DSV Seminars 2017

UNIVERSITÀ DEGLI STUDI DI TRIESTE

DIPARTIMENTO DI SCIENZE DELLA VITA

PhD Program in Neural and Cognitive Sciences

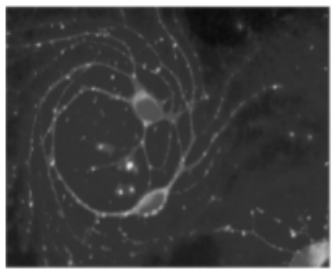
Tuesday, November 21, 2017 - 02:00pm

Room 3A, H3 Building – Via A. Valerio, 12/2

Cristiano CRESCENTINI

Department of Languages and Literatures, Communication, Education and Society
University of Udine, Udine, Italy

Invited by Prof. Maria Chiara Passolunghi

Psychological and neuropsychological foundations of mindfulness meditation and applications to children. From theory to practice

Mindfulness is an attribute of consciousness that consists of being aware of and attentive to what is occurring in the present moment with a non-judgmental attitude of openness and receptivity (Brown & Ryan, 2003; Kabat-Zinn, 2003). After a brief historical introduction of mindfulness meditation, we will focus on the psychological and neuropsychological mechanisms of action through which this practice exerts its beneficial effects on health, i.e., attention regulation, emotion regulation and change in the perspective on the self (Chiesa & Serretti, 2010; Hölzel et al., 2011). Recent extensions of mindfulness-based interventions to children will also be discussed (Crescentini et al., 2016). After the theoretical part, the seminar ends with a practical session in which some meditation practices suitable for adults and others adapted for children will be proposed.