

Final Report for Faculty Development Endowment Fund

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Abstract

June 3-7, 2015 I traveled to the Mindfulness and Compassion Conference hosted by the San Francisco State University. I presented a poster “ Mindfulness and Compassion as Predictors of Humor Styles in the U.S. and Russia” and a paper presentation “Application of emWave Biofeedback Device: Using Technology to Increase Mindfulness”. My student Ethan Reed presented a poster, which I co-authored, “Relationships between Mindfulness and Uses of Humor Styles in the U.S. and Jordan. “ The conference, which was attended by 260 participants, brought together the internationally recognized experts in the scientific study of mindfulness and compassion, which have recently become the focal areas of investigation in positive psychology. This experience expanded my knowledge base of mindfulness and compassion and provided me with new ideas for my future research and for teaching psychology courses.

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The conference brought together the internationally recognized experts engaged in the scientific study of mindfulness and compassion, which have recently become the focal areas of investigation in positive psychology. It was attended by 260 specialists from various backgrounds, which was reflected in the diversity of presentations, lectures, and workshops (e.g., psychology, counseling, history, religion, and others).

One of the highlights of the conference was visiting the San Francisco State University Holistic Center, which consists of a biofeedback lab, a lounge for relaxation, a holistic literature library, and a classroom. This center offers a minor in holistic health for university undergraduates and various workshops for the students and community. I was very impressed and excited to see this place because it is my dream to create a relaxation/mindfulness center at our university. So far I have only a very small lab space in my building, for which I am grateful, but it is too small for my purposes.

The conference expanded my knowledge base of mindfulness and compassion and provided me with new ideas for teaching my psychology courses. More specifically, it is currently helping me as I am in the process of editing the manuscript that I had submitted for a publication in Mindfulness journal and that had been returned for revision.

I plan to continue research in mindfulness and compassion cross-culturally and with the use of biofeedback equipment.

References

Khramtsova, I., Chuikova, T., Reed E., Rodgers E., & Kuritcyna O. V. (2015, June). Mindfulness and compassion as predictors of humor styles in the U.S. and Russia. Poster presented at the Mindfulness and Compassion Conference, San Francisco, CA.

Khramtsova, I., Glascock, P., Grera, M., Nation, A., Reed, E., Rudelis, J., & Swenson, A. (2015, June). Application of emWave biofeedback device: Using technology to increase mindfulness. Paper presented at the Mindfulness and Compassion Conference, San Francisco, CA.

Reed, E., Khramtsova, I., & Rodgers, E. (2015, June)/ Relationships between mindfulness and uses of humor styles in the U.S. and Jordan. Poster presentation accepted for Mindfulness and Compassion Conference, San Francisco, CA.