

# Mindfulness Conference Schedule\*

*\*Content is tentative (as of 03/02/2017)*

---

## **Day 1 Thursday, August 3, 2017**

---

Opening Plenary	8:30 a.m. – 9:15 a.m.
-----------------	-----------------------

Conference Welcomes

Nancy Levit (SEALS), Susan Brooks (AALS)

Conference Overview: Richard Reuben (Missouri), Katerina Lewinbuk (South Texas), Charity Scott (Ga. State), Rebecca Simon (Southwestern), Austin Charles (Ga. State)

Moderator: Lydia Johnston (TSU)

Panel Session 1	9:15 a.m. – 10:15 a.m.
-----------------	------------------------

### **Panel 1**

#### **Introduction to Mindfulness**

Leonard Riskin (Northwestern) and Richard Reuben (Missouri).

This session introduces the beginner to what mindfulness meditation is, its applications in the law school context, as well as some of the research that been done on the practice -- including its effectiveness in helping first year law students manage stress and have a happier 1L experience. Participants will have the opportunity to try the practice themselves through a guided meditation, discuss the experience, and ask questions.

Break	10:15 a.m. – 10:30 a.m.
-------	-------------------------

Panel Session 2	10:30 a.m. – 11:45 p.m.
-----------------	-------------------------

### **Panel 2**

#### **Teaching Mindfulness in Law Schools**

This panel explores the many different ways law school faculty and administrators have begun to incorporate mindfulness into their classes, programs, and curriculums, including mindful minutes at the beginning of a traditional law class, more substantive integration into courses themselves, full courses on mindfulness, as well as student success and other programs beyond the traditional

curriculum. It will also offer practical suggestions on different training models, how to incorporate mindfulness into existing legal education structures, and how to work effectively with faculty, administrators, and others when introducing mindfulness into the law school environment.

**Panelists**

Clark Freshman (Hastings)  
Susan Wawrose (Dayton)  
Teresa Brostoff (Pitt)  
Katerina Lewinbuk (South Texas)  
Moderator: Emily Zimmerman (Drexel)

Lunch & Keynote	12:00 p.m. – 1:30 p.m.
-----------------	------------------------

**SPECIAL KEYNOTE ADDRESS:**



**Congressman Tim Ryan**  
*Author, A Mindful Nation*

Panel Sessions 3	1:45 p.m. – 3:00 p.m.
------------------	-----------------------

**Panel 3**

**Using Mindfulness to Enhance Scholarship and Service**

This panel explores how mindfulness can help law professors and administrators in their professional lives beyond teaching and working with students. Can mindfulness help us as academics to find our scholarly voices, hone our messages, or even choose our topics? Similarly, can it facilitate our effectiveness, satisfaction and well-being as we contribute to the administrative life of the law school? Panelists will set the stage for what we expect to be a highly interactive discussion that draws broadly on the experiences of audience members, as well as panelists.

**Panelists**

Kathleen Vinson (Suffolk)  
Chapin Cimino (Drexel)  
Karen Sokol (Loyola LA)  
Abbie DeBlasis (Belmont)  
Moderator: Melanie Reid (Lincoln Memorial)

Break	3:00 p.m. – 3:15 p.m.
-------	-----------------------

Panel Session 4	3:15 p.m. – 4:30 p.m.
-----------------	-----------------------

## **Panel 4**

### **Mindfulness for Student Success**

There are many barriers to student success, including test-taking skills, personal life distractions, confidence, and a sense of direction. Among other things, mindfulness training can be helpful in focusing concentration, eliminating distractions, overcoming negative self-perceptions, helping students understand what is important to them as lawyers and as people. This panel will review the literature on student success, and demonstrate different ways that student success professionals have used mindfulness to help students overcome the barriers to their success.

#### **Panelists**

Matt Steffy (Miss)

Aric Short (Texas A&M)

Jane Grise (Kentucky)

Gail Stern (Quinnipiac)

Moderator: Ken Williams (South Texas)

Break	4:30 p.m. – 4:45 p.m.
Closing	4:45 p.m. – 5:15 p.m.
Reception	6:00 p.m. – 7:30 p.m.

---

## **Day 2 Friday, August 4, 2017**

---

Panel Session 5	8:30 a.m. – 9:45 a.m.
-----------------	-----------------------

### **Panel 5**

#### **Mindfulness and Legal Writing**

Writing is among the foundational crafts of the legal profession, challenging students in basic research skills as well as the difficult task of galvanizing facts and law into a clear, cogent, and compelling written work. This panel discusses how mindfulness can help students bring focus and clarity to their research and writing, eliminate unhelpful distractions, and cultivate the confidence and voice that will make their writing commanding and persuasive.

#### **Panelist**

Shailini George (Suffolk)

Karen Thornton (George Washington)

Myra Orlen (Western New England)

Moderator: Julie Spanbauer (John Marshall—Chicago)

Break	9:45 a.m. – 10:00 a.m.
-------	------------------------

Panel Session 6	10:15 a.m. – 11:30 p.m.
-----------------	-------------------------

## Panel 6

### Emotional Intelligence and Mindfulness in Law Schools

Law schools are increasingly recognizing the importance of teaching emotional intelligence to help students develop empathy and other client-counseling skills, manage conflict management more effectively, and be happier in the profession. This panel will provide an introduction to emotional intelligence as an academic discipline, how to teach it in a law school context, and how mindfulness training can be used to support the cultivation of these important life skills.

#### Panelists

Susan Brooks (Drexel)

Cynthia Stroud (Fl. Coastal)

William Blatt (Miami)

Moderator: Heidi Brown (Brooklyn)

Break	11:30 a.m. – 11:45 a.m.
-------	-------------------------

Panel Session 7	11:45 a.m. – 1:00 p.m.
-----------------	------------------------

## Panel 7

### **Bridging the Gap: Mindfulness in Law Schools and in the Legal Profession**

Lawyers, judges, and other legal professionals are increasingly recognizing the value that mindfulness practice, and emotional intelligence more broadly, bring to their practices, clients, and personal lives. This panel explores the ways in which the bench and bar use mindfulness and emotional intelligence in their work as lawyers, whether it is client counseling, writing briefs, deciding cases, or making significant life-path decisions.

Allyson Wilkinson, Senior Counsel, Hall Maines Lugin, Houston, TX

The Hon. Donn Kessler, Arizona Court of Appeals

Jarrett Green, Mindfulness Consultant, Santa Monica, CA

Roger Rippey, Founder, YogaOne Studios, Houston, TX

Moderator: Cathy Burnett (South Texas)

Lunch & Keynote	1:00 p.m. – 2:00 p.m.
-----------------	-----------------------

**SPEAKER: TBA**

---

**Thursday, August 3, 2017**  
**Afternoon Retreat**

---

2:15 p.m. – 5 p.m.

2:15 – 2:30 pm	Welcome & Instruction
2:30 – 3:00 pm	Sitting
3:00 – 3:15 pm	Instruction on mindful walking
3:15 – 3:45 pm	Walking
3:45 – 4:15 pm	Talk
4:15 – 4:45 pm	Sitting
4:45 – 5:00 pm	Closing