

Special Lectures

Mindfulness

Jan. 9(Wed) 13:00-16:00

Mindfulness-based Intervention:
From Development through
Evaluation I

Jan.10(Thu) 10:00-12:00

Mindfulness-based Intervention:
From Development through
Evaluation II

Jan.10(Thu) 16:50-18:20

Mindfulness for Children
with ADHD/ASD & Parents

Jan.11(Fri) 13:00-15:00

Putting Evidence into
Practice Locally and Globally

Jan.11(Fri) 16:50-18:20

Mindfulness; What It Is and
How It Helps Us

Place for seminars above:

Faculty of Medicine No.3 Bldg. S101/S102



Professor

Susan Bögels

University of Amsterdam
Researcher/Clinical

Psychologist who developed
Mindful Parenting Program

Free registration

<https://questant.jp/q/5>

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Further Information

Global Nursing
Research Center

<http://gnrc.m.u-tokyo.ac.jp/en/>