



Be Here Now: Mindfulness, compassion and elders

Lucia McBee

6 Settembre 2016 ore 15:30

**Aula polifunzionale, Istituto di Riabilitazione e di Cura
Santa Margherita, Via Emilia 12 - Pavia**

What is mindfulness? Why mindfulness and compassion practices are appropriate for frail elders and caregivers?

Lucia McBee will help us to understand why the research on mindfulness, elders and caregivers is rapidly growing. She will illustrate MBSR (mindfulness-based stress reduction model), its practical aspects and the applications of mindfulness for elders and caregivers.

Lucia McBee has worked with elders and their caregivers for over 30 years in community, research, and institutional settings. She received master's degrees in Public Health and Social Work from Columbia University, and is a certified yoga instructor. Since 1994, she has adapted mindfulness practices and programs for frail elders, staff and family caregivers. She has also taught has taught Mindfulness Based Stress Reduction to college students, persons with HIV, previously incarcerated persons, medical students and the general public. Formerly employed for 17 years in nursing homes, Lucia is currently a freelance author, teacher and consultant. Mindfulness-Based Elder Care: A CAM Model for Frail Elders and Their Caregivers, her book describing her work with elders and caregivers, was published in 2008. She is an Adjunct Lecturer at the Columbia University School of Social Work and a freelance educator.

Organizing committee

Prof.ssa **Luisa Bernardinelli** - Dipartimento di Scienze del Sistema Nervoso e del Comportamento - Università degli Studi di Pavia

Prof.ssa **Mariangela Rondanelli** - Responsabile dell'ambulatorio di endocrinologia e dietologia dell'Istituto di riabilitazione e cura Santa Margherita di Pavia

Salvatore Bruno - Naturopata, trainer di meditazione, counsellor all'Istituto di Psicointegrazione di Milano