CONFERENCE PROGRAM

08:15 - Gathering

08:45 - Greetings, Prof. Mario Mikulincer, Dean of the School of Psychology, IDC Herzliya

First Session Chair: Mati Lieblich, Mindfulness Based Therapy Program, Bar Ilan University

09:00 - Mindfulness, Neuroscience and Therapy-Creating a Shared Language
- Prof. Moshe Bar, director of the Gonda Multidisciplinary Brain Research Center, Bar Ilan University
- Dr. Nava Levi Binnun, director of Muda Center and co-director of the Unit of Applied Neuroscience, School of Psychology, IDC Herzliya
- Dr. Ido Siemion, Mindfulness Based Therapy Program, Bar Ilan University, Shiluv Center and the-director of Hakomi Institute of Israel

10:45 - Coffee Break and Poster Session

Second Session Chair: Rachel Kaplan, Department of East Asian Studies, Tel Aviv University and Psycho-Dharma

11:15 - Keynote lecture: Why is the Cultivation of Mindfulness Potentially Healing and Transformative? Evidence from the Past and a Vision for the Present and the Unfolding Future
- Prof. Jon Kabat-Zinn, University of Massachusetts Medical School (Emeritus), founder of MBSR

12:30 - Lunch Break and Poster Session

13:30 - Mindfulness Based Therapy in Israel
- Dr. Asaf Federman, Fellow at the Minerva Center for the Humanities, Tel Aviv University and Program Developer at Muda Center, IDC Herzliya

Fourth Session Chair: Laura Arbel, MBCT therapist and unit psychologist, Jerusalem Hills (formally Bnei Brit) Therapeutic Center

14:00 - Sitting, Doing Nothing, But Changing The World
- Dr. Oded Arbel, director of the Be'er-Sheva Mental Health Center Mindfulness Clinic and Psycho-Dharma

Responder: Prof. Jon Kabat-Zinn

Panel Session Chair: Keren Tzafily, California Institute of Integral Studies and the co-director Hakomi Institute of Israel.

14:30 - What is Involved in the Personal Cultivation and Mindfulness of Medicine, Health Care and Psychotherapy?
- Prof. Jon Kabat-Zinn

15:00 - Panel Participants:
- Prof. Jon Kabat-Zinn
- Prof. Daniela Ayallon, former academic director of Shiluv Center for Body, Mind and Spirit
- Dr. Dina Wyschodrog, director of the Israeli Center for Mindfulness-Based Stress Reduction
- Prof. Yaakov Raz, Department of East Asian Studies, Tel Aviv University and co-founder of Psycho-Dharma

15:40 - Concluding Remarks: Dr. Nava Levi-Binnun

15:50 - End of symposium

16:30 - Introduction to MBSR Workshop with Prof. Jon Kabat-Zinn

Sharon Hotel, Herzliya – requires separate registration – see >>>

Introduction to MBSR Workshop with Jon Kabat-Zinn

the current awareness of the body (Mindfulness), is an essential component of the mindfulness approach to therapy.

MBSR (
Mindfulness Based Stress Reduction) is presented by the author of the bestselling book, "Full Cata

In 1992, the Mindfulness Based Stress Reduction (MBSR) program was developed at the University of Massachusetts Medical School, under the direction of Prof. Jon Kabat-Zinn. MBSR is a program of meditation and Mindfulness exercises that are designed to help individuals reduce stress, improve their health, and enhance their overall well-being. The program is offered in a variety of formats, including workshops, retreats, and online courses.

MBSR teaches mindfulness practices that help individuals to focus their attention on the present moment, to develop awareness of their thoughts and feelings, and to cultivate a non-judgmental attitude towards themselves and the world around them. These practices include guided meditations, body scan exercises, and other mindfulness exercises.

The MBSR program consists of eight, two-hour sessions, spaced over a period of eight weeks. Each session includes a combination of guided meditations, body scan exercises, and group discussions. Participants are encouraged to practice mindfulness exercises outside of the sessions to help them develop the skills learned in the program.

The MBSR program has been shown to be effective in reducing stress, improving health outcomes, and increasing overall well-being. It has been used to treat a variety of conditions, including chronic pain, anxiety, depression, and other mental health disorders.

The MBSR program is typically led by trained instructors who have completed a rigorous training program in the mindfulness approach. The training program includes both didactic and experiential components, and is designed to help instructors develop the skills necessary to lead the program effectively.

The MBSR program has been widely adopted by hospitals, clinics, and other healthcare settings, and is increasingly being used in a variety of other settings, including businesses, schools, and community centers.

The MBSR program has been shown to be effective in reducing stress, improving health outcomes, and increasing overall well-being. It has been used to treat a variety of conditions, including chronic pain, anxiety, depression, and other mental health disorders.

The MBSR program is typically led by trained instructors who have completed a rigorous training program in the mindfulness approach. The training program includes both didactic and experiential components, and is designed to help instructors develop the skills necessary to lead the program effectively.

The MBSR program has been widely adopted by hospitals, clinics, and other healthcare settings, and is increasingly being used in a variety of other settings, including businesses, schools, and community centers.