



Center for Mindfulness
in Medicine, Health Care, and Society

8th Annual International Scientific Conference for Clinicians, Researchers and Educators

Investigating and Integrating Mindfulness in Medicine, Health Care, and Society

Turning into the 4th Decade of our Work

Jointly Sponsored by:
The University of Massachusetts Medical School Office of Continuing Education and
The Center for Mindfulness in Medicine, Health Care, and Society

April 7–11, 2010
Crowne Plaza Hotel, Worcester, MA

Plenary Speakers:

David M. Eisenberg, MD
Director, Harvard Medical School Osher
Research Center
Bernard Osher Associate Professor of
Medicine
Beth Israel Deaconess Medical Center

Program Director, Integrative Medicine
Brigham and Women's Hospital

Mary Jo Kreitzer, PhD, RN, FAAN
Director, Center for Spirituality & Healing
Professor, School of Nursing
University of Minnesota

Amishi P. Jha, PhD
Assistant Professor
Department of Psychology
Center for Cognitive Neuroscience
University of Pennsylvania

Paul Grossman, PhD
Director of Research
Department of Psychosomatic Medicine
Division of Internal Medicine
University of Basel Hospital
Basel, Switzerland

Opening Keynote Address:

Saki F. Santorelli, EdD, MA
Conference Chair
Associate Professor of Medicine
Executive Director, Center for
Mindfulness
University of Massachusetts Medical
School

Special Pre-Conference Public Event:

An Evening of Mindfulness Practice,
Dialogue and Exploration with
Jon Kabat-Zinn, PhD

**Research Symposium: Neural
Mechanisms of Mindfulness: Basic
and Clinical Applications**

Co-chairs: Philippe Goldin PhD and
Amishi Jha, PhD

Dear Colleague,

On behalf of my colleagues and me, I wish you a bright, joy-filled New Year and welcome you to fully participate in our [8th annual scientific conference, *Investigating and Integrating Mindfulness in Medicine, Health Care, and Society*](#)—to be held in Worcester, Massachusetts, April 7-11, 2010.

I'd like to begin my introduction to this year's Conference with a poem by Rumi. The poem speaks directly to the primary intention of the Conference, the work of the Center for Mindfulness, and our collective work as members of a global mindfulness community. I invite you to take your time with these words, allowing them to touch within you that which the poem is reminding you of.



Two Kinds of Intelligence

There are two kinds of intelligence: One acquired, as a child in school memorizes facts and concepts from books and from what the teacher says, collecting information from the traditional sciences as well as from the new sciences.

With such intelligence you rise in the world. You get ranked ahead or behind others in regard to your competence in retaining information. You stroll with this intelligence in and out of fields of knowledge, getting always more marks on your preserving tablets.

There is another kind of tablet, one already completed and preserved inside you. A spring overflowing its springbox. A freshness in the center of the chest. This other intelligence does not turn yellow or stagnate. It's fluid, and it doesn't move from outside to inside through the conduits of plumbing-learning.

This second knowing is a fountainhead from within you, moving out. *

Year after year, the most consistent feedback we receive from Conference participants can be paraphrased like this: "I go to a lot of scientific conferences but none of them are like this. This one feels really different." When we ask participants to speak about their experience more definitively, they almost always say something like the following: "While the science is rigorous this Conference feels more open, a lot less ego-driven and competitive."

If this is so, I believe it is because we as the Conference organizers and you as the community of mindfulness-oriented professionals know something about these "two kinds of intelligence." While there is much learning to acquire, information to gather and knowledge to be assimilated through the medium of the Conference proceedings, these always reside within the larger context of this *other intelligence* that is already complete and residing within each of us.



2009 Conference participants

The intention of this and every Conference we've hosted is to embody this view through our presence and programming. Submissions to present were numerous and arrived from all over the globe. In response, our scientific and clinical review teams did all of us a tremendous service in carefully weighing each submission. As a result of their efforts, we have assembled 90 presenters offering more than 75 presentations including keynote addresses, research forums, pre and post-program institutes, a full-day symposium focused on the Neural Mechanisms of Mindfulness, a host of presentation dialogues, breakfast roundtables, a public evening of dialogue and practice with Jon Kabat-Zinn and a gala evening dinner and dance with opening remarks by US House of Representative, Congressman Tim Ryan.

As always, we will continue to integrate mindfulness practice into all aspects of the Conference. We will offer early morning meditation and yoga sessions, a dedicated quiet room continuously available to you and, as well, Philippe Goldin will, as co-chair of the research symposium, lead us in meditation practices aimed at pointing at and bringing more fully to life, what mental and neural capacities were being examined in the scientific investigations exploring the neural mechanisms of mindfulness.

Our primary intention in hosting this scientific meeting is to create an environment that reminds us all of our innate capacity to embody these *two intelligences*. Not forsaking one for the other, but instead, enlarging our view of what it means to be a human being. Your presence lends itself to strengthen this remembrance and realization in all of us. I look forward to seeing you in April.



[Click for video of Philippe Goldin speaking about the Research Symposium](#)

Please [visit our website for the full conference proceedings and to register](#).

Warmly,

Saki F. Santorelli, EdD, MA
Conference Chair

* The Essential Rumi, Translation by Coleman Barks with John Moyne, Harper, San Francisco, 1995



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