

Contemplative Collaborative

Annual Report 2018



2018 IN REVIEW

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Classes with a Contemplative Component

- ◇ **HTW 405/605:** Cognitive Behavioral Stress Reduction with Dessa Bergen-Cico
- ◇ **CFS 395:** Child and Family Interventions with Joshua Felver
- ◇ **PSY 600:** School-Based Mental Health with Joshua Felver
- ◇ **CRS 347:** Mindful Communication Skills with Diane Grimes
- ◇ **CRS 360:** Mindful Communication Theory with Diane Grimes
- ◇ **CFS 360:** Communication, Mindfulness and Social Justice with Diane Grimes
- ◇ **AMC 552:** Yoga Movement, Breathing and Contemplative Practices for Performers" (AKA "Yoga for Musicians") with Julianna Sabol
- ◇ **CFS 358:** Prosocial and Moral Development with Rachel Razza
- ◇ **ARI 331:** Eye Hand Body Mind; Drawing with Susan D'Amato
- ◇ **ARI 233:** Drawing Nature with Susan D'Amato
- ◇ **HNR 220:** 10 Percent Happier? Improving Your College Experience through Mindfulness with Margaret L. Usdansky

Mindful Drawing Classes by Susan D'Amato

ARI 331: Eye Hand Body Mind; Drawing
ARI 233: Drawing Nature

Drawing is a holistic process and practice for mindful investigation and engagement with the visual, felt, and perceptive experiences of being alive in the world. *Eye Hand Body Mind; Drawing* is designed to incorporate direct experiences of mindfulness and contemplative-based practices and wisdom through a variety of drawing approaches. Independent projects, and daily personal practice are integrated with whole body-mind awareness course work to facilitate greater self-awareness, clearer perception and creative insight.



Drawing Nature investigates the connection to and with the natural world through the mindful exploration of natural systems, processes, forces, forms and ecologies. The course is designed to encounter nature directly through weekly field trips to area parks, the local zoo, and resources of SUNY ESF and SU Geology, Biology, Botany departments. The course culminates with a six week independent research project.



Alumni Spotlight



Nittika Mehra (Class of 2017) studied Communication and Rhetorical Studies and Psychology. Upon graduation, she continued with Contemplative studies that she learned from Susan D'Amato's Mindful Drawing class. While working at a Contemplative studio, she made a human sized mandala using her body, feet and hands while focusing on her breath and bodily movements. According to her, she made the biggest mandala she could ever make! Moving forward, she plans to continue with this practice and hopes to teach others.



Here's how she made her body mandala:

<https://www.youtube.com/watch?v=enJdFa4j5L0&t=19s>

BROWN BAG SERIES 2018

Mindfulness Interventions to Reduce Stress and Foster Resilience in Children Across Diverse Communities with Andres Gonzalez, Holistic Life Foundation

Friday, May 4th, 2018
1pm to 2:20pm
335 Falk (White Hall)

FALK Foundation
Falk College and its Department of Human Development and Family Science, the Center for Diversity, Transcultural Studies, and the Department of Communication and Behavioral Health invite you to:

Mindfulness Interventions to Reduce Stress and Foster Resilience in Children Across Diverse Communities
with
Andres Gonzalez
Holistic Life Foundation, Inc.

Friday, May 4, 2018
1:00 p.m. - 2:30 p.m.
335 Falk (White Hall)

Andres Gonzalez is the co-founder and founding director for the Holistic Life Foundation, Inc. in Baltimore, MD. He will be speaking on his work in highlighting the importance of work in addressing cultural-based mental health disparities with children. He will focus on the implementation of a mindfulness program aimed to be effective in addressing issues for children and families with urban youth served by the Baltimore City System. The event is free and open to the public.

The speaker plans to make his keynote open to diverse populations throughout the world, including Baltimore City Public School students and individuals at drug treatment centers, mental health facilities, homeless shelters, correctional centers, colleges, private schools and other various settings. He has partnered with Johns Hopkins University's School of Health and Behavior Sciences' Prevention Research Center in a series of research events. He is published author in the Journal of Holistic Nursing, which has worked with the Holistic Life Foundation located in MD, USA and UK, as well as, Spirit Magazine, The Washington Post, eNews, eWorld Magazine, Sage Journal, and numerous local writing centers for information about the event, including accommodations and accessibility requests, please contact Kelly Barlow, 301.888.0000, ext. 107, 108, 219.

PIBO- Putting in the Body of Others : The Path to Compassion through Virtual Reality (VR) with Rocio Herrero Camarano

Friday, October 19, 2018
12:30-1:30p.m
347 Sims

CONTEMPLATIVE COLLABORATIVE Brownbag and Workshop Series

How can mindfulness and contemplative practices promote insight, creativity, focus, engagement, and a sense of well-being? This interdisciplinary workshop and brownbag series aims to uncover contemplative practices for students, faculty, and community members.

PIBO: Putting in the Body of Others: The Path to Compassion through Virtual Reality (VR)
Friday, October 19, 2018
12:30-1:30 p.m. 347 Sims
Rocio Herrero Camarano

Compassion-based interventions (CBIs) have been shown to be effective for improving mental health, increasing empathy and compassion, and reducing stress, anxiety, and depression. The practices are based on constructs and generative mechanisms in which integrative skills are essential to induce a positive mental state. Learn how Virtual Reality (VR) can be used to support this work.

Rocio Herrero Camarano completed her Ph.D. in 2013 in the University of Maryland, College Park. She is a practice member of LAMP (Loving Attentional Mindfulness Practice) and a research focus on the use of Intervention and Communication Technology (ICT) in the treatment of psychological disorders.

To request accessibility accommodations, contact Diane Gilman at Edgwood@falco.edu no later than October 14.

This event is organized and presented by the Contemplative Collaborative with support from the Department of Communication and Behavioral Studies and the Center for Teaching and Learning Excellence.

Campus Programs:

- ◇ **Meditation:** 1 hour meditation sessions are offered 9 times per week; includes 15 minutes of instruction, 30 minutes of meditation, and 15 minutes of discussion. Attendance included 138 new students this year.
- ◇ **Buddha's Eightfold Path:** 5 week series; students practiced mindful cooking in order to prepare a meal for series participants. A second smaller Eightfold Path discussion lunch group took place later in the semester.
- ◇ **Healthy Monday Yoga:** In collaboration with the Lerner Center for Public Health Promotion, the CC co-funds Healthy Monday Yoga Seeds, a 1 hour class with 800 hr. certified Dharma Yoga instructor Michele Gardner.
- ◇ **DaiBosatsu Zen Monastery Retreat:** Vice president of the Student Buddhist Association arranged three separate trips for students to spend a weekend at the DaiBosatsu Zen Monastery in Lew Beach, NY. Students learning about Zen Practice and following the rigorous schedule of monastery life.

Campus Events:

Be Well Expo:

- ◇ Sunday, September 30, 2018, 2 – 6pm Carrier Dome
- ◇ The Be Well Expo is organized by the Office of Health Promotion.
- ◇ The CC occupied a table where students were provided information on the CC and were invited to make a contemplative arrangement.



Cultural Centers Welcome Fair (CCWF):

- ◇ August 30, 2018 4-6pm, Panasci Lounge, 304ABC and 302 (Schine Student Center)
- ◇ The CC had a table where students were invited to create a contemplative arrangement



Mini Retreat

May 6, 2018

Topics covered:

- ❖ Yearly progress and updates
- ❖ Plans and interests going forward
- ❖ Possibility of proposing a cluster hire to hire 3-5 professors in the area of Contemplative Studies
- ❖ Bringing mindfulness/yoga to SCSD in a more systematic way
- ❖ Reflection of visit by Andy Gonzalez from the Holistic Life Foundation (<http://hlfinc.org/>)
- ❖ Next steps: increasing visibility and fundraising, finding venues to teach outside typical 15-week courses, integrating trauma awareness more into our work



Yoga at Frazer School

Thanks to Diane Grimes, two first-grade classrooms at Frazer School had yoga classes during late Spring. Undergraduate students assisted during yoga sessions.



Mindfulness at Meachem Elementary

Rachel Razza, Falk College Associate Professor of Human Development and Family Science, and Joshua Felver, Assistant Professor of Psychology in the College of Arts and Sciences, are working on new mindfulness interventions research.

Through a partnership with Meachem Elementary school in Syracuse, New York, Razza and Felver are studying the impact of daily mindfulness activities, like yoga and meditation, in elementary classrooms.



Contemplative Collaborative Scholarly Publications

- ❖ **Bergen-Cico, D.**, & Proulx, J. (2018) Mindfulness and contemplative practices for diverse cultures. In Grimes, D. S., Wang, Q., Lin, H. (Eds.), *Empirical studies of contemplative practices*. Hauppauge, NY: Nova Science Press.
- ❖ **Bergen-Cico, D.**, Smith, Y., Gooley, C., Hannon, K., Spicer, M., Woodruff, R., Wolford, K., & Gump, B. (2018). Dog ownership and training reduces posttraumatic stress and increases self-compassion among veterans: results of a longitudinal control study. *Journal of Alternative and Complementary Medicine*, 24(12), 1166-1175. doi10.1089/acm.2018.0179
- ❖ Costa MR, **Bergen-Cico, D.**, Herrero, R., Navarro, Razza, R. & Wang, Q. (2018). xR-based systems for mindfulness based training in clinical settings. p.31-39 In Chen J., G Gragomeni, G. (eds.) *Virtual, Augmented and Mixed Reality: Applications in Health, Cultural Heritage, and Industry*. Volume 1. Switzerland, Springer. doi: 10.1007/978-3-319-91584-5_3
- ❖ **Felver, J.C.**, Clawson, A.J., Helminen, E.C., Koelmel, E.L., Morton, M.L., & Sinegar, S.E. (2018) Conceptualizing the measurement of mindfulness. In Grimes, D. S., Wang, Q., Lin, H. (Eds.), *Empirical studies of contemplative practices*. Hauppauge, NY: Nova Science Press.
- ❖ **Felver, J. C.**, *Clawson, A. J., *Morton, M. L., Brier-Kennedy, E., Janack, P., & DiFlorio, R. A. (in press). School-based mindfulness intervention supports adolescent resiliency: A randomized controlled pilot study. *International Journal of School and Educational Psychology*, doi: 10.1080/21683603.2018.1461722
- ❖ **Felver, J. C.**, *Morton, M. L., & *Clawson, A. J. (2018). Mindfulness-Based Stress Reduction reduces psychological distress in college students. *College Student Journal*, 52, 291-298.

Contemplative Collaborative Scholarly Publications (cont.)

- ❖ **Fonger, N.L., & Lim, K.** (2018). The promise of mindfulness as a proposed intervention to alleviate the delimiting effects of math anxiety. In Grimes, D. S., Wang, Q., Lin, H. (Eds.), *Empirical studies of contemplative practices*. Hauppauge, NY: Nova Science Press.
- ❖ **Grimes, D. S., & Razza, R.** (2018). An assessment framework for contemplative practice in higher education. In Grimes, D. S., Wang, Q., Lin, H. (Eds.), *Empirical studies of contemplative practices*. Hauppauge, NY: Nova Science Press.
- ❖ **Grimes, D., Wang, Q., & Lin, Hong.** (Eds.). (2018). *Empirical studies of contemplative practices*. Hauppauge, NY: Nova Science Press.
- ❖ Hirshfield, L.M., **Bergen-Cico, D.**, Costa, M., Jacob, R.J.K., Hincks, S., & Russell, M. (2018). Measuring the neural correlates of mindfulness with functional near-infrared spectroscopy. In Grimes, D. S., Wang, Q., Lin, H. (Eds.), *Empirical studies of contemplative practices*. Hauppauge, NY: Nova Science Press.
- ❖ Proulx, J, Croff, R., Oken, B., Aldwin, C.M., Fleming, C., **Bergen-Cico, D.**, Le, T., & Norrani, M. (2018). Considerations for research and development of culturally relevant mindfulness interventions in American minority communities. *Mindfulness*, 9(2), 361-370. doi: 10.1007/s12671-017-0785-z
- ❖ Singh, N. N., Lancioni, G. E., Nabors, L., Myers, R. E., **Felver, J. C.**, & Manikam, R. (2018). Samatha Meditation Training for Students with Attention Deficit/Hyperactivity Disorder: Effects on Active Academic Engagement and Math Performance. *Mindfulness*, 9, 1867-1876. doi: 10.1007/s12671-018-1014-0
- ❖ Surguladze, S., Chikovani, G., Revazishvili, T., Dzadzamia, N., Razmadze, T., Iashvili, N., & **Bergen-Cico, D.** (2018). Mindfulness as a mediating factor between empathy and burnout in people of caring professions. *International Journal of Psychology and Psychoanalysis*, 4(1), 1-6. doi: 10.23937/2572-4037.1510023

Contemplative Collaborative Member Grants

Dessa Bergen-Cico

Project Title: VA Primary Care Brief Mindfulness Training|

Role: Co-Investigator |

Funder: National Institutes of Health and National Center for Complimentary and Integrative Health R34 AT009678-01Amount: \$29,991 (direct)

Dessa Bergen-Cico & Rachel Razza

Project Title: Trauma Resiliency in Urban Environments (TRUE)

Role: Co-Primary Investigators

Funder: Health Foundations of Western and Central New York

Amount: \$20,000

Project Title: Mechanisms of Change Associated with Mindfulness Training for People with Posttraumatic Stress: Triangulating Neural Networks, Biomarkers, Cognition and Behaviors.

Role: Co-Primary Investigator

Funder: CUSE Grant

Amount: \$29,629

Joshua Felver

Project Title: Effects and Feasibility of a Brief Mindfulness-Based Intervention for Student Test Anxiety

Role: Primary Investigator

Funder: CUSE Grant

Amount: \$29,991 (direct)

Project Title: Evaluation of School-Based Mindfulness Curriculum “Learning to BREATHE”

Role: Primary Investigator

Funder: **1440 Award**

Amount: \$15,000 (direct)

Contemplative Collaborative Conference Presentations

- ❖ Costa, M.R., **Bergen-Cico, D.**, Navarro, J., **Razza, R.**, Wang, Q., & Herrero, R. (2018). *XR-based systems for mindfulness based training in clinical settings*. Human Computer Interaction International 2018 Conference. Conference Proceedings. Las Vegas.
- ❖ **Bergen-Cico, D.** (2018) *Trauma Informed Mind-Body Practices for Prevention and Sustainable Recovery*. International Society of Substance Use Professionals, National Authority for the Campaign Against Alcohol and Drug Abuse and African Union Conference, Nairobi, Kenya.
- ❖ **Bergen-Cico, D.** (2018) *Use of Biomarkers and Neuro-Imaging to Measure Outcomes from Mindfulness and Contemplative Programs across Cultures*. Mind & Life International Symposium on Contemplative Research. Phoenix, AZ.
- ❖ **Bergen-Cico, D.**, & Proulx, J. (2018) *Cultural Considerations for Using Biomarkers and Neuro Imaging to Measure Outcomes from Mindfulness and Contemplative Programs*. Mind & Life Summer Research Institute, Garrison, NY.
- ❖ Costa, MR, **Bergen-Cico, D.**, Herrero, R., Navarro, J., **Razza, R.** & Wang, Q. (2018) *xR-based Systems for Mindfulness Based Training in Clinical Settings*. Extended reality technologies for clinically driven and self-guided health and wellness applications. Human Computer Interaction International Conference, Las Vegas.
- ❖ **Felver, J. C.**, **Razza, R.A.**, & Clawson, A. J. *School-wide mindfulness intervention for teachers and students*. Presentation at the Syracuse City School District (SCSD) Summer Summit, Syracuse, NY

Contemplative Collaborative Conference Presentations (cont).

- ❖ **Razza, R. A., Reid, S., & Bergen-Cico, D.** The benefits of mindfulness for promoting resiliency among at-risk adolescents: Results from the Inner Strength teen program. Poster accepted for presentation at SRCD Promoting Character Development Among Diverse Children and Adolescents themed conference, Philadelphia, PA.
- ❖ **Reid, S. Razza, R. A., & Bergen-Cico, D.** Exploring the efficacy of mindfulness in promoting self-compassion and stress management among inner-city youth. Poster accepted for presentation at SRCD Promoting Character Development Among Diverse Children and Adolescents themed conference, Philadelphia, PA, October 2018.
- ❖ **Razza, R. A., & Bergen-Cico, D.** Mindfulness and yoga in higher education: Pedagogy and practice to support student wellbeing. Poster accepted for presentation at the International Association of Yoga Therapists (IAYT) Symposium on Yoga Research, Kripalu Institute for Extraordinary Living, Stockbridge, MA
- ❖ **Reid, S., Razza, R. A., & Bergen-Cico, D.** The efficacy of a mindful yoga program on mindfulness, stress response and awareness among urban elementary school students. Poster accepted for presentation at the International Association of Yoga Therapists (IAYT) Symposium on Yoga Research, Kripalu Institute for Extraordinary Living, Stockbridge, MA
- ❖ **Razza, R.A.** Infusing mindfulness into your classroom. Presentation at the Syracuse City School District (SCSD) Winter Summit, Syracuse, NY. (This was an invited presentation for the Syracuse City School District at their winter professional development conference).

Next Steps

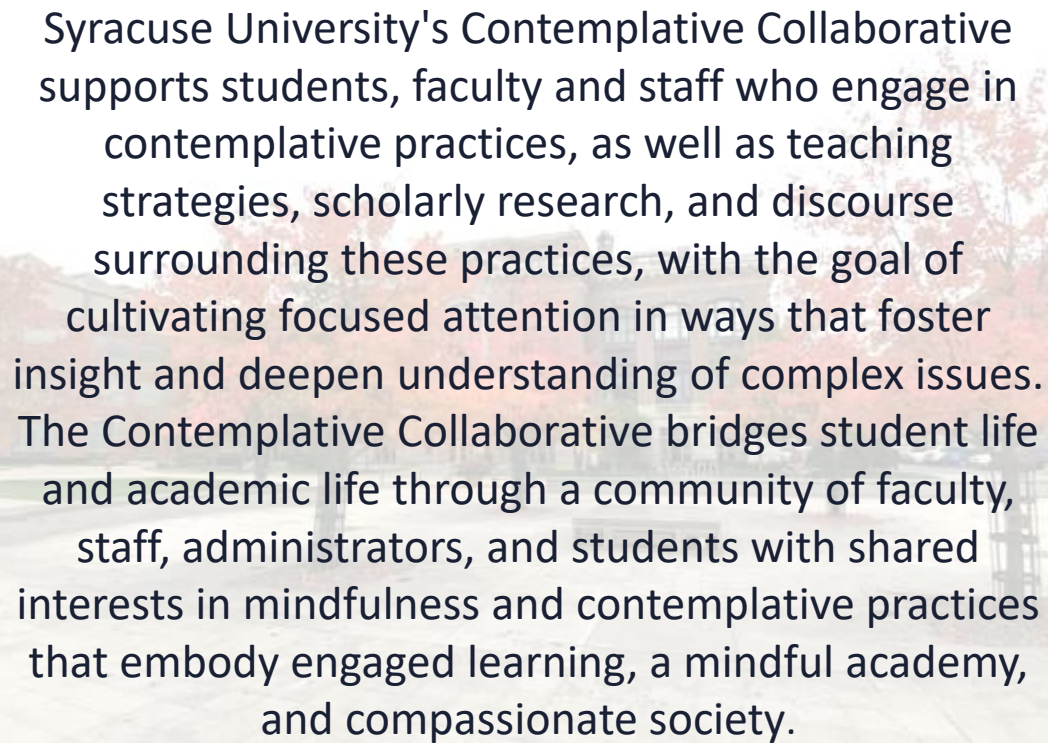


Cluster hire in Contemplative
Studies



Meditation in the Dome





Syracuse University's Contemplative Collaborative supports students, faculty and staff who engage in contemplative practices, as well as teaching strategies, scholarly research, and discourse surrounding these practices, with the goal of cultivating focused attention in ways that foster insight and deepen understanding of complex issues. The Contemplative Collaborative bridges student life and academic life through a community of faculty, staff, administrators, and students with shared interests in mindfulness and contemplative practices that embody engaged learning, a mindful academy, and compassionate society.

For more information, follow and connect with us on the Contemplative Collaborative Facebook page: [@SUContemplativeCollaborative](https://www.facebook.com/SUContemplativeCollaborative)