

MEDITATION FOR HEALTH PURPOSES

JULY 8-9, 2008 | HYATT REGENCY BETHESDA, BETHESDA, MD



Workshop Agenda

Tuesday, July 8, 2008

8:00 Light Refreshments

8:30 Welcome
Catherine Stoney, NCCAM
Astrid Eberhart, CIHR

8:40 Opening Remarks
Josephine Briggs, Director, NCCAM

8:50 Introduction to the Workshop
Susan Folkman & Margaret Chesney, Co-Chairs

9:00 Meditation Practices Panel, Chair: Susan Folkman

Purpose: To get everyone on the same playing field with the terms and basic concepts related to meditation practices

- What are the major features of each practice? Why are these features thought to be important?
- For what health purposes and using what practices do people meditate?
- Discuss these practices in the context of research. What are the major research questions that are ready to be answered?

David Orme-Johnson, "Transcendental Meditation and Health"

Zindel Segal, "Training in Mindfulness: Impacts on Health and Disease"

Sat Bir Khalsa, "Yoga: A Meditative Discipline"

Peter Wayne, "Tai Chi : What it is, what we know about its impact on health, and challenges to studying its effects"

Panel discussion and questions from audience related to presentation
Susan Folkman, Facilitator

10:00 Break

10:20 Psychological Processes and Outcomes Involved in Meditation Panel, Chair: Richard Davidson

Purpose: To identify and discuss relevant cognitive and affective processes related to meditation research, and identify important outcomes

- What outcomes are particularly important in meditation research for indexing cognitive and affective function?
- What changes in affect and cognition might be relevant to the study of meditation?
- What are the most relevant health-related outcomes to measure (psychological well-being, effective coping with chronic illness, wellness, positive emotions, etc)?

- How can we most effectively measure successful meditation?

Jonathan Schooler, “Meditation and Mind-Wandering”

Carol Ryff, “Psychological Well-Being and Biology: Emerging Findings”

Panel discussion and questions from audience related to panel discussion

Richard Davidson, Facilitator

11:15 Large Group Discussion, Susan Folkman and Margaret Chesney, Co-Facilitators

12:00 Lunch—Downtown Bethesda (on your own)

1:30 Physiological Mechanisms Panel, Chair: Paul Grossman

Purpose: To discuss the evidence for effects of meditation on physiological functioning and to outline the most potentially relevant physiological mechanisms to be examined in meditation studies

- What are the effects, if any, of meditation on the CNS and peripheral biology?
- What are the interactions between central functioning and peripheral biology that are relevant in studies of meditation?
- What are the mechanisms that we should be examining to understand how meditation might affect health?
- What are the mechanisms that we should be examining to understand how meditation operates?
- What is understood regarding the neural basis of attention?

Kevin Tracey, “Physiology and immunology of the cholinergic antiinflammatory pathway”

Paul Mills, “Biomarkers of Inflammation for Meditation Research”

Karleyton Evans, “Modulation of respiratory related neural activity during mindfulness meditation”

Panel discussion and questions related to presentation from audience

Paul Grossman, Facilitator

2:30 Charge to the Breakout Groups, Margaret Chesney and Susan Folkman, Co-Chairs

2:40 Break

3:00 Breakout Session 1 (Theme: Psychological and Physiological Processes)

Group 1: Frank Treiber, Facilitator, Cabinet/Judiciary Room

Group 2: Karina Davidson, Facilitator, Old Georgetown Room

Group 3: Gail Ironson, Facilitator, Severn/Susquehanna Room

4:30 Large Group Discussion, Susan Folkman and Margaret Chesney, Co-Facilitators

5:30 Adjourn for day

Wednesday, July 9, 2008

8:00 Light Refreshments

8:15 Design Approaches for Meditation Research Panel, Chair: Karina Davidson

Purpose: To discuss the design challenges associated with studies of meditation for health, and outline solutions in the form of alternative designs and analytic tools, and to identify and outline solutions to critical design issues

- What are the primary design challenges to conducting research on meditation for health purposes?
- How can we borrow from other types of clinical trials (CBT in psychotherapy research, for example) to solve difficulties with regard to research design and methodology?
- What is the array of research designs that should be included in this research portfolio? (In addition to RCTs, what are other useful design strategies?)
- At what stage of the research are these designs optimal?
- How can critical design issues, such as dosing, blinding, manualization, quality control, adherence, control group design, placebo, and randomization, be addressed in studies of meditation?

Richard Bootzin, "Design Challenges at Different Stages of Research"

Ken Resnicow, "Lessons Learned from Health Communications and Complexity

Science: Active ingredients, appropriate controls, moderators, mediators, and measures"

Helena Kraemer, "What Will It Take To Convince the Medical Community of the Value of Meditation?"

Panel discussion and questions from audience related to presentation

Karina Davidson, Facilitator

9:15 Barriers to Progress: Historical, Conceptual, and Operational, Chair: Frank Treiber

Purpose: To summarize the barriers to understanding the role of meditation for health and disease

- What are the major historical, conceptual, and operational barriers that prevent the field from moving forward?
- Are there special barriers for studies of meditation?
- What Strategies can we employ to overcome these barriers?
- Who might contribute to identifying solutions to these?

Panel Members: Margaret Chesney
Susan Folkman
Richard Nahin
Karina Davidson
Richard Davidson
Paul Grossman
Gail Ironson
Frank Treiber

10:15 Charge to Breakout Groups, Margaret Chesney and Susan Folkman, Co-Chairs

10:30 Break

- 10:45 Breakout Session 2 (Theme: Transcending Barriers)
Group 1: Frank Treiber, Facilitator, Cabinet Room
Group 2: Karina Davidson, Facilitator, Old Georgetown Room
Group 3: Gail Ironson, Facilitator, Judiciary Room
- 12:15 Lunch—Downtown Bethesda (on your own)
- 1:30 Breakout presentations
- 1:30 Breakout Group 1 Presentation and Questions
2:00 Breakout Group 2 Presentation and Questions
2:30 Breakout Group 3 Presentation and Questions
- 3:00 General Discussion & Recommendations, Susan Folkman and Margaret Chesney,
Co-Chairs
- 4:00 Closing Remarks, Josephine Briggs, Director, NCCAM
- 4:10 Adjourn