



INTERNATIONAL CONFERENCE ON ENVIRONMENTAL MINDFULNESS

# International Conference on Environmental Mindfulness

13-16 November 2023

**FINAL PROGRAM**

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## 13 NOVEMBER 2023

Session	Author	Title
- 14:45 Opening ceremony and greetings		
- 15:00 Short movie	Lia Antico	Biophilia
- 16:00 Keynote talk	Jon Kabat-Zinn	Tending the Inner and the Outer
- 17:00 Introductory talks	Various	
- 18:30 Welcome party		

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## 14 NOVEMBER 2023

Time	Session	Chair	Author	Title
9:00 - 11:00	Morning dialogue	Simone Grassini	Florian G. Kaiser William Van Gordon	A psychological theory of environmental protection Leveraging contemplative practices to address major global concerns: How the practices of mindfulness and non-attachment can improve our relationship with nature
11:00 - 11:20	Coffee break			
11:20 - 12:40	Mindfulness and sustainability	Antonino Raffone	Hendrik Stark Serena Lidia Colombo Ferdinando Fornara Sara Pompili	The self: A blind spot in mindfulness-based approaches to sustainability Understanding the role of dispositional mindfulness in moderating the environmental attitude-behaviour gap The relationships between mindfulness, happiness, and pro-environmental behaviours The Role of Mindfulness in Sustainable Dietary Choices: A Preliminary Systematic Review
12:40 - 13:40	Lunch break			
13:40 - 15:00	Mindfulness and nature	Luca Simione	Nadine Richter Pooja Sahni Caitlyn L. Wilson Hasan Erguler	Mindfulness, connectedness to nature, personal ecological norm, and pro-environmental behaviour: A daily diary study Neuroscience, psychology and philosophy of nature experience and mindfulness Time in nature & well-being: The role of mindful engagement Dispositional mindfulness, nonattachment, and nature connectedness: An exploratory cross-sectional study
15:00 - 15:30	Coffee break			
15:30 - 16:30	Evening keynote speaker		Simone Grassini	Psychophysiological methods for the study of human-nature interaction
16:30 - 17:30	Nature restoration	Mirko Duradoni	Alice Stocco Katriina Hyvönen Jane-Veera Paakkolanvaara	The effectiveness of immersive experiences in a lagoon landscape in restoring attention in adults Recovering from work through nature experiences – Heading to the forest or a virtual forest? Nature-based group treatment for depression – online vs. face-to-face facilitation
17:30 - 18:00	Guided meditation			

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## 15 NOVEMBER 2023

Time	Session	Chair	Author	Title
9:00 - 11:00	Morning dialogue	Pascal Frank	Christian A. Klöckner Marieke van Vugt	Drivers and barriers of pro-environmental behaviour: The role of individual, social and contextual factors in explaining individuals' decision to engage in mitigative action The importance of getting unstuck through contemplative practices
11:00 - 11:20	Coffee break			
11:20 - 12:40	Mindfulness, nature, and affectivity	Ute Thiermann	Trudi Edginton Johannes A. Karl Monica Ottarda Mirko Duradoni	Multidisciplinary environmental mindfulness approaches to reduce stress and eco-anxiety across the lifespan It is only natural: Understanding mindfulness in nature from an affective perspective Caring of nature is caring of yourself: The meeting between contemplative science, environmental psychology and "humanistic technology" The relationship between connectedness to nature and pro-environmental behaviours: A PRISMA systematic review
12:40 - 14:00	Poster session + Lunch break			
14:00 - 15:20	Ecomindfulness and societal changes	Hasan Erguler	Courtenay Crawford Antonella Buranello Oriana Mosca Laura S. Loy	Meditation in the service of eco-social justice: Possibilities and impossibilities Mindful sustainable longevity: Human-nature flourishing Mindfulness for a good societal environment Connected to all the people. The relation between mind-body practice, global identity, and pro-environmental engagement
15:20 - 15:40	Coffee break			
15:40 - 16:30	Evening keynote speaker		Pascal Frank	Mindful self-compassion for future sustainability professionals - A thematic analysis of students' experiences with participating in a mindful self-compassion course
16:30 - 17:30	Methods and protocols for mindfulness	Johannes Karl	Sara de Rivas Bernardo Paoli Vasil Kolev	A map for the forest of mindfulness instruments: Current recommendations and developments Therapeutic protocol for approaching mindfulness The role of enhanced theta connectivity in the left hemisphere for modulating attentional and monitoring brain networks in long-term meditators
17:30 - 18:00	Guided meditation			

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## 16 NOVEMBER 2023

Time	Session	Chair	Author	Title
9:00 - 11:00	Morning dialogue	Ute Thiermann	Liane Stephan Jamie Bristow	The Inner Green Deal - Nurturing sustainability from the inside out
11:00 - 11:20	Coffee break			
11:20 - 12:40	Mindfulness in a changing world	Pascal Frank	Oscar Lecuona Kira Jade Cooper Elisabeth S. Blanke Knellee Bisram	Sustaining ourselves, sustaining the planet: Mindfulness as a bridge to global health Cultivating pearls of wisdom: Moving towards wise practices for inner-outer transformation Beyond individual stress reduction - The mindful students program benefits university students and increases their pro-environmental behaviour Eco-affinity: A new global framework for healing people and the planet
12:40 - 13:30	Lunch break			
13:30 - 14:20	Evening keynote speaker		Ute Thiermann	Do we protect nature because we 'should' or because we really care? The potential of experiential strategies for strengthening our relational motivations for pro-environmental behaviours
14:20 - 15:20	Special online session	Luca Simione	Oleg N. Medvedev Catalina Sanchez Mark Leonard	Mindful publishing in the AI era: Navigating trends and fostering environmental awareness Examining intrusive thoughts and mindfulness in promoting pro-environmental engagement We need social mindfulness because the climate crisis is a social crisis
15:20 - 15:40	Coffee break			
15:40 - 17:00	MBI in nature	Salvatore G. Chiarella	Freddie Lymeus Valentina Mariani Barbara Barcaccia Susanne Krämer	Some principles of nature-based therapeutics: Lessons learned in the development of a theoretically grounded, integrated nature- and mindfulness-based health intervention MINDLIVEN Training: Meditation exercises in a virtual natural environment and its effects in workplaces The effectiveness of a brief online mindfulness intervention for university students: A randomised controlled trial A mindfulness-based intervention to promote prosocial and pro-environmental behaviour
17:00 - 17:30	Closing ceremony			