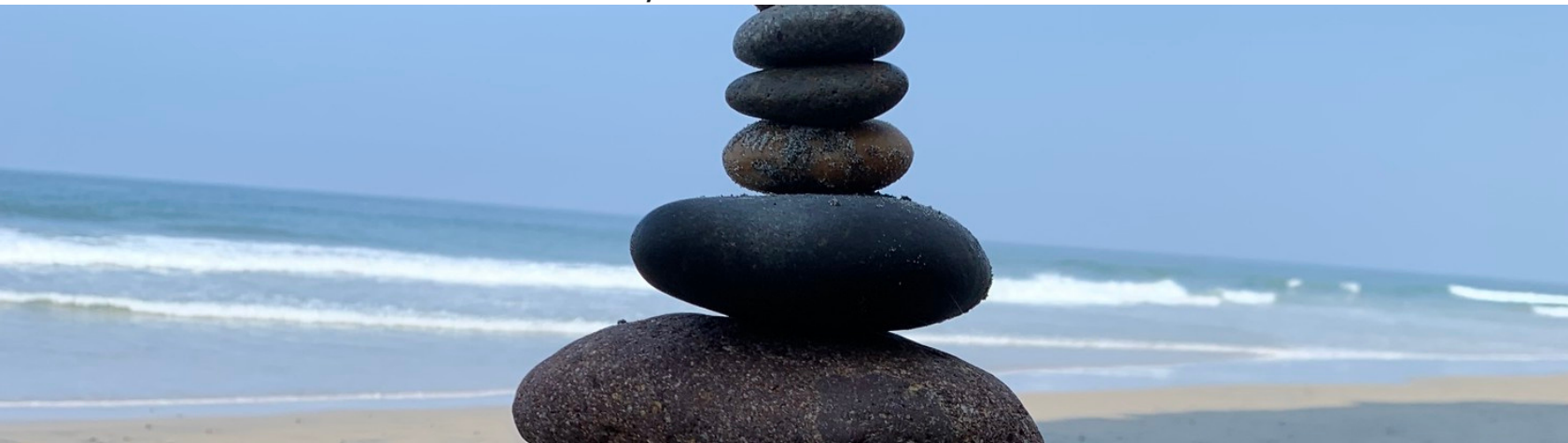


Björklunden Seminars

“Vacation with a purpose”

JUNE 16-21, 2024 AT BJÖRKLUNDEN



The Mindful Brain

Course Description

Mindfulness meditation involves paying attention, on purpose and without judgment. With roots in Eastern religion and philosophy, it has been applied to well-being, stress reduction, and the treatment of various physical and mental conditions in contemporary Western cultures.

This seminar will explore how mindfulness has been secularized and utilized in such settings as schools, workplaces, hospitals, as well as in daily life. Additionally, we will explore neuroscience research on how mindfulness changes the brain. Finally, we will engage in the experiential practice of mindfulness, taking full advantage of the sights, sounds, smells, tastes, and touch of Björklunden.

During this seminar, participants will be provided with accessible background readings to spur discussion. We will spend approximately half of our time each day in engaged lecture and discussion. The other half of our time will involve interspersed guided practice in mindfulness techniques. This may involve mindful walks on the property, seated mindful listening near the lake, mindful eating, etc.

This seminar will be based on two courses that I have taught at Lawrence. The first is Topics in Neuroscience: The Mindful Brain, and the second is Meditation: Psychological and Buddhist Perspectives. I have also taught mindfulness as part of the Doing Nothing course and have done a seminar for the Lunch at Lawrence series on this topic.

[Register Here>>](#)

Instructor



Lori Hilt, Ph.D ('97)

Hilt is the Milwaukee-Downer College and College Endowment Association Professor of Liberal Studies and Professor and Chair of Psychology at Lawrence University.

Hilt is a licensed clinical psychologist and developmental psychopathology researcher who directs the Child and Adolescent Research in Emotion lab.

She co-edited the *Handbook of Depression in Adolescence* and has published several research studies on adolescent mental health. Much of her research focuses on rumination, the tendency to passively dwell on negative emotions. Hilt and her students developed a mindfulness-based mobile app that reduces rumination in adolescents at risk for depression and anxiety.

Her teaching interests include child clinical psychology, mindfulness, and affective neuroscience. She is on the editorial board for the *Journal of Clinical Child and Adolescent Psychology* and serves as a research consultant for the Samaritan Wellness Screen program.