

Welcome to TiM 2018!

InTo Brain, AIM (Associazione Italiana per la Mindfulness) and CMC (Consciousness Mindfulness Compassion International Association) are glad to welcome you to Trends in Mindfulness 2018!

Over the last few years, a great deal of attention has been paid to Mindfulness (Insight) Meditation and, consequently, Mindfulness-Based Interventions have become a hot, and often misunderstood, trending topic for psychology, psychiatry, neuroscience and philosophy.

The aim of this conference is to provide an interactive arena, selecting and focusing on emerging topics, new directions, unattended or critical issues in the clinical applications and in the theoretical and scientific research on Mindfulness.

Our five keynote speakers (Thomas Metzinger, Peter Malinowski, Henk Barendregt, Thorsten Barnhofer and Tanya Lecchi) are renowned scientists, researchers and philosophers of mind and they come from some of the most prestigious and important European Universities [such as J. Gutenberg Universitat, Mainz (DE); Anna Freud Center/University College London (UK); Radboud University (NL); Liverpool John Moores University (UK) and Surrey University (UK)]. They are also meditation teachers or MBIs teachers and long term meditators, with decades of advanced meditation practice. This integration of skills, experience and knowledge is still very rare but perhaps it will anticipate a new way of studying the mind who could become a solid and recognized model in the future.

The challenge and the fundamental theme of this conference is to explore how this union of a scientific and a meditative vision of the mind, that our speakers deeply embody, could offer new perspectives in the understanding of severe psychopathologies such as dissociative and psychotic states, particularly in the developmental age.

Fryday 9th November

“Science from a first-person perspective. Third-person scientific models of consciousness, mind and meditation developed with the contribution of a first-person advanced meditation perspective”

Scientific program

When	What
9.00-11.00	Registrations, welcome coffee break and preliminary talks
11.00-12.00	Thomas Metzinger <i>“The problem of pure consciousness: a new research program”</i>
12.00-12.25	Group process
12.25-13.00	Q&A
13.00-14.00	Free Lunch
14.00-15.00	Peter Malinowski <i>“Developing mental stability through meditation: Samatha and Samadhi from without and from within”</i>
15.00-15.25	Group process
15.25-16.00	Q&A
16.00-17.00	Poster session & coffee break
17.00-18.00	Henk Barendregt <i>“Axiomatizing consciousness, with applications: suffering and mindfulness, an hypothesis about the mechanism of deconditioning”</i>
18.00-18.25	Group process
18.25-19.00	Q&A
From 20.30	Social dinner @ “51 Manifattura Alimentare”

Saturday 10th November

“Mindfulness and trauma in dissociative and psychotic mental states. Mindfulness-based interventions for early and severe trauma in children and adolescents”

Scientific program

9.00-9.30	Registrations
9.30-10.30	Thorsten Barnhofer <i>“Healing the hidden wounds: how mindfulness training might help to reverse the psychological and biological sequelae of early trauma”</i>
10.30-10.55	Group process
10.55-11.30	Q&A
11.30-12.00	Poster session & coffee break
12.30-13.00	Tanya Lecchi <i>“A mindfulness-based intervention for maltreated children and adolescents in residential care”</i>
13.00-13.25	Group process
13.25-14.00	Q&A
14.00-15.00	Free lunch
15.00-16.00	Panel (all keynote speakers) <i>“Mindfulness and consciousness: rethinking psychiatric mental states”</i>
16.00-16.15	Coffee break
16.15-17.00	Panel (all keynote speakers) <i>“Mindfulness and consciousness: rethinking psychiatric mental states”</i>
17.00-17.45	Q&A and closing remarks
17.45-18.00	ECM

The “group process”

As you know, one of the aims of TiM is to create conditions to deepen the process of knowing and understanding. To allow more depth in the sharing and in the discussions, we will follow this format:

- 1) The first part of each keynote presentations will last 1 hour.
- 2) After this first part of the speaker’s intervention, the audience will be divided into discussion groups (group size: 7-10 persons), in order to have the possibility to discuss the topic of the intervention, to share what was not clear and to identify a single and most urgent group question to be asked to the keynote speaker.

The total amount of time for discussion will be 25 minutes.

- 3) Questions from the groups will be recollected, clustered and, in the second part of the presentation, the keynote speaker will have 30 minutes to answer, in the way he/she consider most appropriate (briefly question by question, or focusing on some implicit theme emerging from the questions).

In order to facilitate this process, participants will receive a number, and this number will represent the group number for the discussions. Each group will be located in different parts of the conference venue and there will be a facilitator in order to ensure a targeted discussion at the heart of the keynote’s speech. The facilitator will be chosen by the organizing committee.

The guidelines suggested for the group discussion are the following:

First, each group member will briefly share what is the most important topic or unclear aspect to be further investigated.

Second, the group will have about 15 minutes to let emerge one “top priority theme” and to find the best way to express this by a single and short question.

The final panel: “Mindfulness and consciousness: rethinking psychiatric mental states”.

At the end of the second day, there will be a final panel with all our keynote. The title of this closing and integrative panel is: “Mindfulness and consciousness: rethinking psychiatric mental states”.

The panel will combine and further explore the two main topics of the conference and their mutual connections. The aim of this panel will be to inquiry and critically rethink psychopathological mental states from the perspectives offered by scientific models of mind that are oriented by contemplative knowledge and insights.

The panel will be facilitated by Fabio Giommi and Antonino Raffone as discussants, and it will be divided into three parts.

During the first part, the discussants will ask a single question to all the speakers that will have ten minutes to answer the question.

In the second part, after a little coffee break, keynote speakers will be invited to ask one compelling question to another keynote speaker of their choice.

In the third part, there will be time for a final Q&A with the audience.

Poster sessions

(Friday: from 4 pm to 5 pm; Saturday: from 11.30 am to 12.00 am)

1. Clinical application of Mindfulness-oriented meditation (MOM) in children with ADHD and control group

O. Santonastaso 1, V. Zaccari 1, C. Crescentini 2, F. Fabbro 2, D. Menghini 1, and S. Vicari 1

1 Child and Adolescence Neuropsychiatry Unit, Department of Neurosciences, Bambino Gesù Children Hospital, Rome

2 Department of Human Sciences, University of Udine

2. Mindfulness and body ownership: Effect of MB/R training evaluated through a virtual full-body illusion

M. Pyasik 1, D. Burin 2, A. Salatino 1, T. Furlanetto 3, R. Ricci 1, 4, & L. Pia 1, 4

1 AMBA - Spatial, Motor and Bodily Awareness research group, Department of Psychology, University of Turin

2 Smart-Aging Research Center, Kawashima Laboratory, Institute of Development, Aging and Cancer (IDAC), Tohoku University

3 Department of Philosophy and Educational Sciences, University of Turin

4 IIT - Neuroscience Institute of Turin

3. Mindfulness-based interventions, childhood trauma and dissociation: a pilot study

G. Di Fini 1, A. Crea 2, A. Marcengo 2, E. Sabena 2, F. Veglia 1, 2

1 Department of psychology, University of Turin, Italy

2 Centro Clinico Crocetta, Turin, Italy

4. The senses of self-body ownership and agency in first-person and third-person perspectives in the full body illusion: An implication towards mindfulness

S. Shimada

Meiji University (Japan)

5. The effect of an 8-week MB/R program on cognitive control. An EEG study

F. Incagli 1, V. Tarantino 1,2, C. Crescentini 3, A. Vallesi 1,4

1 Department of Neuroscience, University of Padova (Italy)

2 Department of Psychological and Educational Science, University of Palermo, viale delle Scienze, Ed.15, 90128, Palermo (Italy)

3 Department of Languages and Literatures, Communication, Education and Society, University of Udine (Italy)

4 IRCCS San Camillo Hospital Foundation, Venice (Italy)

6. A behavioral and psychophysiological (ERPs) study of the influence of personality traits and meditation practice in nonconscious emotion reaction

C. Bernardes¹, I. Fonseca¹, M. Baião^{1, 2}
1 Faculty of Psychology, University of Lisbon
2 Faculty of Medicine, University of Lisbon

7. Psychometric and psychobiological correlates of altered states of consciousness elicited by Vipassana Analytical and Open Monitoring meditation

A. Zaccaro, F. Marzetti, A. Piarulli, D. Menicucci, F. Scianna, A. Gemignani
University of Pisa

8. Emotion regulation and perceptual learning under threat: EEG evidence from expert meditation practitioners

E. Fucci, A. Poublan, R. Bouet, A. Lutz
Lyon Neuroscience Research Centre, IANERM U1028, CNRS UMR5292, Lyon 1 University, Lyon, France

9. Training novice practitioners to reliably report their meditation experience using shared phenomenological dimensions

O. Abdoun, J. Zorn, J. Poletti, E. Fucci & A. Lutz
Equipe Dynamique de la Cognition - Centre de Recherches en Neurosciences de Lyon

10. Computational modelling of auditory mismatch negativity in FA and OM meditation

A. Poublan, O. Abdoun, E. Fucci & A. Lutz
Lyon Neuroscience Research Centre, IANERM U1028, CNRS UMR5292, Lyon 1 University, Lyon, France

11. Allow or resist? A qualitative study of a mindfulness-based intervention and its contextual factors in epilepsy.

P. Bauer, J. Poletti, A. Lutz, C. Sabourdy
IANERM U1028 / Centre de Recherches en Neurosciences de Lyon

12. Existential Trajectories of Buddhist Teachers: from a search for meaning to challenging worldviews

J. Poletti 1,2, N. Palazzo 3, J. Siberini 1, R. Ferrari 1,4
1 Asia Study Center, Bologna, Italy;
2 IY/ERM U1028, CRNL-DYCOG, Bron, France;
3 University of Padua;
4 University of Bologna

13. MB/R for University employees: a pilot study

C. Gardi 1, R. Giovannetti 1, G. Lazzeri 1, R. Simi 1 & F. Giommi 2
1 Department of Molecular and Developmental Medicine, University of Siena, Italy;
2 AIM - Associazione Italiana per la Mindfulness, Milano, Italy

14. Variation of psychological state in patients with recurrent depression treated with the Mindfulness – Based Cognitive Therapy for Depressive Relapse Prevention (MBCT) protocol: preliminary data

G. Limonta 1, A. L. Guacci 1, M. Martinelli 1, A. R. Meduri 1, V. Rossi 1, O. Bettinardi 1, A. Commelato 2, F. Giommi 2
1 Dipartimento di Salute Mentale e Dipendenza Patologiche (D/MdP), AUSL di Piacenza
2 AIM-Associazione Italiana per la Mindfulness, NOLS - scuola di specializzazione quadriennale in psicoterapia cognitiva-costruttivista di Milano

15. The regulatory effect of Open Monitoring meditation on the subjective experience of pain

J. V. Zorn 1, R. Bouet 1, F. Lambertson 2, A. Lutz 1
1 Lyon Neuroscience Research center (CRNL), DYCOG team,
2 Lyon centre for brain imaging (CERMEP)

