

# *Bringing the Mind Home:*

## *Applied Mindfulness in Education and Mental Health*

*Sponsored by Tulane University School of Social Work*

**Friday June 3, 2016 9:00am - 5:00pm**  
**Freeman Auditorium, Tulane University Uptown Campus**

**Bringing together social workers, mental health professionals, educators,  
school administrators, and those who share an interest in mindfulness**

### *A Day of Mindfulness from Eastern & Western perspective:*

- Morning keynote presentation by Ngakpa Karma Lhundup Rinpoche.
- Tibetan Buddhist Chöd practice.
- Afternoon panel discussion with local professionals sharing their expertise in integrating mindfulness mediation practices with their work.
- Open discussion about models for applying mindfulness practices to schools, university campuses, and therapeutic settings for children and adults.
- Closing with a traditional Tibetan Buddhist Fire Puja.
- Attendees are also invited to participate in an additional working group session on Saturday, June 4.

*Begin the day with a morning tai chi session 8:00am - 9:00am*

*Registration begins at 9:00am*

*Continental Breakfast provided from 9:00am-10:00am*

*Participants can purchase lunch at LBC University Center on Tulane Campus.*

### *Keynote Speaker*



Ngakpa Karma Lhundup Rinpoche is a lay yogi practitioner of the Nyingma lineage of Tibetan Buddhism, specializing in Dzogchen traditions of meditation. His teachings are simple, direct, humorous and applicable to everyday life.

Karma Rinpoche speaks fluent English and has travelled around the world making connections with people of many backgrounds. His humility is only one of his many qualities.

For more information about Karma Rinpoche:  
<http://www.karmalhundup.org/>

### *Panelists*

**José Calderón-Abbo, M.D.**, is a psychiatrist with over 15 years of experience in the use of mindfulness and other mind-body medicine approaches in clinical and academic settings.

**Michelle Moore, Psy.D.** is a clinical psychologist with experience incorporating mindfulness in her therapeutic services to youth and families in schools and health centers around the New Orleans metro area.

**Aaron Armelie, Ph.D.** is a psychologist at Tulane University Counseling and Psychology Services with experience integrating mindfulness into student services and campus life.

### *Registration Cost:*

Fee: \$25

Students: \$5

Social Work professionals participating for 5 CEU credits: \$50

### *Register Online at:*

*tssw.tulane.edu*

### *For Registration Information*

Contact Bonnie Lister at [blrl@tulane.edu](mailto:blrl@tulane.edu) or call (504) 862-3484

### *For more information about the program:*

Contact Gael Thompson at [BringingTheMindHome@gmail.com](mailto:BringingTheMindHome@gmail.com), or call Tibetan House at (504) 897-9339

*Sponsored by*



*With support from*  
Holley Durant Pavy, LCSW

*Organized in association with*

Louisiana Himalaya Association  
Mindful Living Program  
Tibetan House: Cultural Gift Store & Meditation Room