



Kyoto University GSAIS Mindful Living Research Group



Symposium

Mindfulness in Higher Education East-West Perspectives



Saturday 10th December, 2022, 17:00-20:15 (Japan standard time, UTC+9)

Hybrid: on-site (limited space), and online

IN ENGLISH, FREE AND OPEN TO ALL

Please register by December 7th, at this email address: philosophia@gsais.kyoto-u.ac.jp
indicating your name & affiliation, on-site or online preference, then invitation will be sent to you

17:00-18:00 **Keynote Address**

"Mindfulness (-Based Cognitive Therapy) Comes of Age"

*By Willem Kuyken, PhD, DCLinPsy, Professor, University of Oxford,
Director of Oxford Mindfulness Centre*



18:00-18:30 Questions and Answers

18:30-18:45 Break

18:45-19:05 **"'Coming to Our Senses' in Higher Education:
Considerations of Culture and Pedagogy"**

By Yuki Imoto, PhD, Senior Assistant Professor, Keio University



19:05-19:25 **"Mindful Awareness as the Pillar of Learning:
Study, Reflection, and Cultivation"**

By Marc-Henri Deroche, PhD, Associate Professor, GSAIS, Kyoto University



19:25-19:45 **"How To Promote Evidence-Based Mindfulness in University Hospitals?
A Report of a Practice-Oriented Group and Prospects for Scientific Research"**

By Teruhisa Uwatoko, MD, PhD, Assistant Professor, Kyoto University Hospital



19:45-20:15 General Discussion and Concluding Remarks

On-site: Kyoto University Higashi Ichijokan, 2F, Lecture Hall

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