



Kyoto University GSAIS Mindful Living Research Group



## Symposium

# Mindfulness in Higher Education East-West Perspectives



**Saturday 10<sup>th</sup> December, 2022, 17:00-20:15** (Japan standard time, UTC+9)

Hybrid: on-site (limited space), and online

**IN ENGLISH, FREE AND OPEN TO ALL**

Please register by December 7<sup>th</sup>, at this email address: [philosophia@gsais.kyoto-u.ac.jp](mailto:philosophia@gsais.kyoto-u.ac.jp)  
indicating your name & affiliation, on-site or online preference, then invitation will be sent to you

17:00-18:00 Keynote Address

**"Mindfulness (-Based Cognitive Therapy) Comes of Age"**

*By Willem Kuyken, PhD, DClInPsy, Professor, University of Oxford,  
Director of Oxford Mindfulness Centre*

18:00-18:30 Questions and Answers

18:30-18:45 Break

18:45-19:05 **"'Coming to Our Senses' in Higher Education:  
Considerations of Culture and Pedagogy"**

*By Yuki Imoto, PhD, Senior Assistant Professor, Keio University*

19:05-19:25 **"Mindful Awareness as the Pillar of Learning:  
Study, Reflection, and Cultivation"**

*By Marc-Henri Deroche, PhD, Associate Professor, GSAIS, Kyoto University*

19:25-19:45 **"How To Promote Evidence-Based Mindfulness in University Hospitals?  
A Report of a Practice-Oriented Group and Prospects for Scientific Research"**

*By Teruhisa Uwatoko, MD, PhD, Assistant Professor, Kyoto University Hospital*

19:45-20:15 General Discussion and Concluding Remarks



On-site: Kyoto University Higashi Ichijokan, 2F, Lecture Hall

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