National Center for Complementary and Integrative Health (NCCIH) Workshop
Research on Mind-Body Approaches to Improve Children’s Health

August 8-9, 2016
Main National Institutes of Health (NIH) Campus
Building 35A, Room 640
Bethesda, Maryland

Draft Agenda

Day One: August 8, 2016

12:00 – 12:30 p.m.  
**Registration**

12:30 – 12:55 p.m.  
**Welcome and Overview of Meeting**

*David Shurtleff, Ph.D.*  
National Center for Complementary and Integrative Health

*Eve Reider, Ph.D., and Lanay Mudd, Ph.D.*  
National Center for Complementary and Integrative Health

*Mark Greenberg, Ph.D.*  
Penn State University

12:55-1:00 p.m.  
**Meditation**

*Led by Andres Gonzalez.*  
Holistic Life Foundation, Inc.

1:00-1:15 p.m.  
**Use of Mind-Body Therapies in US Children: Results from the National Health Interview Survey**

*Christina Bethell, Ph.D.*  
Johns Hopkins University

**Developmentally Focused Panels (Prenatal through Adolescence)**

1:15 – 3:00 p.m.  
**Interventions Implemented Early in Life (Prenatal through Kindergarten)**

Mind-Body Enhanced *Centering Pregnancy* Intervention for Low Income Women

*Larissa Duncan, Ph.D.*  
University of Wisconsin-Madison

The Use of Mindfulness Based Cognitive Therapy for the Prevention of Perinatal Depression

*Sona Dimidjian, Ph.D.*  
University of Colorado-Boulder
Mindfulness-Based Prosocial Skills Curriculum for Preschool Age Children
*Lisa Flook, Ph.D.*
University of Wisconsin-Madison

Preventing Childhood Obesity through a Family-Based Mindfulness Intervention
*Ania Jastreboff, M.D.*
Yale University

**Discussion**
*Facilitated by James Griffin, Ph.D.*
*Eunice Kennedy Shriver National Institute of Child Health and Human Development*

3:00-3:15 p.m. **Break**

3:15-5:00 p.m. **Interventions Implemented during Elementary School or Childhood**

CARE for Teachers: A Mindfulness-Based Professional Development Program Designed to Reduce Stress and Improve Teachers' Performance and Classroom Learning Environments
*Patricia Jennings, Ph.D.*
University of Virginia

Evaluations of the MindUP Program: A Mindfulness-Based Social and Emotional Learning Program
*Kimberly Schonert-Reichl, Ph.D.*
University of British Columbia

A School-Based Mindfulness and Yoga Intervention for Urban Youth
*Tamar Mendelson, Ph.D.*
Johns Hopkins University

The Mindful Coping Power Program for Emotionally Reactive Children and Their Parents
*Caroline Boxmeyer, Ph.D.*
University of Alabama-Tuscaloosa

**Discussion**
*Facilitated by Aleta Meyer, Ph.D.*
Administration for Children and Families

5:00 p.m. **Adjourn for Day**
Day Two: August 9, 2016

7:30 a.m. - 7:55 a.m. Registration

7:55 a.m. – 8:00 a.m. Introduction to the Day

_Eve Reider, Ph.D., and Lanay Mudd, Ph.D._
NCCIH

8:00 a.m. – 8:05 a.m. Contemplative Practice

_Led by Alexis Harris, Ph.D._
University of Virginia

8:05 – 9:55 a.m. Interventions Implemented during Middle School or Preadolescence

Effects of the Mindfulness Enhanced Strengthening Families Program 10-14 on parenting behaviors and parental wellness: Reports from Mother, Father and Youth
_Doug Coatsworth, Ph.D._
Colorado State University

The CALM Intervention: A School-Based Yoga and Mindfulness Intervention for Teacher Stress Management and Well Being
_Alexis Harris, Ph.D._
University of Virginia

Testing the Efficacy of Mindfulness Training for Middle School Teachers on Improving Classroom Settings for Early Adolescents
_Robert Roeser, Ph.D._
Pennsylvania State University

A Randomized Controlled Trial of Yoga for Substance Use Risk Factors in a Middle School Setting
_Sat Bir Khalsa, Ph.D._
Harvard Medical School

A Large-Scale Randomized Controlled Trial to Assess the Effectiveness of a Mindfulness Training Programme in UK Secondary Schools to Improve Resilience, Mental Health and Well Being
_Elisabeth Nuthall BSc (hons) PGDip_  
University of Oxford

Discussion

_Facilitated by Emily Doolittle, Ph.D._
Department of Education
9:55 a.m.–10:05 a.m.  Break

10:05–11:15 a.m.  Interventions Implemented during High School or Adolescence

Behavioral and Psychophysiological Effects of a Yoga Intervention on High-Risk Adolescents: A Randomized Controlled Trial  
Shari Miller, Ph.D.  
RTI International

The Protective Effects of a Cognitive Behavioral/ Mindfulness Meditation Intervention on Executive Functioning Among Incarcerated Male Adolescents  
Noelle Leonard, Ph.D.  
New York University

The Use of Mindfulness Based Stress Reduction to Improve Treatment Adherence in HIV Positive Youth  
Erica Sibinga, M.D., M.H.S.  
Johns Hopkins University

Discussion  
Facilitated by Karen Sirocco, Ph.D.  
National Institute on Drug Abuse

11:15 a.m.–12:15 p.m.  Lunch (on your own)

12:15–2:15 p.m.  Conceptual and Methodological Issues

Mind-body Approaches to Improving Children’s Well-Being: Conceptual and Methodological Conundrums  
Richard Davidson, Ph.D.  
University of Wisconsin-Madison

Design and Analytic Issues  
David Murray, Ph.D.  
Office of Disease Prevention, NIH

Assessing Fidelity of Implementation for School-Based Mindfulness and Yoga Interventions: A Systematic Review  
Laura Feagans Gould, Ph.D.  
Minds Incorporated

Discussion  
Facilitated by Wilma Peterman-Cross, M.S.  
Office of Disease Prevention, NIH
2:15-3:15 p.m.  The Way Forward: Building a Research Agenda

Mark Greenberg, Ph.D.
Penn State University

Eve Reider, Ph.D.
NCCIH

Discussion
Facilitated by Richard Davidson.
University of Wisconsin-Madison

3:15 p.m.  Adjournment