

# 2025 BIENNIAL MEETING

***Mindful Families, Schools, and Communities: Contemplative Practices to Promote  
Child Well-Being and Health Equity 2025 Pre-Conference***  
Hilton Minneapolis

## Wednesday, April 30, 2025

<b>9:30 AM – 9:45 AM</b> <b>Marquette IV/V</b>	<b>Networking and Coffee</b>
<b>9:45 AM – 10:00 AM</b> <b>Marquette IV/V</b>	<b>Welcome and Introduction from Organizing Committee</b>
<b>10:00 AM – 10:50 AM</b> <b>Marquette IV/V</b>	<b>Keynote address</b> Sona Dimidjian, <i>University of Colorado Boulder</i> <b>Science and Love: Essentials for the Future of Contemplative Research and Practice</b>
<b>11:00 AM – 12:20 PM</b> <b>Session 1:</b> <b>Marquette IV/V</b>  <b>Session 2:</b> <b>Marquette VI</b>	<b>Simultaneous Symposia: Themes 1 and 2</b>  <b>Session 1: Families Experiencing Adversity and Stress</b> Chairs: Julie Poehlmann (UW-Madison) & Allie Sullivan (University of California, San Francisco) Presenters: Tara Chaplin (George Mason University), Allie Sullivan (UCSF), James Huguley (University of Pittsburgh), and Camie Neece (Loma Linda University) Description: Intervention science on mindfulness, compassion, and self-compassion for children and families experiencing risks such as poverty, violence, racism, and intergenerational trauma.  <b>Session 2: Mindfulness in School Settings</b> Chairs: Rob Roeser (Penn State) & Joshua Felver (Cornell University) Presenters: Brian Galla (University of Pittsburgh), Timothy Martin (University of Minnesota), Kim Schonert-Reichl (University of British Columbia) Description: Implementation research on mindfulness in K-12 school settings, including its effects on children, educators, and health equity.
<b>12:30 PM – 1:30 PM</b>	<b>Lunch On Your Own</b>
<b>1:30 PM – 2:50 PM</b> <b>Session 1:</b> <b>Marquette IV/V</b>  <b>Session 2:</b> <b>Marquette VI</b>	<b>Simultaneous Symposia: Themes 3 and 4</b>  <b>Session 3: Parent Well-being and Parent-Child Relationships</b> Chairs: Justin Parent (University of Rhode Island) & Tuyen Huynh (University of South Carolina) Presenters: Na Zhang (University of Connecticut), Alison Stoner (Loyola University Chicago), Margaret Kerr (University of Wisconsin) Description: Family and ecological systems approaches to understanding parental well-being, mindful parenting and coparenting, and supportive parent-child relationships.  <b>Session 4: Mindfulness and Self-Compassion with Youth and Young Adults</b> Chairs: Danielle Rosenscruggs (University of Michigan) & Christine Lathren (University of North Carolina) Presenters: Emily Helminen (Brown University), Marwa El Masri (Children's Hospital of Eastern Ontario), Sara Heyn (University of Wisconsin), Christine Lathren (University of North Carolina)

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	Description: Adolescent and young adult experiences, including mindful self-compassion for youth and digital mental health interventions for marginalized youth.
<b>3:00 PM – 3:15 PM</b>	<b><i>Break (15-minutes)</i></b>
<b>3:15 PM – 5:00 PM</b> <b><i>Marquette IV/V</i></b> <b><i>Marquette VI</i></b>	<b><i>Flash Talks</i></b> Brief 7-minute presentations of research projects, findings, and ideas.
<b>5:00 PM – 5:15 PM</b> <b><i>Marquette IV/V</i></b>	<b><i>Networking and refreshments</i></b>
<b>5:15 PM – 5:45 PM</b> <b><i>Marquette IV/V</i></b>	<b><i>Discussion of Future Directions</i></b>
<b>5:45 PM – 6:00 PM</b> <b><i>Marquette IV/V</i></b>	<b><i>Closing</i></b>

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### Flash Talk Presentations

#### *Marquette IV/V*

Kristen Davis, MS, RD	Nourishing Families: Parents as Partners in a Mindful Eating Intervention for Preschoolers
Magen Lowe, M.S.	Predicting Infant Temperament: The Role of Mindful Parenting in Infancy
Lindsey M. Green, M.S.	Maternal Mindfulness, Warmth, and Infant's Positive Emotionality in the Development of Effortful Control
Emily B. Reilly, Ph.D.	Behavioral Coding of Maternal Compassion and Self-Compassion in Intervention Interviews
Joanna Guan	Engaging Parents in Mindfulness Interventions for Children and Adolescents
Phyllis Hand	Examining Self-Compassion and Psychological Well-Being during Pregnancy: Findings from the Parents Engaging Infants (PENGUIN) Study
Alexandra Gellin, M.S.	Does the SHAPE JOY impact Mindful Parenting? A Mixed Methods Analysis

#### *Marquette VI*

Helen Lee, Ph.D.	Nurturing Yourself, Nurturing the World: Supporting OST Practitioners' Social-Emotional Development Through Mindfulness and Community
Diamonde C. McCollum, M.S.	Improving Health for Parents and Children Together: A Mindfulness & Self-Compassion Lens
Dianna Alvarado, MS	Protective Strategies to Combat Impostor Feelings in College Students of Color: The Role of Self-Compassion and Academic Self-Efficacy
Ximena Ibinarriaga Soltero, MSc	Contextualizing Mindfulness: A Critical Systematic Review of Preventive School-Based Interventions for Latino/a/e Adolescents' Mental Health
Michele R Smith, MS, MED	Adversity and Suicidality in Adolescents: The Role of Emotion Dysregulation
Desiree W Murray	Mindful Co-Regulation: A Promising Framework for Translating Mindfulness into Action for Educators
Danielle Rosenscruggs	Softening the Blow: The Role of Self-Compassion in Buffering Impostor Experiences