



MINDFULNESS & RESILIENCE

April 25th 1-3 pm

Theater, Hughes-Trigg Student Center

Our panelists will discuss their research on uses of mindfulness as a healing modality to cope with the ordinary and extraordinary challenges of contemporary life. Refreshments served.

LORELEI SIMPSON ROWE, Ph.D., Department of Psychology

NEELY L. MYERS, Ph.D., Department of Anthropology

NAOMI TABACK, Ph.D., Department of Psychology

ANNE CAMERON, Ph.D., Discussant

Southern Methodist University

**Sponsored by the DCII Research Cluster
"Life Challenges and Human Resilience"**

Co-organizers: Nia Parson (nparson@smu.edu), Lorelei Simpson Rowe (lsimpson@smu.edu) and María del Pilar Melgarejo (mmelgarejoac@smu.edu)