

# DSV Seminars

## 2017



UNIVERSITÀ  
DEGLI STUDI DI TRIESTE

DIPARTIMENTO DI  
SCIENZE DELLA VITA

## ***PhD Program in Neural and Cognitive Sciences***

**Tuesday, November 21, 2017 - 02:00pm**

Room 3A, H3 Building – Via A. Valerio, 12/2

### **Cristiano CRESCENTINI**

Department of Languages and Literatures,  
Communication, Education and Society  
University of Udine, Udine, Italy

*Invited by Prof. Maria Chiara Passolunghi*

### **Psychological and neuropsychological foundations of mindfulness meditation and applications to children. From theory to practice**

Mindfulness is an attribute of consciousness that consists of being aware of and attentive to what is occurring in the present moment with a non-judgmental attitude of openness and receptivity (Brown & Ryan, 2003; Kabat-Zinn, 2003). After a brief historical introduction of mindfulness meditation, we will focus on the psychological and neuropsychological mechanisms of action through which this practice exerts its beneficial effects on health, i.e., attention regulation, emotion regulation and change in the perspective on the self (Chiesa & Serretti, 2010; Hölzel et al., 2011). Recent extensions of mindfulness-based interventions to children will also be discussed (Crescentini et al., 2016). After the theoretical part, the seminar ends with a practical session in which some meditation practices suitable for adults and others adapted for children will be proposed.

