

Mindfulness for Families

~ To Enhance Resilience among Children & Parents ~



University of Amsterdam in Netherlands

Professor Susan Bögels

- Has focused on the intergenerational transmission of psychopathology and engaged in supporting parents and children with CBT and mindfulness for many years.
- Has developed Mindful Parenting program and Mindfulness for children, provided evidence of its effectiveness among many parents and children, including those with ADHD/ASD, featured in BBC.
- Has published over 200 papers and many chapters and books, travels all over the world for training
- Has co-directed International Conference of Mindfulness in Amsterdam in July, 2018.

Date Jan. 12 (Sat) 2019 10:00~12:00 (9:30 open)

Place Tetsumon Memorial Hall 14F Faculty of Medicine Educational Bldg. The University of Tokyo

Admission Free

Limited to the first 300 persons

Register from here

⇒ <https://ws.formzu.net/fgen/S45212460/>

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



東京大学 医学部
健康総合科学科
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- 15 min. From Hongo 3chome, Marunouchi line
- 15 min. From Yushima, Chiyoda line