



Contemplative Collaborative

Annual Report 2017



2017 IN REVIEW

- **Contemplative Practices**
- **Mindful Drawing workshop**
- **Brown Bag Series 2017**
- **Healthy Monday Yoga with Dara**
- **Yoga in the Dome**
- **Mini Retreat**
- **Published works by Contemplative Collaborative members**
- **Contemplative Collaborative member grants**
- **Contemplative Collaborative member presentations**

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.

Courses with a Contemplative Component

HTW 405/605 - Cognitive Behavioral Stress Reduction with Dessa Bergen-Cico

CFS 452/652 - Mindfulness in Children and Youth with Rachel Razza

CFS 458 - Prosocial and Moral Development with Rachel Razza

CRS 347 - Mindful Communication Skills with Diane Grimes

CRS 447 - Mindful Communication Theory with Diane Grimes

ARI 331 - Eye Hand Body Mind Drawing with Susan D'Amato

PSY 600 Child and Family Interventions with Joshua Felver

PSY 600 School-Based Mental Health with Joshua Felver

AMC 552 - Yoga Movement, Breathing and Contemplative Practices for Performers" (AKA "Yoga for Musicians") with Julianna Sabol

Bold course headings indicate courses in the Mindfulness and Contemplative Studies Minor:

http://coursecatalog.syr.edu/preview_program.php?catoid=15&poid=7743&returnto=1968



Dessa Bergen teaching meditation in class

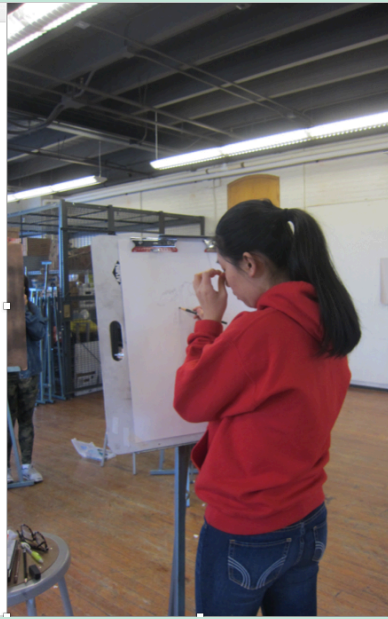
Mindful Drawing Workshop

with Susan D'Amato

Dec 1st , 2017

12:30pm to 1:30pm

Smith Hall



In this workshop, direct experiences of mindfulness, contemplative based practices and wisdom through a variety of drawing approaches were used to facilitate greater self-awareness, clearer perception and creative insight in students of the Syracuse community.



Mindful Communication Classes by Dr. Grimes

Dr. Grimes teaches CRS 347: Mindful Communication Skills in the Fall semesters. The class takes communicating mindfully as its topic, and teaches a range of contemplative practices, including as yoga and meditation. Application to concrete communication skills such as listening and a review of the benefits of meditation and mindful communication is the core of the class through sharing student-developed practices and exercises, journaling, readings, lecture and class discussions.

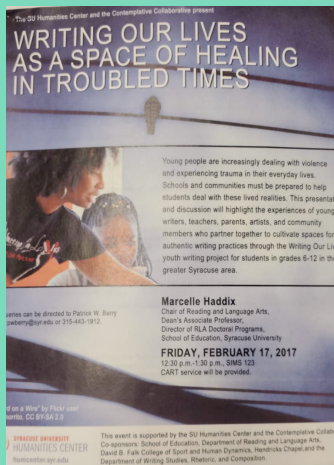


BROWN BAG SERIES 2017



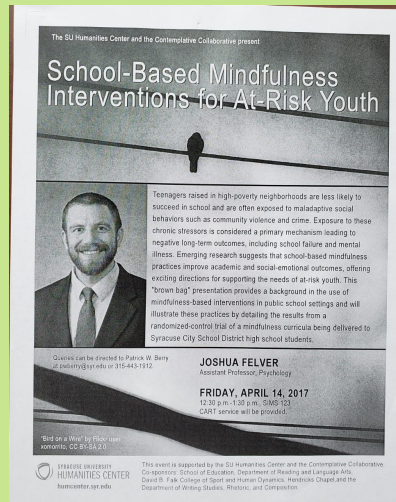
February 17th, 2017
12:30pm to 1:30pm

Writing our Lives as a Space for Healing in Troubled Times By Marcelle Haddix



April 14th, 2017
12:30pm to 1:30pm

School-Based Mindfulness Interventions for At Risk Youths by Joshua Felver



December 1st, 2017
12:30pm to 1:30pm

Mindful Drawing Workshop by Susan D'Amato



Healthy Monday Yoga with Dara



The Contemplative Collaborative coordinated with the Office of Health Promotion and Healthy Monday (the Lerner Center) to create a very successful Monday afternoon yoga class open to the SU community.

Yoga in the Dome



March 2nd 2017, 11 pm to 12 am

Yoga in the Dome encouraged late-night activities that promote health and wellness.

Mini Retreat

June 4th, 2017

Members of the SU Contemplative Collaborative enjoyed a half-day retreat to share their CC-related activities and ideas. Discussions about promoting the CC minor, the Facebook page, and the MindSpa were part of the mini-retreat. A visit to the INSPIRARE installation at Hendricks Chapel was also on the agenda. The meeting ended with a discussion of how the CC could continue to develop programs open to the entire campus – such as the “Meditation on the Quad” and “Yoga in the Dome” programs in sponsorship with Hendricks Chapel.

The CC sent Susan Pasco and Qiu Wang to the ACMHE Summer Institute. Multiple CC members have attended this week-long professional development workshop, which helps attendees explore how to integrate contemplative practices into their work in higher education.



Contemplative Collaborative Scholarly Publications

Bergen-Cico, D. & Krishna Kumar, A. (2017). Examining the processes of change associated with mindfulness-based meditation and reductions in trait anxiety. *Journal of Depression and Anxiety Disorders, 1* (1): 1-11.

Brat, M., Gamby, K. and Avadhanam, R. (2017). Self-compassion: A wellness intervention for the millennial college student. *Counseling & Wellness: A Professional Counseling Journal, 6*.

Felver, J. C., Felver, S. L., Margolis, K. L., Ravitch, N. K., Romer, N., & Horner, R. H. (2017). Effectiveness and social validity of the Soles of the Feet mindfulness-based intervention with special education students. *Contemporary School Psychology, 21*, 358-368. doi: 10.1007/s40688-017-0133-2

Felver, J. C., Jones, R., Killam, M. A., Kryger, C., Race, K., & McIntyre, L. L. (2017). Contemplative intervention reduces physical interventions for children in residential psychiatric treatment. *Prevention Science, 18*, 164-173. doi: 10.1007/s11121-016-0720-x

Felver, J. C., Tipsord, J. M., Morris, M. J., Racer, K. H., & Dishion, T. J. (2017). The effects of mindfulness-based intervention on children's attention regulation. *Journal of Attention Disorders, 21*, 872-881. doi: 10.1177/1087054714548032

Grimes, D. S. (2017). You don't have to stop your thoughts: Meditation and the Syracuse Veterans' Writing Group. In I. Kleinbart, P. McShane, & E. E. Schell (Eds.), *The weight of my armor: Creative non-fiction and poetry by the Syracuse Veterans' Writing Group* (pp. 136-143). Philadelphia, PA: New City Community Press. <https://www.amazon.com/Weight-My-Armor-Creative-Nonfiction/dp/1602359482>



Contemplative Collaborative Member Grants

Dessa Bergen-Cico

Project Title: Mindful Yoga as Primary Prevention in Head Start Programs

Role: Co-Investigator (Rachel Razza, Primary Investigator)

Funder: **Community Foundation of Central New York and John Snow Foundation**

Amount: \$20,000

Susan D'Amato

Project Title: *Drawing Open* International Research Collaborative Residency Fellowship Villa Arson, France.

Role: Primary Investigator

Funder: **CVPA Creative Research Grant Award**

Amount: \$3,500

Joshua Felver

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

Role: Primary Investigator

Funder: **1440 Award**

Amount: \$15,000

Rachel Razza

Project Title: Mindfulness Training for Preschoolers, their Family, and Caregivers in High-Trauma Areas of Syracuse, NY

Role: Primary Investigator

Funder: **Health Foundation of Western and Central New York**

Amount: \$24,942

Contemplative Collaborative Conference Presentations

Bergen-Cico, D., 2017. *Mindfulness for prevention of traumatic stress and addictive behaviors*. Presented at the 19th International Congress on Addictions: Dual Disorders and Comorbidity Associated with Substance Use, Cancun, Mexico.

D'Amato, S. 2017. *Cultivating mindfulness: Drawing into seeing, seeing into drawing*. Foundations in Art: Theory and Education conference (FATE), Kansas City, MO.

Razza, R. A., Linsner, R., Bergen-Cico, D., Carlson, E., & Reid, S., 2017. *The feasibility and effectiveness of mindful yoga for Head Start preschoolers*. Poster presented at the International Association of Yoga Therapists Conference, Stockbridge, MA.

Razza, R.A., & Reid, S., 2017. *Infusing mindfulness into your classroom*. Presented at the Syracuse City School District (SCSD) Summer Summit, Syracuse, NY. I presented my research to a wide range of teachers and school administrators. I received high scores from the teachers on the district's evaluation was invited to present another workshop in January 2018.

Reid, S., Razza, R. A., Linsner, R., & Bergen-Cico, D. 2017. *The efficacy of a mindful yoga program on stress response and awareness among urban elementary school students*. Poster presented at the International Association of Yoga Therapists conference, Stockbridge, MA.

Reid, S., Razza, R. A., Linsner, R., & Bergen-Cico, D. 2017. *The effects of prolonged participation in a mindfulness-based school program: Implications for schools and developers*. Poster presented at the Biennial Conference for the Society for Research in Child Development, Austin, TX.

Next Steps



Short Term Goal:
Invite a Guest Lecturer
from the Holistic Life
Foundation



Long Term Goal: Integrative
Learning Major in
Contemplative Studies
/Mindfulness



Just Seeing What's Going On

“In practicing meditation, we’re not trying to live up to some kind of ideal—quite the opposite. We’re just being with our experience, whatever it is. If our experience is that sometimes we have some kind of perspective, and sometimes we have none, then that’s our experience. If sometimes we can approach what scares us, and sometimes we absolutely can’t, then that’s our experience. ‘This very moment is the perfect teacher, and it’s always with us’ is really a most profound instruction. Just seeing what’s going on—that’s the teaching right there. We can be with what’s happening and not dissociate. Awakeness is found in our pleasure and our pain, our confusion and our wisdom, available in each moment of our weird, unfathomable, ordinary everyday lives.”

– Pema Chödrön

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