview

Modern society is often described as a time of civilizational transformation. Yet, challenges such as spiritual emptiness, disregard for life, family breakdown, social polarization, and the climate crisis continue to deepen. This international academic conference aims to serve as a catalyst for a “mind revolution” that emphasizes the sanctity of life and the importance of moral practice.

Through this gathering, we propose that mindfulness, meditation, and mind-training offer essential pathways to address not only personal and spiritual development, but also pressing societal, economic, and ecological issues. The conference will synthesize ongoing efforts to socialize mind-practice and present key findings from the emerging field of mind-humanities. It will also celebrate the 80th anniversary of Wonkwang University, reaffirming its founding vision as a life-centered, morally grounded, *glocal* institution. We hope this conference becomes a vital platform for sharing the significance of mind-practice with the local community and for shaping a hopeful and ethical future for both the nation and humanity at large.

Host: The Institute of Mind Humanities. Wonkwang University

In Cooperation With: Moral Education Center at Wonkwang University, Research Institute of Won-Buddhist Thought, Won Institute of Graduate Studies, Mind Lab, Korea Center for Mindfulness(KCFM)

Sponsored By: National Research Foundation(NRF) of Korea, Iksan City, Headquarter of Won-Buddhism, Wonkwang University



何鴻燊博士醫療拓展基金會 澳門市民健康為本 全球醫療科技為用



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