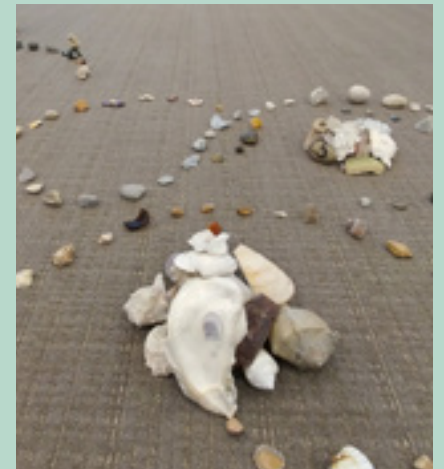




Contemplative Collaborative

Annual Report 2019



2019 in Review

- Courses with a Contemplative Component
- Campus Programs
- Book launch of *Empirical Studies of Contemplative Practices*
- *End Of Life* Film Screening
- Using Body Wisdom to Cultivate Just Communities
- Introducing Calm Connections
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- Volunteering at Frazer School
- Mini Retreat
- Scholarly Publications
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- Next Steps
- Connect with us

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

ARI 200: Drawing Nature

ARI 331: Eye Hand Body Mind through Drawing

CRS 336: Communication and Organizational Diversity

CRS 347: Mindful Communication Skills

CRS 447: Mindful Communication Theory

HFS 452: Mindfulness in Children and Youth

HFS 458: Science of Caring and Sharing

HTW 301: Holistic Healing Practices

HTW 405: Cognitive Behavioral Approaches to Stress Reduction

PSY 491: Research in Clinical/Health Psychology

REL 327: Yoga: Ancient Religion to Modern Practice

SOC/WGS/CFE/CRS 230: Dialogue on Race and Ethnicity through the Inter-group Dialogue Program



Campus Programs

- SoulTalk:** A series of student-facilitated discussions which encourage deep listening, as students are asked to speak their truths in connection with topics such as purpose, mindfulness, and vulnerability. SoulTalk is set up as a space that discourages debate and encourages the suspension of judgment so students can seek a higher expression of themselves and their life's purpose. It takes place Mondays 7-8pm in Tolley 204.
- SoulScape:** An overnight weekend retreat hosted at the Minnowbrook Conference Center which is surrounded by the beauty of the Adirondack's Mountains. While SoulSearch is designed for first-year students, SoulScape is specifically for upperclassmen. SoulScape delves into topics like purpose, vulnerability, and gratitude and like SoulTalk promotes deep listening. Additionally, students engage in basic yoga, walking meditation, and journaling to foster insight and mindfulness.
- MindSpa:** A space is designed for students to explore practices based in mindfulness. Our computer kiosk has links to meditation, yoga, and stress reduction. We provide yoga mats, meditation pillows, neurofeedback technology, a happy light, and more. This allows students to try out different facets of mindfulness to find what works for them. Students can book the space for 30 minute increments. Fitness instructors in Recreation Services were trained on how to incorporate trauma informed practices into classes during the 2017-2018 academic year.
- SoulSearch:** A one-day personal-development retreat designed for first-year students. The focus is on mindfulness, authenticity, and belonging. Students are introduced to different types of mindfulness including meditation walks, silent meditation, guided meditation, love and kindness meditation, and journaling. SoulTalk discussions are also included which promote deep listening as discussed above.
- Soulful Eats:** A series of informal dinner discussions which focus on the SoulTalk topic of the week. This similarly promotes deep listening as it provides a space where students are encouraged to suspend judgment and grow through deep discussion.



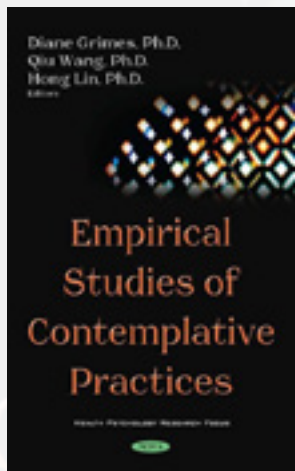
A relaxing activity done at the *MindSpa*

Book Launch & Reception to celebrate the release of *Empirical Studies of Contemplative Practices*

February 15th, 2019

How Do We Know it Works? Reflections on Empirical Studies of Contemplative Practices

Those who engage in contemplative practice know its positive effects, but documenting its value to others is not always easy. In this panel, Syracuse University authors who have contributed to a new volume, *Empirical Studies of Contemplative Practices*, discuss how they research contemplative practice to better illustrate its value.



Friday, February 15, 2019
12:30-2:00pm
Sims Hall 123

Josh Felver, A&S/Psychology
Rachel Razza, Falk/Human Development & Family Science
Qiu Wang, Education/Higher Education

Contemplative Collaborative hosts this book talk, celebrating its editors and authors from five Syracuse colleges (Arts and Sciences, Falk College, the I-School, School of Education, and Visual and Performing Arts).

A reception follows the presentation.

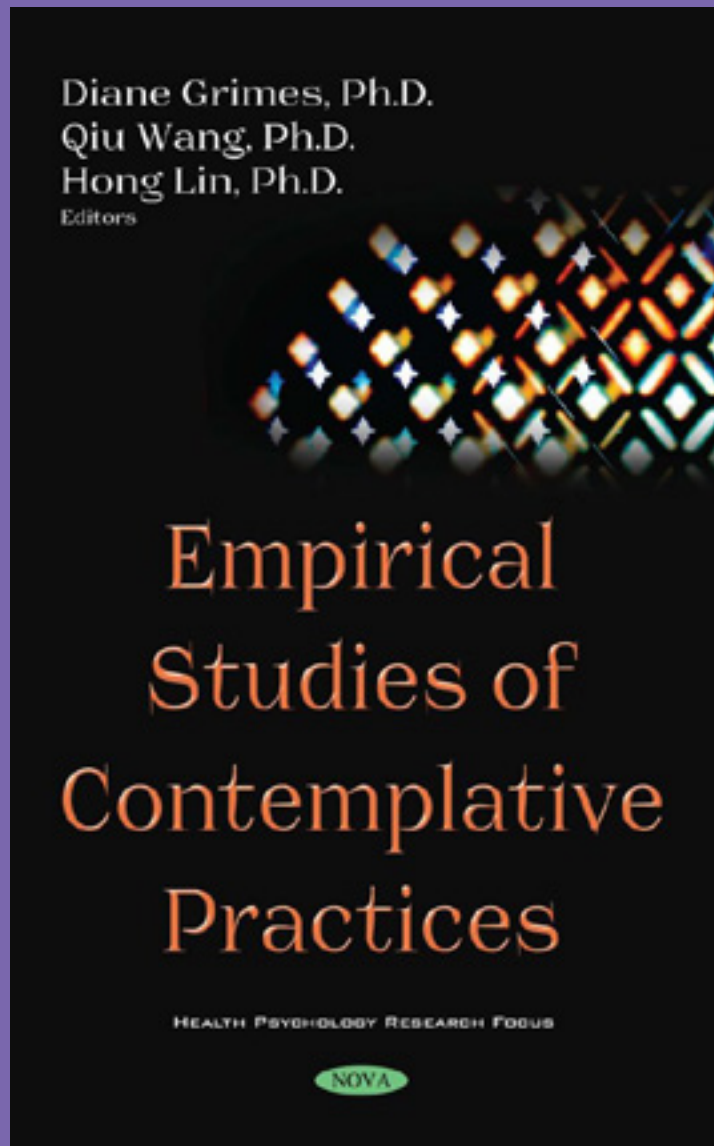
To request accommodations, contact Diane Grimes (dsgrimes@syr.edu) by February 5.

This event is supported by the SU Humanities Center and the Contemplative Collaborative. Co-sponsors: Communication and Rhetorical Studies and Writing Studies, Rhetoric, and Composition.



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ABOUT THE BOOK:

This book was the idea of Qiu (Chew) Wang and his colleague Hong Lin, who teaches at the University of Houston. Diane Grimes came into the process a bit later in the process. The authors are proud of the book for being a moment when disciplinary silos between SU colleges were broken down since the book involved authors from 6 different SU colleges: Visual and Performing Arts, School of Education, Falk College, Arts & Sciences, the I-School, and Newhouse (the Newhouse author has since left SU). And of course, authors from other schools as well.

Book authors and their chapters:

Chapter 2. Reconceptualizing the Measurement of Mindfulness (Joshua C. Felver, PhD, Adam J. Clawson, Emily C. Helminen, Emily L. Koelmel, Melissa L. Morton and Samantha E. Sinegar, Psychology Department, Syracuse University, Syracuse, NY, US)

Chapter 3. Research Design and Statistical Modeling in Contemplative Meditation Studies (Qiu Wang, PhD and Jiaming Cheng, Department of Higher Education, Syracuse University, Syracuse, NY, US, and others)

Chapter 5. Measuring the Neural Correlates of Mindfulness with Functional Near-Infrared Spectroscopy (Leanne M. Hirshfield, PhD, Dessa Bergen-Cico, PhD, Mark Costa, PhD, Robert J.K. Jacob, Sam Hincks and Matthew Russell, Department of Mass Communication, Syracuse University, Syracuse, NY, US, and others)

Chapter 6. Mindfulness and Contemplative Practices for Diverse Cultures (Dessa Bergen-Cico, PhD and Jeffrey Proulx, PhD, Department of Public Health, Syracuse University, Syracuse, NY, US, and others)

Chapter 7. The Promise of Mindfulness as a Proposed Intervention to Alleviate the Delimiting Effects of Math Anxiety (Nicole L. Fonger, PhD and Kien Lim, PhD, Department of Mathematics, Department of Teaching and Leadership, Syracuse University, Syracuse, NY, US, and others)

Chapter 10. An Assessment Framework for Contemplative Practice in Higher Education (Diane S. Grimes, PhD, and Rachel A. Razza, PhD, Department of Communication and Rhetorical Studies, Syracuse University, Syracuse, NY, US, and others)



Panelists included Dr. Joshua Felver from Psychology, Dr. Rachel Razza from Falk College, and Dr. Qiu Wang from the School of Education.

March 3, 2019

END *of* LIFE

A film by

JOHN BRUCE AND PAWEŁ WOJTASIK

MATT FREEDMAN / RAM DASS / SARAH GROSSMAN / DORIS JOHNSON / CAROL VIROSTEK
Produced by JOHN BRUCE / PAWEŁ WOJTASIK / ATHINA RACHEL TSANGARI / IAN HASSETT
Associate Producers MARIA HATZAKOU / LORI HANAU / DANIELA ALATORRE *Edited by* IAN
HASSETT *Sound Design* LEANDROS NTOUNIS *Percussion* TIM SPELIOS *Additional
Photography* SANDRA LEE PHIPPS *Color Grading & Post* MATT JOHNSON / HAOS FILM



A screening of *End of Life*, a documentary film that was nominated for the 2018 European Film Awards, was followed by a panel discussion and reception with the filmmakers, Paweł Wojtasik and John Bruce. Wojtasik and Bruce trained to be end-of-life doulas and documented many hours of their interactions with the five people featured in the film, who were each at various stages in the process of dying. The panel included members of the Syracuse-area hospice, medical and spiritual communities.

More about the film at www.endoflifeproject.com

Using Body Wisdom to Cultivate Just Communities

September 21st, 2019



Using Body Wisdom to Cultivate Just Communities:

FREE WORKSHOP

Saturday, September 21st, 2:00-5:00 P.M.

Room 100a, The Nancy Cantor Warehouse, 350 W. Fayette St. (Free parking available)

Sponsored and funded by the Hendricks Chapel, Syracuse University with guest artists Jennifer Denning and Carolyn Renee from InterPlay Atlanta. Co-sponsored by Syracuse University Contemplative collaborative, Department of Women and Gender Studies, and Department of Communication and Cultural Rhetoric

The tools of InterPlay provide artful ways to help people share personal stories, find courage, witness, affirm, and deepen their awareness and motivation to shift implicit bias, structural racism, and racially-charged dynamics. There is a physicality to the emotions that get triggered on all sides by racism, by interactions that are racially-charged, and by forums on race issues. InterPlay's expressive art-based tools will offer participants an effective container to transform and release difficult emotions. InterPlay Atlanta leaders Jennifer Denning and Carolyn Renee bring years of experience using InterPlay and other body-arts modalities to offer this in-the-moment, interactive workshop for community connection and healing. Time as shown us that when we come together as whole bodies, minds, hearts and spirits just communities can be cultivated and built.

For more information, contact Coran Clover: ccklover@syr.edu 315-396-7070; Roslyn Raspberry: roslynrasberry@gmail.com; Bishop Colette Matthews Carter: colettecarter365@gmail.com; or Carol Charles: cccharle@gmail.com

BROWN BAG EVENT

Branching Out: Introducing Calm Connections Teaching Contemplative Practices to Youth

April 15th, 2019



S.U. Falk College Doctoral Students - Founders of Calm Connections, Inc.

Pictured from left to right:

Aysha Mabin, M.S. - Fundraising Director

Brandon Hollie, M.A. - Marketing Director

Staceyann Reid, M.S. - Executive Director



Branching Out: Bringing Mindfulness and Yoga to the Syracuse Community

Come learn more about us, our efforts, and how to be involved!

Friday, April 5th, 2019

4:30P.M. to 6:00P.M.

Falk College, Wildhack Lounge, room 336
150 Crouse Dr, Syracuse, NY 13244

Reception will follow with light refreshments.

RSVP to calmconnectionsinc@gmail.com

All are welcome, even without an RSVP!

This event is co-sponsored by:
Syracuse University's Contemplative
Collaborative & Hendricks Chapel

Thank you to Falk College for
providing the room for this event.

If you require accommodations, have dietary needs, or for
parking information, please email: Bonnie Shoultz at
bshoultz@syr.edu by April 1st.

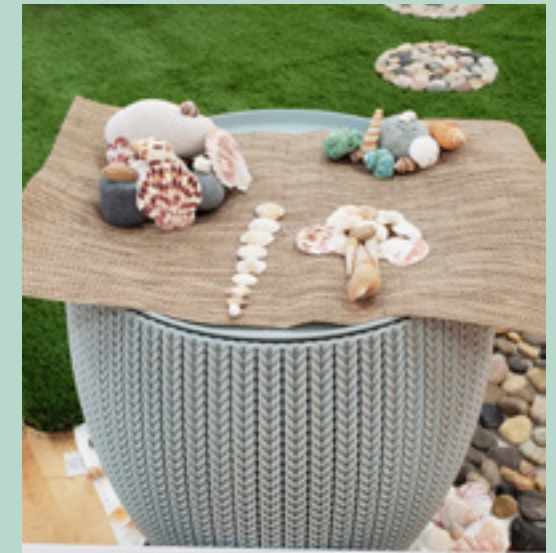
Visit us at calmconnectionsinc.org



BeWell Expo for First Year Students & Zen Garden



The CC organized and staffed a table providing rocks and shells to be contemplatively arranged in a “Zen Garden” created and provided by Health Promotion, thus exposing the first year students to mindfulness.





Students engaging with the *Zen Garden* at the *BeWell Expo*

Volunteering at Frazer School



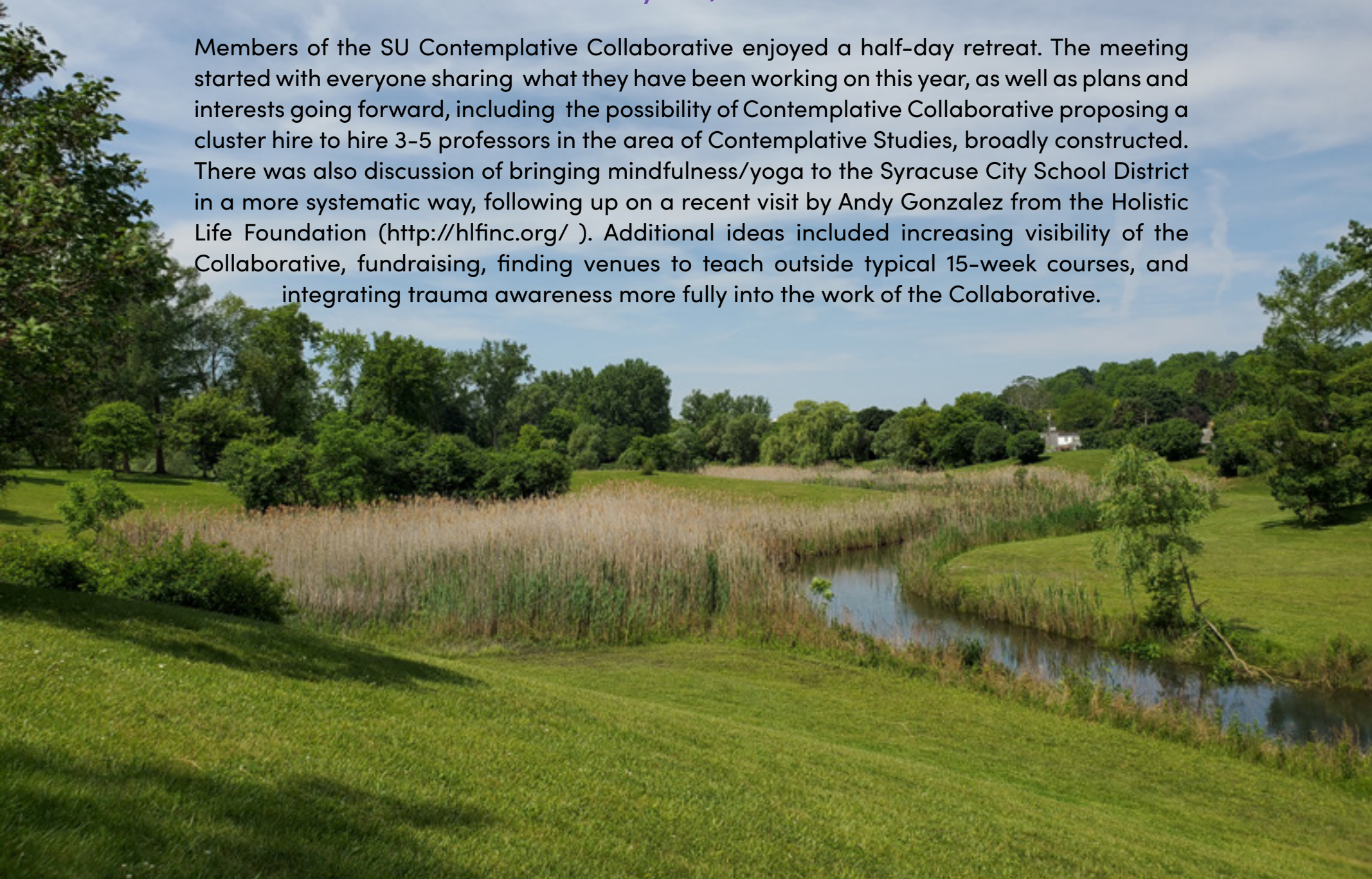
Dr. Grimes' mindfulness class students volunteered in two first grade classrooms at Frazer School, teaching an emotional intelligence curriculum based on the movie *Inside Out*. The curriculum was developed by mindfulness students in a previous year.



Mini Retreat

May 6th, 2019

Members of the SU Contemplative Collaborative enjoyed a half-day retreat. The meeting started with everyone sharing what they have been working on this year, as well as plans and interests going forward, including the possibility of Contemplative Collaborative proposing a cluster hire to hire 3-5 professors in the area of Contemplative Studies, broadly constructed. There was also discussion of bringing mindfulness/yoga to the Syracuse City School District in a more systematic way, following up on a recent visit by Andy Gonzalez from the Holistic Life Foundation (<http://hlfinc.org/>). Additional ideas included increasing visibility of the Collaborative, fundraising, finding venues to teach outside typical 15-week courses, and integrating trauma awareness more fully into the work of the Collaborative.



Scholarly Publications

- Felver, J. C., Clawson, A. J., Morton, M. L., Brier-Kennedy, E., Janack, P., & DiFlorio, R. A. (2019). School-based mindfulness intervention supports adolescent resiliency: A randomized controlled pilot study. *International Journal of School and Educational Psychology*, 7, 111-122. doi:10.1080/21683603.2018.1461722
- Stavenhagen, W. K. (2019) Relational Literacy, *The Journal of the Assembly for Expanded Perspectives on Learning*: Vol. 24, Article 10.
- Stavenhagen, K., & Dougherty, T. R. (2019, March 31). Contemplation as kairotic composure. [Special issue on contemplative writing across the disciplines.] *Across the Disciplines*, 16(1), 66-78. Retrieved from http://wac.colostate.edu/docs/atd/contemplative/stavenhagen_dougherty2019.pdf

Conference Presentations

- Bergen-Cico, D., Razza, R.A., & Costa, M. Using functional near infrared spectroscopy (fNIRS) to measure neural changes related to mindfulness-based practice. Research presented at the Falk Research Colloquium, Syracuse, NY, November 2019.
- Costa, M., Felver, J., & Razza, R.A. Supporting mindfulness based interventions with social virtual reality. Paper presented at the International Workshop on Computer Science and Engineering, Hong Kong, June 2019.

Conference Presentations contd...

- Felver, J. C., Clawson, A. Mindfulness and Gratitude Research. Invited presentation to the Syracuse City School District, Lincoln Middle School (professional development), Syracuse, NY.
- Felver, J. C., Helminen, E., Morton, M., & Sinegar, S. (2019, June). Reconceptualizing the measurement of mindfulness. Poster presented at the Mind and Life Summer Research Institute, Garrison, NY, August 2019.
- Felver, J., Razza, R.A., & Wang, Q. How do we know it works? Reflections on empirical studies of contemplative practices. Presentation supported by the Humanities Center, Syracuse University, Syracuse, NY, February 2019.
- Razza, R. A. Infusing contemplative practice into the classroom: Fostering student engagement with mindfulness-based exercises. Poster presented at the Developmental Science Teaching Institute to the Society for Research in Child Development, Baltimore, MD, March 2019.
- Razza, R.A. Mindfulness workshop for ECE Teachers. Presentation at the Syracuse Association for the Education of Young Children (SAEYC), Syracuse, NY, May 2019.
- Razza, R. A., & Edelstein, A. Cultivating calm, curiosity, and care in the classroom. Workshop presented at The Conference for Spirituality in Education, The Next Wave in K-12 Education: The Spiritual Core of the Whole Child, Teachers College, Columbia University, New York, NY, November 2019.
- Razza, R. A., Zhang, Y., & Wang, Q. Positive development in adolescence: Reciprocal links between facets of self-compassion and self-regulation. Poster presented to the Society for Research in Child Development, Baltimore, MD, March 2019.

Conference Presentations contd..

- Roquemore, K., Davis, E., Martinez, A., & Cosantino, J. Disability Justice, Higher Education, and Pandemic Learning. Symposium presentation for the American Educational Studies Association (AESAs) Conference in San Antonio, TX, October, 2020. [Conference canceled due to COVID-19].
- Sabol, J. Yoga and Contemplative Practices for Performers. Presentation given at the National Association of the Teachers of Singing, Eastern Region Conference. Rochester, NY, 2019.

Member Grants

- Syracuse City School District (Spring 2019), Diane Grimes (SU) Co-PI, Crysten Rushmore (Frazer Elementary first grade teacher), Co-PI. Mindfulness for Learning (yoga teacher training for classroom teachers, classroom yoga program, family yoga event for 2 first grade classrooms), \$2679.78 [This was put on hold due to covid].
- Innovative and Interdisciplinary Research Grant, Syracuse University Collaboration for Unprecedented Success and Excellence (CUSE) Grant Program, Syracuse University (2019-2021), Mark Costa (Newhouse), PI, Rachel Razza (HDFS), Co-I, and Joshua Felver (PSY), Co-I. Virtual Reality Supported Mindfulness Based Intervention for Novice Teachers, \$20,000.
- Syracuse University Small Equipment Grant (Spring 2019), Dessa Bergen-Cico, PI, Rachel Razza, PI. Using Functional Near-Infrared Spectroscopy (fNIRS) to Measure Cognition and Changes in Neural Networks, \$31,350.
- Innovative and Interdisciplinary Research Grant, (CUSE) Grant Program (2018-2020), Rachel Razza, PI: Dessa Bergen-Cico, Co-I, Leanna Hirschfield, Co-I, Mark Costa, Co-I,, Rachel Razza, Co-I & Qiu Wang, Co-I. Mechanisms of Change Associated with Mindfulness Training for People with Posttraumatic Stress: Triangulating Neural Networks, Biomarkers, Cognition and Behaviors, \$29,620.

Next Steps

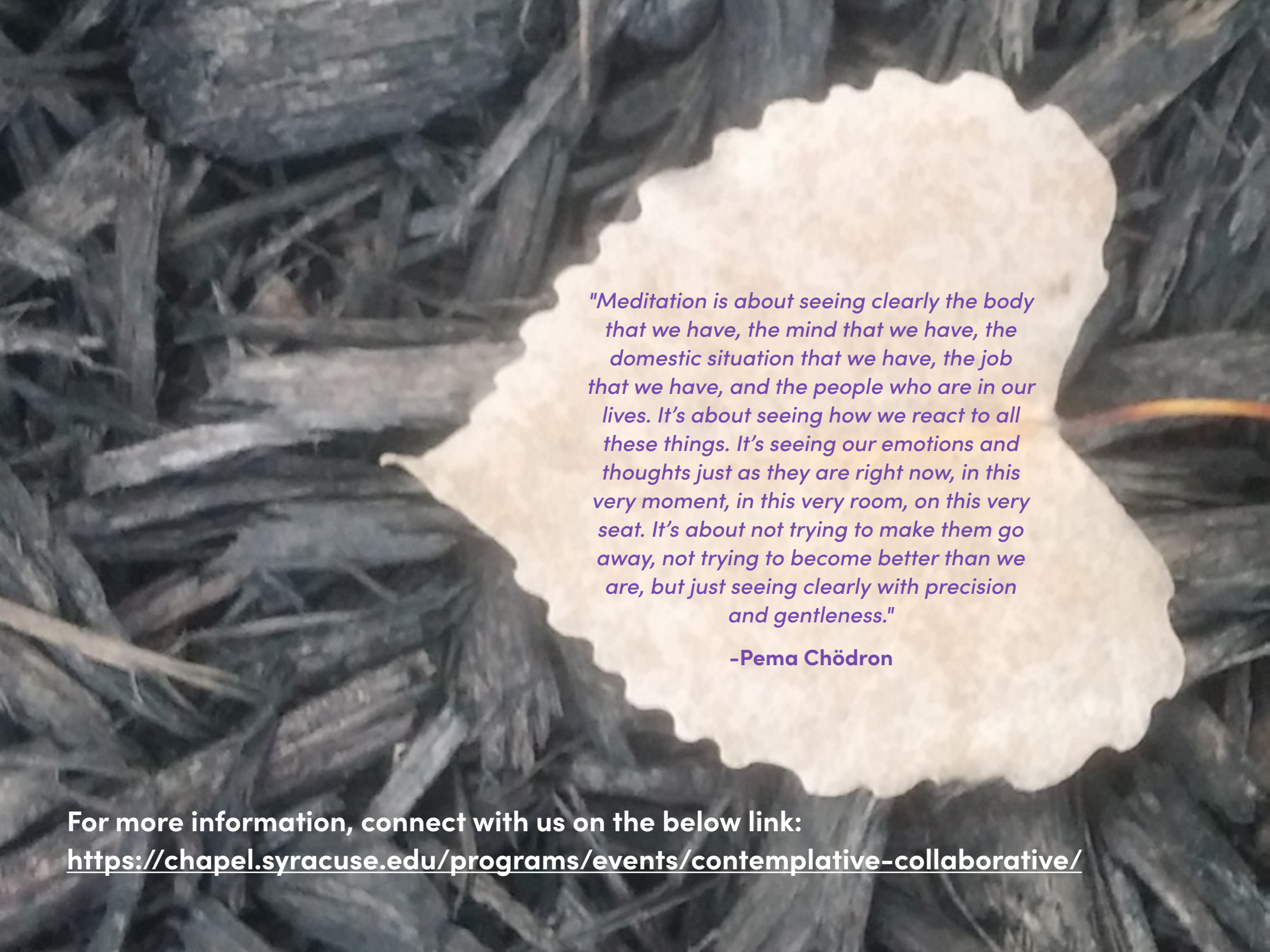


Creating an Integrated Learning Major (ILM)



Hire an intern to work with the Contemplative Collaborative





"Meditation is about seeing clearly the body that we have, the mind that we have, the domestic situation that we have, the job that we have, and the people who are in our lives. It's about seeing how we react to all these things. It's seeing our emotions and thoughts just as they are right now, in this very moment, in this very room, on this very seat. It's about not trying to make them go away, not trying to become better than we are, but just seeing clearly with precision and gentleness."

-Pema Chödrön

For more information, connect with us on the below link:

<https://chapel.syracuse.edu/programs/events/contemplative-collaborative/>