



Co-Sponsored by UC San Diego Center for Mindfulness & Sanford Institute

UC San Diego
SANFORD INSTITUTE FOR
EMPATHY AND COMPASSION

MINDFULNESS & COMPASSION SYMPOSIUM

Diversity + Inclusion + Social Justice + Underserved Communities + Youth & Family + Law Enforcement

September 24, 2022

UC San Diego Design and Innovation Building
IN-PERSON (Livestreaming Available)

SCHEDULE

9:00-9:30	Registration & Check in
9:30-10:00	Cassi Vieten: How Early? Results of a Mindfulness-Based Intervention in Pregnant Women and Their Children
10:00-10:45	Rhonda V Magee: Deepening the Foundations for Equity and Renewal: Mindfulness and Compassion in the Work of Transforming Our Communities
10:45-11:00	BREAK
11:00-11:45	Sarah Bowen: High Stress/High Trauma Populations: Mindfulness in Prisons and with Police
11:45-12:30	Lisette Atala , Edhy Echevarria and Diana Bueno Gutierrez: MBSR Educational Intervention for Baja California State University, School of Medicine Students
12:30-13:30	LUNCH BREAK
13:30-14:15	Skylar Kelsven: Application of Compassion Meditation in the Veteran Community
14:15-15:00	Pete Kirchmer: mPEAK Training in Law Enforcement
15:00-15:15	BREAK
15:15-16:00	Lorraine Hobbs: Raising Compassion: Youth & Family Programs to Support Families
16:00-16:30	Noriko Morita Harth: MBSR Teacher Training/Certification Program for Diverse Communities



Learn more about the symposium and register:

<https://cih.ucsd.edu/mbpti/events/mindfulness-compassion-symposium>

COVID-19 Vaccination Mandate and Campus Safety Guidelines: In-person participants must be fully vaccinated and must wear a mask.