

THE MINDFUL CAMPUS

Cultivating Awareness and Connection in a Distracted World

Featuring Donald McCown, Ph.D



Friday, February 27, 2015

Blue Room, Sutton Hall

- ◆ **Keynote Address (10:30-11:45 a.m.)**
- ◆ **Workshop for Students (1:15-2:45 p.m.)**
- ◆ **Presentation for Staff and Faculty
(3:00-4:30 p.m.)**

Please RSVP: djevicky@iup.edu

Saturday, February 28, 2015

Ackerman 116, 9:00 a.m.–2 p.m.

Reflective Practice Workshop (Faculty/TAs)

Please RSVP: saikins@iup.edu



Sponsored by: The Mindfulness Living Learning Community
The Center for Health and Well Being
The Center for Teaching Excellence
The Division of Student Affairs

Biography for Dr. Donald McCown

Donald McCown is Assistant Professor of Integrative Health and Co- Director of the Center for Contemplative Studies at West Chester University of Pennsylvania. He has been lecturer in the School of Health Professions at Thomas Jefferson University in Philadelphia, and Director of Mindfulness at Work Programs at the Mindfulness Institute at the Jefferson-Myrna Brind Center of Integrative Medicine. He holds a PhD from Tilburg University in the Netherlands, and MSS from Bryn Mawr College Graduate School of Social Work and Social Research, and a Master of Applied Meditation Studies degree from the Won Institute of Graduate Studies. He has participated in professional training under the direction of Jon Kabat-Zinn, PhD, and has completed the most advanced teacher training in MBSR at the Center for Mindfulness at University of Massachusetts Medical Center. He maintains a practice of mindfulness-based psychotherapy and teaches in the post graduate marriage and family therapy program at Council for Relationships in Philadelphia. He has particular clinical and research interest in the use of mindfulness in working with adolescents and adults with developmental disabilities and their families, and with artists and professionals negotiating anxiety and depression in their lives.

Dr. McCown has co-authored and authored several books on mindfulness, including, Teaching Mindfulness: A Practical Guide for Clinicians and Educators (2010, with Reibel, D. and Micozzi, M.), New World Mindfulness: From the Founding Fathers, Emerson, and Thoreau to Your Personal Practice (2011, with Micozzi, M.), and Ethical Space of Mindfulness in Clinical Practice (2013).