

For a healthy and mindful New York ... Stronger higher education ... A more just and resilient society

**SAVE THE DATE**

LAUNCHING SUNY INITIATIVES ON  
**Mindfulness & Health**

A multidisciplinary scholarly conference  
March 4, 2016 ☞ The University at Buffalo

**Be there for the first SUNY-funded scholarly conference to foster research and education on mindfulness across the disciplines.**

U.S. expenditure on health care is greater than any other country, yet statistics related to life expectancy and other health and well-being indices are disproportionately low. Chronic disease is the leading cause of death and disability in the U.S. New York’s medical and healthcare dilemma mirrors that of our nation; its costs are overwhelming our state budget.

A shift in focus from illness to prevention and wellness is paramount. Such a shift requires the collective research, activism, and organization of individuals and groups across campuses, institutions, disciplines, cultures, and ethnicities, from practitioner and pedagogical perspectives.

**REGISTER NOW**

Just \$20!

<https://universityatbuffalo-wgtck.formstack.com/forms/mindful>

**FEATURED SPEAKERS**

[David Vago, Ph.D.](#)  
[Brigham & Women’s Hospital; Harvard University](#)

[Daniel Barbezat, Ph.D.](#)  
[Amherst College; Center for Contemplative Mind In Society](#)

[Joseph Belluck, Esq.](#)  
[Trustee, State University of New York](#)

Mindfulness is a cognitive training process that enhances awareness, attention, and the ability to bring mental and emotional processes under greater voluntary control. Over the last 25 years, research in a multitude of fields including neuroscience, medicine and the health sciences, psychology, and education has demonstrated far-reaching benefits of mindfulness on health, learning, and well-being, including:

- Managing stress and stress-related disease
- Ameliorating symptoms of chronic illness
- Enhancing mental health as a therapy for anxiety and depression
- Increasing focus, attention, and critical thinking
- Improving academic learning
- Improving social well-being by managing emotions and instinctive reactions

But much more remains to be learned. This conference will convene the many state-wide SUNY projects on contemplative pedagogy, mindfulness-based stress reduction techniques (MBSR), mindfulness-based cognitive therapy (MBCT), and other research to identify the range of existing SUNY work on mindfulness, identify gaps in the research, and begin to develop a SUNY-wide research agenda on mindfulness and all forms of well-being.

Fostering multidisciplinary research and education in mindfulness across the SUNY system will provide a foundation for New York State to lead in the development of solutions not only for our nation’s burgeoning chronic health problems but also for global health concerns.

**FOR ALL THE LATEST CONFERENCE INFORMATION**

**Like us on Facebook!**  
<https://www.facebook.com/SUNYMindfulnessHealth>

**OTHER CONFIRMED SPEAKERS**

**Ronald Epstein, M.D.**  
Professor of Family Medicine,  
Psychiatry, & Oncology  
University of Rochester Medical Center

**Michael Krasner, M.D.**  
Professor of Clinical Medicine  
University of Rochester Medical Center

**Steven Lynn, Ph.D.**  
Distinguished Professor of Psychology  
Binghamton University

And more to come ...

---

**David Vago, Ph.D.****Psychiatry and Neuroscience, Brigham & Women's Hospital, Harvard Medical School**

---



David Vago is an associate psychologist in the Functional Neuroimaging Laboratory, Brigham & Women's Hospital, and an instructor at Harvard Medical School. Dr. Vago's research interests broadly focus on utilizing translational models to identify and characterize neurobiological substrates mediating psychopathology, to better predict outcomes and potential biologically-based diagnostic and therapeutic strategies for those suffering with mental illness. He aims to clarify adaptive mind-brain-body interactions and their therapeutic relevance in psychiatric settings. In this context, Dr. Vago has been specifically focusing on the study of mindfulness-based interventions in clinical settings, and the basic neuroscientific mechanisms by which mindfulness-based practices function.

---

**Daniel Barbezat, Ph.D.****Economics, Amherst College; Center for Contemplative Mind in Society**

---



Daniel Barbezat is Professor of Economics at Amherst College where he specializes in economic history. Author of *The Economics of the European Union* and *The Economies of Europe* (Oxford UP), he is also Executive Director of the Center for Contemplative Mind in Society, the national hub for contemplative teaching and learning in higher education. The Center is committed to the positive transformation of the education system by supporting the use of contemplative/introspective practices to create active engaged learning environments. Dr. Barbezat has lectured on contemplative learning and pedagogy at more than 60 Teaching & Learning Centers nationally, including the University of Virginia, the University of Colorado, and Vanderbilt. His recent chapter, *Contemplative Pedagogy: The Special Role of Teaching and Learning Centers in To Improve the Academy*, highlights this work. His latest book, *Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning*, was released this past winter through Jossey-Bass.

---

**Joseph Belluck, Esq.****Trustee, State University of New York**

---



SUNY Trustee Joseph W. Belluck is a founding partner of Belluck & Fox LLP, a nationally-recognized law firm that represents individuals with asbestos and mesothelioma claims. A dedicated, compassionate attorney recognized for high ethical standards, Mr. Belluck has spent his entire legal career representing injured consumers and workers. A graduate of Binghamton University and the SUNY Buffalo Law School, he is an advocate for contemplative pedagogy in higher education.

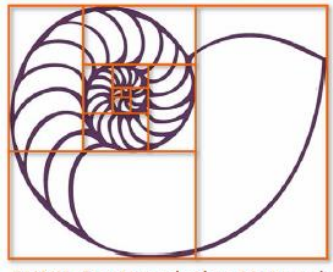
---

SPONSORED BY



Conversations in the Disciplines Program

with



©2015 Launching SUNY Initiatives on Mindfulness & Health  
[mindful@buffalo.edu](mailto:mindful@buffalo.edu)