Mindfulness for Families

 \sim To Enhance Resilience among Children & Parents \sim





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

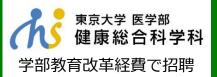
Limited to the first 300 persons

Register from here

⇒ https://ws.formzu.net/fgen/\$45212460/

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







- ●15 min. From Hongo 3chome, Marunouchi line
- ●15 min. From Yushima, Chiyoda line