

# The Mindfulness Project

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## The Mindfulness Project @ SickKids Presents: The 2018 Inaugural Mindfulness Research Symposium

September 20<sup>th</sup>, 2018, Peter Gilgan Centre for Research & Learning

686 Bay Street @ Elm Street) 2<sup>nd</sup> Floor, Gallery



Dr. Danielle Ruskin, PhD  
Pain Clinic, Psychology



Elli Weisbaum, BFA, MES  
AM Mind, U of T,  
PhD (Candidate), SickKids



Dr. Dzung Vo, MD  
Children's Hospital of B.C.



Dr. Zindel Segal, PhD  
University of Toronto



Dr. Norman Farb, PhD  
University of Toronto

A Mindfulness Research Symposium open to the public, dedicated to Research in Mindfulness, it's applications, approaches & methodologies. Scientific research in Mindfulness-based practice will be presented together with an exploration of how this research may impact the practical use of mindfulness as a therapeutic, scientific and wellness-enhancing approach in healthcare institutions and beyond. An area of special interest includes methods to consistently quantify the experience of the practitioner and participant, in order to incorporate these data into the ongoing exploration of the efficacy and benefits of Mindfulness.

**Our Aspiration:** To inspire, envision, collaborate, network, inform, support, and stimulate, research in Mindfulness. Through this symposium we will explore the approaches, applications, modalities, and methodologies of Mindfulness, and the growing body of evidence to support the application of Mindfulness-based practice to benefit wellbeing, health, self-awareness, and resilience.

With Guest Speakers, SickKids Staff applying these modalities, and Specialists in the field,  
A Mindfulness Research Poster Session will be featured throughout the Symposium

*Save The Date! Registration 8 AM*

**Eventbrite Registration Link:**

<https://www.eventbrite.com/e/sickkids-inaugural-mindfulness-research-symposium-tickets-46326082560>