Mindfulness Conference sponsored and organized by Mindful Kids Miami in collaboration with the University of Miami’s UMindfulness Research and Practice Initiative. The conference will be held in the UM Student Activity Center overlooking the lake at the Coral Gables campus.

Welcome: Valerie York-Zimmerman, Founder and President of Mindful Kids Miami, CFM Certified MBSR (Mindfulness-Based Stress Reduction) Teacher, by Center for Mindfulness, University of Massachusetts, and MTTP Trainer
Scott Rogers, J.D., Co-Chair of UMindfulness Research and Practice Initiative, Director, Mindfulness in Law Program, University of Miami Law School

Speaker: Alberto M. Carvalho, Superintendent, Miami-Dade County Public Schools

The Science of Mindfulness

Speaker: Amishi Jha, Ph.D., Co-Chair of UMindfulness Research and Practice Initiative, Department of Psychology, College of Arts and Sciences, University of Miami

Mindfulness in Healthcare – Pediatric Caregivers and Patients.

Chair: Ashwin Mehta, M.D., MPH, Medical Director of Sylvester Integrative Medicine, Sylvester Comprehensive Cancer Center, University of Miami Miller School of Medicine

Speaker: Ashwin Mehta, M.D., MPH

Panel Moderator: Scott Rogers, J.D.

Panel Members: * Alan Delamater, Ph.D., Professor of Pediatrics and Psychology, Mailman Center for Child Development, University of Miami Miller School of Medicine
* Amishi Jha, Ph.D., Neuroscientist, Department of Psychology, College of Arts and Sciences, University of Miami
* David Lee, Ph.D., Professor, Public Health Sciences, University of Miami Miller School of Medicine
* Ashwin Mehta, M.D., MPH, Medical Director of Sylvester Integrative Medicine, Sylvester Comprehensive Cancer Center
* Maria L. Shojaee, MBA, Adjunct Faculty, School of Nursing and Health Studies, University of Miami

LUNCH SPEAKER: George Mumford, Sports Psychology Consultant and Mindfulness Trainer for the Chicago Bulls, L.A. Lakers, and N.Y. Knicks
Mindfulness in Education – Teachers and Students

Chair: Valerie York-Zimmerman, Founder and President of Mindful Kids Miami, CFM Certified MBSR Teacher, University of Massachusetts, and MTTP Trainer

Speakers: David Lawrence, Jr., President of The Early Childhood Initiative Foundation, Education and Community Leadership Scholar, University of Miami School of Education and Human Development, Children’s Movement of Florida

Pascal J. Goldschmidt, M.D., Senior Vice-President for Medical Affairs, Dean, University of Miami Miller School of Medicine, and CEO of the University of Miami Health System

Panel Moderator: Trudy Novicki, J.D.
Panel Members: * Ferris Buck Urbanowski, MA, Former Director of Training, Center for Mindfulness, University of Massachusetts Medical Center; Consultant, So. Burlington School District, Vermont Public School
* Vera Hirsh, Principal, Academy of International Education (AIE) Charter School, Miami Springs
* George Mumford, Mindfulness Trainer for Bulls, L.A. Lakers, N.Y. Knicks
* Scott Rogers, J.D., Director, Mindfulness in Law Program, University of Miami School of Law
*Valerie York-Zimmerman, Founder, President, Mindful Kids Miami, CFM Certified MBSR Teacher, University of Massachusetts, and MTTP Trainer

Mindfulness in Criminal Justice and Mental Illness

Chair: The Honorable Steve Leifman, Miami-Dade County Court Judge; Chair, Florida Supreme Court Task Force on Substance Abuse and Mental Health Issues in the Court

Speaker: The Honorable Steve Leifman

Panel Moderator: The Honorable Jeri Beth Cohen, Miami-Dade Circuit Court Judge, Dependency and Criminal Drug Court Divisions
* Radu Saveanu, M.D., Professor and Vice-Chair of Education, Department of Psychiatry & Behavioral Sciences, University of Miami Miller School of Medicine.
* Jon Shaw, M.D., Professor and Director, Division of Child and Adolescent Psychiatry, Department of Psychiatry & Behavioral Sciences, University of Miami Miller School of Medicine
* George Mumford, Mindfulness Trainer for Bulls, Lakers, and Knicks
* Trudy Novicki, J.D., Executive Director, Kristi House Child Advocacy Center
* Susan Woods, MSW, LICSW, Clinical Psychotherapist, UC San Diego Center for Mindfulness, Consultant for M-B Professional Training, MBSR/MBCT Supervisor and Advisor on Clinical Trials