

«Mindfulness enables us to see and work with the universal vulnerabilities and challenges that are an inherent part of being human.»

Rebecca Crane

It all
begins
and ends
in your
mind.

Lebanese Mindfulness Association (LMA) First Conference

In collaboration with
The Professional Training Center (CFP) of USJ

 Saturday October 23, 2021, from 9am to 2:00pm, Beirut time
At Gulbenkian Theater Beirut - Campus of Social Sciences

 Live coverage will be available on Zoom platform

9am - 9:30am Opening Ceremony - Mr. David Matta, LMA President

9:30am - 10:15am **Keynote speaker:** Professor Rebecca Crane, Head of "Center for Mindfulness Research and Practice, Bangor University, UK. Prof. Crane will inaugurate the event and share with us UK experience in establishing and developing mindfulness.

10:15am - 11:45am PART I: MINDFULNESS AND MENTAL HEALTH - STATUS OF RESEARCH

- Mindfulness and Depression - Mrs. Waad Chartouni, Bsaibes, Psychiatric Hospital of the Cross.
- Mindfulness and Anxiety - Dr. Sahar Obeid, Holy Spirit University of Kaslik.
- Research on psychotic hospitalized population in Lebanon - Mrs. Nadine Akl - Zakaria, Psychiatric Hospital of the Cross.

11:45 am - 12:00 noon **Launching the Mindfulness Club of USJ: LifeLong Learning for mental health.**

Pr. Fadi El Hage, Delegate of the Rector of USJ and Director of the Professional Training Center.

12:00am - 12:30 noon Coffee Break

12:30 noon - 1:20 pm PART II: MINDFULNESS APPLICATIONS

- Mindfulness and The Brain - Dr. Marie-Anne El Khoury.
- Mindfulness for university students and staff. Experience in two Lebanese Universities - Mr. Daoud Matta, MA in Mindfulness-Based Approaches, Bangor University.

1:20pm - 1:50pm **Guided Mindfulness Meditation** - D. Matta and Dr. N. Zakaria.

1:50pm - 2:00pm **Closing Ceremony** - Professor Charles Baddoura.

[Register now Conference | Mindful Lebanon](#)

For more information:
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