

Invitational conference on Mindwandering and Mindfulness

On Monday 1st of April, Lotte Jansen will defend her thesis on “Mindfulness-Based Cognitive Therapy for adults with ADHD” at 10.30 AM.

We would like to use this occasion to organize an invitational conference on **Mindwandering and Mindfulness** in the afternoon.

The programme of the conference will be as follows:

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| 13.30 - 14.00 | Phil Asherton (Institute of Psychiatry, London)
<i>Mind wandering perspective on attention-deficit / hyperactivity disorder.</i> |
| 14.00 – 14.30 | Myrthe Faber (Donders Centre for Cognitive Neuroimaging, Nijmegen).
<i>Why do we mind wander? A neuropsychological perspective.</i> |
| 14.30 – 15.00 | Teabreak. |
| 15.00 – 15.30 | Anne Maj vd Velden (University Department of Psychiatry, Oxford).
<i>Mechanisms of Mindfulness-Based Cognitive Therapy for recurrent depression: integrating brain dynamics with cognitive and affective experiences.</i> |
| 15.30 – 16.00 | Dirk Geurts (Radboudumc Centre for Mindfulness, Nijmegen).
<i>Mindful control of negative thoughts and behavior in depression: a neurocognitive psychiatry approach.</i> |
| 16.00 | Drinks and nibbles. |

The conference will take place in the Mohrmannkamer, Aula Radboud Universiteit, Comeniuslaan 2, 6525 HP Nijmegen.

We would be delighted if you would like to attend this conference. Because of the catering, it would be very helpful if you could let us know if you are planning to attend (mindfulness@radboudumc.nl).

Jan Buitelaar and Anne Speckens