



RENOWNED MINDFULNESS EXPERT JON KABAT-ZINN BRINGS MESSAGE OF MINDFULNESS TO THE APA

What role can mindfulness play in promoting well-being? What aspects lend themselves to psychotherapy? Are there any dangers in a mindfulness approach? In his 2018 APA Address, Jon Kabat-Zinn reveals the essential ingredients in living a mindful life.

FOR IMMEDIATE RELEASE (August 3, 2018) -- Division 32 of the American Psychological Association is excited to announce that Mindfulness pioneer, Jon Kabat-Zinn, is our special invited speaker at the 126th Annual APA Convention in San Francisco. The founder of the UMass Center for Mindfulness in Medicine, Health Care, and Society will discuss “Mindfulness as a Way of Being—in Psychotherapy and in Life,” **Friday, August 10, 10 - 11:50 AM, at the Moscone Convention Center, Rooms 153/155, Upper Mezzanine-South Building**. Attending via videoconference, Dr. Kabat-Zinn will address critical issues at the interface of mindfulness and psychotherapy, lead participants in mindfulness practice for self-care and clinical applications, be interviewed by two APA clinical psychologists, and engage in Q&A directly with attendees.

In forty years, mindfulness has gone from a relatively unknown element of Buddhist meditation practice into the mainstream of medicine, health care, and the broader society. The NIH supports millions of dollars of research on its health effects and mechanisms of action. Mindfulness is also increasingly covered in the media.

Mindfulness is a foundational element of many psychotherapies, including mindfulness-based cognitive therapy (MBCT) and mindfulness-based relapse prevention (MBRP). These interventions are modeled on Mindfulness-Based Stress Reduction (MBSR) — an outpatient approach founded by Kabat-Zinn at the University of Massachusetts Medical Center in 1979 to train medical patients with chronic pain and stress-related conditions in intensive mindfulness meditation. MBSR is now the mindfulness intervention of choice or a model for other mindfulness-based programs in hospitals, clinics, and therapy rooms across the United States and around the world.

Yet popularization has been accompanied with exaggerated claims for its effectiveness, as well as to people claiming to teach “mindfulness” who do not practice it themselves. In this 1-hour and 50-minute session, Kabat-Zinn will describe his understanding of mindfulness and the challenges facing the field at this particular moment in time.

APA Psychologists interviewing Jon Kabat-Zinn:

Donna Rockwell, PsyD, Division 32 President, is a licensed clinical psychologist, mindfulness meditation teacher with expertise developed over 20 years in Shambhala International meditation training, and adjunct faculty at Saybrook University. A grant recipient of the

Marjorie S. Fisher Fund of the Community Foundation for Southeast Michigan to establish *The Mindfulness Initiative*, Rockwell designed the Mindfulness and Psychotherapy course curriculum for the Michigan School of Professional Psychology, training graduate students in mindfulness-based theory and clinical practice. Rockwell now teaches, Mindfulness and Meditation in Health, in Saybrook's College of Integrated Medicine and Health Sciences.

Holly Hazlett-Stevens is an associate professor at the University of Nevada. She is the author of two books, "Women Who Worry Too Much: How to Stop Worry & Anxiety from Ruining Relationships, Work, & Fun" and "Psychological approaches to generalized anxiety disorder: A clinician's guide to assessment and treatment." She is a co-author of "New Directions in Progressive Relaxation Training." Since 2010, Hazlett-Stevens has received over 260 hours of professional education in MBSR instruction and is a CFM certified MBSR Instructor, and received formal professional training in Mindfulness-Based Cognitive Therapy (MBCT).

For additional information and presenter interviews, contact: Donna Rockwell, drdonnarockwell@gmail.com, (248) 877-9611, www.mindfulcure.com, <http://www.apadivisions.org/division-32>

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