



2022 UQ Compassion Symposium Conference Schedule

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| 8:30 – 9:00 | Conference Registration | |
| OPENING PLENARY SESSION <i>Rooms 201-204</i> | | |
| Open | Dr Stan Steindl <i>Conference introductory session</i> | |
| 9.00 – 9.30 | Dr James Kirby <i>Ways of knowing & measuring compassion</i> | |
| 9.30 – 10.00 | Angelo Contarino <i>My metropolis journey with Myasthenia Gravis</i> | |
| 10.00 – 10.30 | Morning Tea (30 min) | |
| MORNING CONCURRENT STREAMS | | |
| | Room 304 | Room 305 |
| 10.30 – 10.55 | Dr Lauren Lawson & Dr Eric Morris <i>A Network Investigation of Self-Compassion, Psychological Flexibility, Insomnia and Depression</i> | Judith Austin <i>A digital based compassionate mind training intervention for those with cancer</i> |
| 10.55 – 11.20 | Bichen Guan <i>Communal Orientation and Emotional Exhaustion: The Role of Emotion Regulation and Supervisor Compassion</i> | Shana Laughton <i>The experiences and understandings of compassion from the perspective of adolescents</i> |
| 11.20 – 11.45 | Jonathan Davies <i>Active Controls in Contemplative Research: Are We Measuring What We Think We Are?</i> | Dylan Moloney-Gibb <i>Three Circles: Testing a new digital, compassion focused approach to measuring emotion systems</i> |
| 11.45 – 12.10 | Leah Smolarek <i>Self-Compassion and Prosocial Orientations: A Systematic Review and Meta-Analysis Protocol</i> | Dr Laura Ferris <i>Stay safe, watch your mates: Seeking help at a youth mass gathering</i> |
| 10 min | Session Buffer <i>Accommodates for stream-swapping and speaker setup</i> | |
| 12.20 – 13.00 | Lunch (40 min) | |



| AFTERNOON CONCURRENT STREAMS | | |
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| | Room 304 | Room 305 |
| 13.00 – 13.25 | <p>Celia Roberts</p> <p><i>Cultivating the Science of Calm: Compassion-Based Moving Meditations in Private Practice</i></p> | <p>Monique Mitchelson</p> <p><i>Compassion Focused Therapy with Autism and ADHD: Utilizing The Neurodiversity Affirming Model</i></p> |
| 13.25 – 13.50 | <p>Peter Gilogley</p> <p><i>The CFT Group is more than the sum of its parts</i></p> | <p>Dr Chase Sherwell</p> <p><i>Multimodal assessment of a Compassionate Mind Training approach to treating anxiety in autistic adults</i></p> |
| 13.50 – 14.15 | <p>Dr Courtney Walton</p> <p><i>The Role of Self-Compassion in Performance: Insights from elite sport</i></p> | <p>Dr Wes Turner</p> <p><i>Clinical impressions and lessons from introducing compassion to neurodiverse groups</i></p> |
| 14.15 – 14.40 | <p>Amanda Connell</p> <p><i>I think about hurting my baby: using CFT to understand thoughts of harm in the perinatal period</i></p> | <p>Deanna Varley</p> <p><i>Attachment and fears of compassion</i></p> |
| 10 min | <p>Session Buffer</p> <p><i>Accommodates for stream-swapping and speaker setup</i></p> | |
| 14:50 – 15:10 | <p>Afternoon Tea (20 min)</p> | |
| AFTERNOON PLENARY SESSIONS | | |
| <p><i>Rooms 201-204</i></p> | | |
| 15:30 – 15:55 | <p>Dr Stan Steindl</p> <p><i>Putting the three flows of compassion into practice</i></p> | |
| Close | <p>Dr James Kirby</p> <p><i>Conference wrap-up session</i></p> | |
| 16:00 | <p>Estimated End of Event</p> | |