On behalf of Viterbo University and the D.B. Reinhart Institute for Ethics in Leadership, we welcome you to the 16th annual ethics conference. Contemplation has long been considered a key part of the virtuous life. Indeed, Aristotle referred to contemplation as the “highest form of activity.” Contemporary research in neuroscience seems to confirm this view, and yet it also raises new questions about the nature and benefits of this ancient practice. What, for example, is the difference between contemplation in the classical sense and the modern practice of mindfulness? For that matter, how does contemplation differ, if at all, from meditation or prayer? What are the benefits of contemplation? How, and in what contexts, should it be taught? Does contemplation have a place in public schools and universities or in the workplace? Is it an essentially private or public activity? The 2018 Annual Ethics Conference at Viterbo University gathers interested scholars from a variety of disciplinary backgrounds for a national conversation on these and related questions.

Thank you for joining us, please do not hesitate to let us know if there is anything we can do to make your visit more enjoyable.

MISSION AND VISION STATEMENT

The mission of the D.B. Reinhart Institute for Ethics in Leadership is to create opportunities for education, research, and dialogue about significant ethical ideas and issues.

The vision of the Institute is to be a catalyst in a flourishing community of servant leaders dedicated to the common good.
INTERNET ACCESS
Connect to VITERBO-STUDENT and then open a browser to sign in using the information below.

Name: Viterbo Workshop • Username: workshop • Password: Ethics18

SAVE THE DATE
17th Annual Ethics Conference – The Ethical City
Viterbo University
April 4–6, 2019

RECEIVE UPDATES FOR OUR ETHICS INSTITUTE EVENTS
TEXT “ETHICS” TO 66866 AND REPLY WITH YOUR EMAIL

PARKING
You may park in the lots south of the Fine Arts Center or the Reinhart Center. No permit is required during the conference. Parking is also available in the neighborhood south of Jackson Street. Watch parking signs for two-hour only areas.

CAMPUS NAVIGATION
A campus map is located in the back of this booklet. The workshop is being held in the Reinhart Center Board Room. Elevators, water fountains, and restrooms are located in the center of the Reinhart Center building, opposite the Reinhart Center Board Room. Also, stairs are on each end of the building.

CONTACT INFORMATION
If you need assistance at any time during the conference, feel free to contact us:
Richard Kyte: rlkyte@viterbo.edu
Maureen Cooney: mjcooney@viterbo.edu
Nicole Van Ert: nmvanert@viterbo.edu

FOOD
Breakfast, lunch, and an afternoon snack will be served on Friday, April 20 and Saturday, April 21. If you would like ideas for dinner, here are a few convenient options within walking distance:

- Houghton’s (good for sandwiches, soup, and salad) located across Jackson Street, just east of campus.
- The Recovery Room (burgers and sandwiches) located one block west of campus on Winnebago Street.
- The Marketplace (cafeteria) within Mayo Clinic Health System located one block east of campus. Enter through the door on Market Street near the corner and go down one level.
- Vending machines are located on the lower level of Reinhart Center, down the hall from the elevator.
**THURSDAY, APRIL 19**

7 p.m.  **Daniel Goleman**  
*Emotional Intelligence, Mindfulness, and Creativity*  
Fine Arts Center Main Theatre

8:30 p.m.  **Reception and Book Signing**  
Fine Arts Center Main Lobby

**FRIDAY, APRIL 20**

7:30 a.m.  **Registration and Continental Breakfast**

8–8:45 a.m.  **Q&A with Daniel Goleman**  
Reinhart Center room 107

9–10:15 a.m.  **Session I**  
Reinhart Center room 107

1. **Aristotle, Contemplation and the Epistemic Virtues**  
Eric Kraemer, University of Wisconsin-La Crosse

Richard Hall, Fayetteville State University, Fayetteville, N.C.

10:30–11:45a.m  **Session IIa**  
Reinhart Center room 107

3. **Sharing the Silence: An Interdisciplinary Mindfulness Group**  
Susanna Cantu Gregory, Clarke University, Dubuque, Iowa  
Sherry Warren, Clarke University, Dubuque, Iowa  
Lorie Murphy, Clarke University, Dubuque, Iowa  
Hunter Darrouzet, Clarke University, Dubuque, Iowa

4. **Spirit of Ministry: Reverie Harp—An Innovative Approach to Healing**  
Krista Clements-Orlan, Mayo Clinic Health System-Franciscan Healthcare

**Session IIb**  
Reinhart Center room 127

5. **Contemplating the Cosmos and the Third Copernican Revolution**  
Jason Howard, Viterbo University

11:45–12:45 p.m.  **Lunch**  
Reinhart Center Lobby

12:45–1:45 p.m.  **Session III**  
Reinhart Center room 107

6. **The Uncharted Waters of Spiritual and Pastoral Care**  
Marek Kopacz, U.S. Department of Veteran Affairs
2–3:15 p.m.  **Session IVa**  
Reinhart Center room 107  

7  **The Neo-Confucian Perspective on the Content and Place of Contemplation**  
Sam Cocks, University of Wisconsin-La Crosse  

8  **What is Contemplation?**  
Stephen Calogero, St. Mary’s University, San Antonio, Texas  

**Session IVb**  
Reinhart Center room 127  

9  **Contemplating the Unnatural: Artificial Intelligence, Virtual Reality, and Human Reflection and Meditation**  
Jo Ann Oravec, University of Wisconsin-Whitewater and Madison  

10  **A Contemplative Labyrinth Technology: The Mountain 10 Process**  
Gary Boelhower, The College of St. Scholastica, Duluth, Minn.  

3:30–4:30 p.m.  **Session V**  
Reinhart Center room 107  

11  **Contemplation in Higher Education: Modes of Inquiry, Attentions to Earth, Judgments of Citizens**  
Susan Forshey, University of Dubuque, Dubuque, Iowa  
Christine Darr, University of Dubuque, Dubuque, Iowa  
Adam Smith, University of Dubuque, Dubuque, Iowa  

*Schedule continued on next page*
SATURDAY, APRIL 21

7:30 a.m.  **Continental Breakfast**

8–9 a.m.  **Session VI**
Reinhart Center room 107

12  **The Resilient Option**
Amit Sood, M.D., Mayo Clinic, Rochester, Minn.

9:15–10:30 a.m.  **Session VII**
Reinhart Center room 107

13  **From Shadows to Light: Contemplation, Despair, and Resilience**
Mara Adams, St. Ambrose University, Davenport, Iowa

14  **Decentering the Self Through Contemplation: A Comparison of St. Paul and Seneca**
Stephen Minnema, Viterbo University

10:45–noon  **Session VIII**
Reinhart Center room 107

15  **Contemplation: Some Complexities and Challenges**
Robyn Gaier, Viterbo University

16  **Learning to Listen: Why Western Philosophy Needs Contemplative Practices**
Anna Lännström, Stonehill College, Easton, Mass.

noon–1:15 p.m.  **Lunch**

1:15-2:30 p.m.  **Session IX**
Reinhart Center room 107

17  **Engaging Equanimity to Support and Enhance Contemplative Studies Learning**
Amy Shapiro, Alverno College, Milwaukee

18  **A Case Study of Mindfulness and Music Education**
Joanne Chang, Queensborough Community College, Bayside, N.Y.
Peter Lin, St. Joseph’s College, Patchogue, N.Y.

2:45-3:45 p.m.  **Session X**
Reinhart Center room 107

19  **The Contemplative Life: Musings of a Street Monk**
Tom Thibodeau, Viterbo University
Daniel Goleman

*Emotional Intelligence, Mindfulness, and Creativity*

Psychologist and author of *Emotional Intelligence and Focus*, Daniel Goleman has transformed the way the world educates children, relates to family and friends, and conducts business. The *Wall Street Journal* ranked him as one of the 10 most influential business thinkers. His article “What Makes a Leader?” remains the most requested reprint in the history of *Harvard Business Review (HBR)*.

His 2014 bestseller, *Focus: The Hidden Driver of Excellence*, argues that leadership that gets results demands a triple focus: on our selves; on others, for our relationships; and on the outer forces that shape organizations and society. Goleman’s “The Focused Leader” won the 2013 HBR McKinsey Award, given each year for the best article in *HBR*.

In his book, *A Force for Good: The Dalai Lama’s Vision for Our World*, Goleman—who was personally selected by the Dalai Lama—combines the Dalai Lama’s key teachings, empirical evidence, and true accounts of people putting his lessons into practice, offering readers practical applications for making the world a better place.

Goleman’s *Emotional Intelligence* was on *The New York Times* best sellers list for a year-and-a-half. Named one of the 25 “Most Influential Business Management Books” by *TIME*, it has been translated into 40 languages. *HBR* called emotional intelligence (EI) “a revolutionary, paradigm-shattering idea.” His follow-up, *Working With Emotional Intelligence*, outlined the importance of EI in professional settings.

The groundbreaking *Primal Leadership: Unleashing the Power of Emotional Intelligence*, which Goleman co-wrote with Richard Boyatzis and Annie McKee, unveiled scientific evidence proving that a leader’s emotional competencies have an enormous impact on an organization’s bottom line. His more recent books include *Social Intelligence: The New Science of Social Relationships*, *Ecological Intelligence*, and *What Makes a Leader*, a collection of articles from *HBR*, LinkedIn, and other business journals.


His work on the brain and behavioral science was nominated twice for the Pulitzer Prize and recognized with the Washburn Award and Lifetime Career Award from the American Psychological Association. A former science journalist for *The New York Times*, he was named to the 2011 and 2013 Thinkers50 and a top business guru by Accenture Institute for Strategic Change.
Marek Kopacz, U.S. Department of Veteran Affairs
The Uncharted Waters of Spiritual and Pastoral Care

Marek Kopacz earned an M.D. in 2004 and a Ph.D. in 2010 from Jagiellonian University Medical College (Krakow, Poland). During this time he also undertook graduate-level training in public health research, international community health, and sustainable human development. His field of expertise is medical sociology. He has applied and developed his research skills in public health and business settings. Kopacz joined the VISN 2 Center of Excellence for Suicide Prevention in 2012.

Amit Sood, M.D., Mayo Clinic
The Resilient Option

Amit Sood, M.D., is a professor of medicine at Mayo Clinic and directs the Mind-Body Medicine Initiative. He is also the creator of the Mayo Clinic Healthy Living Resilient Mind program and has authored multiple books including The Mayo Clinic Guide to Stress-Free Living, The Mayo Clinic Handbook for Happiness, Immerse: A 52-Week Course in Resilient Living, and Mindfulness Redesigned for the Twenty-first Century. Sood received the 2010 Distinguished Service Award, the 2010 Innovator of the Year Award, the 2013 Outstanding Physician Scientist Award, and the 2016 Faculty of the Year Award from Mayo Clinic. He was also honored as the Robert Wood Johnson Health Care Pioneer in 2015. The Intelligent Optimist (formerly Ode Magazine) selected Sood as one among the top 20 intelligent optimists helping the world to be a better place. In 2016, he was selected as the top impact maker in healthcare in Rochester, Minn.

Tom Thibodeau
The Contemplative Life: Musings of a Street Monk

Tom Thibodeau is Distinguished Professor of Servant Leadership for the Master of Arts in Servant Leadership program at Viterbo University, where he teaches courses such as: Leading by Serving, Servant Leadership, Homelessness, and Religious Diversity. Thibodeau is a multiple Honorary Paul Harris Fellow. He is the founder of Place of Grace, a Catholic Worker House and free meal site that serves hundreds of needy persons each month. A graduate of St. John’s University, Collegeville, Minn. he is a candidate for the Doctor of Ministry from the consortium of seminaries at St. Paul, Minn.
Eric Kraemer – University of Wisconsin-La Crosse

Aristotle, Contemplation, and the Epistemic Virtues

Aristotle famously claims in the Nichomachean Ethics that contemplation (what some translate as “theoretical study”) is the greatest of the virtues. While philosophers and theologians who value the practice of contemplation above all others may be tempted to agree with Aristotle, there are many situations in which other virtues are more important. Still, virtue theorists agree that the virtues work together, and, taken in this light, contemplation seems to be an important virtue, especially if one considers not just its relation to the paradigmatically moral virtues (courage, temperance, justice) but even more significantly regarding the intellectual virtues. This presentation investigates the role contemplation should play in relation to the epistemic virtues given recent developments in cognitive science.

Eric Kraemer, Ph.D., is a professor in the Department of Philosophy at the University of Wisconsin-La Crosse.

Richard Hall – Fayetteville State University

A Contemplative in Nature’s Realm: The Case of Jonathan Edwards

In this paper, I focus on Jonathon Edwards’ mystical sense of a meaning of nature underlying her visible forms at which they hint—his Wordsworthian “sense of something deeply interfused.” With reference to this, I shall do the following: First, I shall apply William James’ typology of mysticism to Edwards’ mystical sense of nature’s significance and show how it fits what James identifies as a lower grade of mystical experience. Second, I shall discuss Edwards’ explication of the hidden meanings he found in natural phenomena in terms of his theory of types or typology.

Richard Hall received a B.A. in philosophy from Boston University, an M.A. in philosophy from Dalhousie University, and a Ph.D. in philosophy from the University of Toronto. He is professor of philosophy at Fayetteville State University, a constituent institution of the University of North Carolina. His publications include two books, The Ethical Foundations of Criminal Justice and The Neglected Northampton Texts of Jonathan Edwards: Edwards on Society and Politics; and chapters in The Contribution of Jonathan Edwards to American Culture and Society (The Northampton Tercentenary Celebration 1703–2003), Josiah Royce for the Twenty-First Century, and Middlebrow Wodehouse.

Hunter Darrouzet, Susanna Cantu Gregory, Lorie Murphy, Sherry Warren – Clarke University

Sharing the Silence: An Interdisciplinary Mindfulness Group

A panel of four colleagues from various disciplines and student-focused services at Clarke University, a small Catholic liberal arts college, will share their struggles and successes in developing a weekly mindfulness group that is attended by students, staff, and faculty. Creating a gathering that focuses on practice and education, is inclusive and welcoming of people of all spiritualities and philosophical leanings, and supports people in their search to manage life’s stressors has been transformative for the core group of leaders who sought to bring it to fruition. They will openly share what this collaborative effort has meant for them.
Hunter Darrouzet, M.Div., is in his second year as director of campus ministry at Clarke University and his 10th year in professional campus ministry. He is a trained spiritual director and has a focus in male spirituality/men's ministry and interfaith ministry.

Susanna Cantu Gregory, Ph.D., is an assistant professor of religious studies and teaches Catholic theology at Clarke University. Her research interests include ecclesiology and sacramentality.

Lorie Murphy, M.A., has been the Clarke University Counseling Center director for 18 years. She has a private practice counseling and life coaching at Body and Soul Wellness Center in Dubuque, Iowa. Murphy completed graduate education at Pepperdine University in Malibu, Calif. Before moving to Iowa, she had a private practice in California with a special focus on the mind/body connection in treating anxiety, PTSD, chronic pain, life-altering illnesses, and somatoform disorders.

Counseling philosophy and approach:
I provide counseling and life coaching from a heart-centered and educational coaching approach. My experience with Buddhist philosophy and practice also informs my therapeutic style. I work with people of all ages—including individuals, families, and couples. I help clients identify and heal old wounds, behaviors, and thought patterns that may be causing anxiety and unhappiness. It can help improve self-esteem, develop adaptive skills and improve family functioning, as well as establish and reach personal goals.

Sherry Warren, LMSN, is an assistant professor of social work and is in her second year on the faculty at Clarke University. She teaches social work courses that include spirituality in social work practice and leads workshops for students, staff, and faculty on self-care and mindfulness.

Krista Clements-Orlan – Mayo Clinic Health System-Franciscan Healthcare

Spirit of Ministry: Reverie Harp—An Innovative Approach to Healing

Since biblical times people have been using the musical tones of the harp to soothe during periods of stress and provide for a better state of well-being. I have had the privilege of working in Integrative and Healing Arts at Mayo Clinic Health System-Franciscan Healthcare since 2013. While using the soothing sounds of music to calm and restore is an age-old practice, therapeutic music hasn’t been fully embraced by the medical community. This perception is changing with research and anecdotal evidence. The Reverie Harp has been a blessing in my life as a tool for contemplation, and is something I am blessed to share.

Krista Clements-Orlan is a music practitioner and night chaplain at Mayo Clinic Health System-Franciscan Healthcare. She has engaged patients and their families in contemplative practice during their hospital stays for almost five years. In addition, she is a faculty member at Viterbo University, where she has incorporated mindfulness labs into the university course she teaches as a way to introduce college students to effective self-care techniques. She has practiced Iyengar yoga for 10 years and recently took up the practice of yogic chanting. She holds a second degree certification in Usui/Tibetan Reiki Ryoho, and a Master of Arts in Servant Leadership from Viterbo University.
My presentation explores how key breakthroughs in the life sciences and cosmology have served to re-orient how we contemplate ourselves as members of the larger cosmos. Whether at the microscopic level of microbial life or the macro level of galaxy super-clusters, where human beings fit in the larger nature of things has been expanded over the last few decades in unprecedented ways. The main focus of my presentation is to examine how such radical shifts in perspective alter the traditional importance of contemplation, as embraced in Greco-Roman thought, and what impact, if any, such shifts play on the relationship between virtue and contemplation.

Jason Howard received a Ph.D. in philosophy from the Katholieke Universiteit, Leuven, Belgium. His recent research interests include the philosophy of technology, media ethics, and astrobiology. He has published two books, Conscience in Moral Life and Adventures in Reasoning, along with articles on Kant, Hegel, Schelling, and in the fields of philosophy of emotion, philosophy of education, philosophy of film, and ethics. He is the chief editor of the journal Analytic Teaching and Philosophical Praxis.
Stephen Calogero – St. Mary’s University
What is Contemplation?

Karl Jaspers, in an essay on Plato commented that, “No existent has a natural relation to itself, but can only be related to something else. The only exception is thinking, which is conscious of itself.” Beginning with this quotation, this essay discusses the nature of consciousness, observes that contemplation is only possible in consciousness, and that contemplation must always be an openness to being. The essay explores the necessity of the relationships between contemplation, consciousness and being, and draws on several Greek (e.g., Parmenides) and several contemporary (e.g., Karl Jaspers, Bernard Lonergan) philosophers.

Stephen Calogero, Ph.D., is an associate professor of philosophy at St. Mary’s University in San Antonio, Texas. In his career, he has been decidedly a generalist, pursuing a variety of interests. He has researched and published on topics including the thought of Thomas Aquinas, service learning, ethics, and Latin American history and philosophy. This is Calogero’s second time participating in the Ethics conference at Viterbo. He has also served in administrative positions at St. Mary’s.

Jo Ann Oravec – University of Wisconsin-Whitewater and Madison
Contemplating the Unnatural: Artificial Intelligence, Virtual Reality, and Human Reflection and Meditation

Contemplating natural scenes and focusing on particular internal stimuli (such as breathing patterns) have been a part of reflective and introspective personal regimens for many millennia. This presentation examines these efforts in light of the extended capabilities provided by augmented, mixed, and virtual reality (AR, MR, and VR) technologies. The presentation also outlines how the personalization approaches associated with artificial intelligence (AI) can transform contemplation into an individualistic and potentially egocentric effort, one that is infused with specific traits and preferences that are recognized and enhanced by computer technology. The issues raised are tightly coupled with intricate distinctions between the “natural” and “unnatural” as well as the “artificial” versus the “real.”

Jo Ann Oravec is a full professor in the College of Business and Economics at the University of Wisconsin-Whitewater in the Department of Information Technology and Supply Chain Management; she is also affiliated with the Robert F. and Jean E. Holtz Center for Science, Technology, and Society Studies, University of Wisconsin, and has taught AI at UW-Madison as well. She received an MBA, M.S., M.A., and Ph.D. from the University of Wisconsin. She taught computer information systems and public policy at Baruch College of the City University of New York. She also taught in the School of Business at UW-Madison as well as at Ball State University. She chaired the Privacy Council of the State of Wisconsin, the nation’s first state-level council dealing with information technology and privacy issues. She has written books (including Virtual Individuals, Virtual Groups: Human Dimensions of Groupware and Computer Networking, Cambridge University Press) and dozens of articles on futurism, ethics, film, artificial intelligence, disability, mental health, technological design, privacy, computing technology, management, and public policy issues. She has worked for public television and developed software along with her academic ventures. She has held visiting fellow positions at both Cambridge and Oxford and was recently a featured speaker at conferences in Japan and Australia.
Gary Boelhower – The College of St. Scholastica
A Contemplative Labyrinth Technology: The Mountain 10 Process

This presentation will describe a new labyrinth technology, “Mountain 10,” that integrates the labyrinth journey with human change dynamics. “Mountain 10” provides a template for reflection that divides the labyrinth into four terrains of exploration that correspond to the central dimensions of the human change process. The participant traces the labyrinth path with an awareness of their own calling and responds to questions that facilitate access to inner wisdom. More than 100 participant evaluations of the experience indicate the effectiveness of the technology for persons of diverse ages and backgrounds.

Gary Boelhower, Ph.D., is professor of theology and religious studies at The College of St. Scholastica. He teaches in healthcare ethics, health humanities, moral issues, death and dying, leadership, and religions of the world. Besides teaching for over 45 years, he has served as dean of lifelong learning, dean of graduate studies, and vice president for academic affairs. He has consulted with a broad range of organizations on values, teamwork, mission, diversity, professional ethics, wise decision-making, and the respectful workplace. He has given over a thousand professional presentations and has keynoted at national and regional conferences. He has published scholarly articles and educational texts. His recent books include Naming Rites: Poems (Holy Cow! Press 2017), Choose Wisely: Practical Insights from Spiritual Traditions (Paulist Press 2013), Mountain 10: Climbing the Labyrinth Within (Mountain 10 Resources 2013), and Marrow, Muscle, Flight: Poems (Wildwood River Press 2011) which won the Midwest Book Award. He enjoys backpacking, hiking, cross-country skiing, snowshoeing, sailing, and writing poetry.

Susan Forshey, Christine Darr, Adam Smith – University of Dubuque
Contemplation in Higher Education: Modes of Inquiry, Attentions to Earth, Judgments of Citizens

This panel explores contemplative pedagogy in higher education. The first speaker describes the challenge of incorporating “other modes” of inquiry into traditional college classrooms, urges the creation of space for these alternatives, and argues specifically for four of them. The second speaker considers contemplation in the teaching of politics, and argues that practices of mindfulness can familiarize students and teachers with the politically crucial difference between “being judgmental” and “making a judgment.” The third speaker considers contemplation in the teaching of environmental ethics, and argues that practices of “witnessing” and “attending” to nature can help students often excluded from nature by their backgrounds and identities to forge a closer relationship with the natural world.

Susan Forshey is an assistant professor of discipleship and Christian formation at the University of Dubuque Theological Seminary, joining the faculty in 2014. Drawn from childhood by a love of monastic history and contemplative prayer, she received her Master of Divinity at St John’s University, a Benedictine abbey, and a Ph.D. in Theological Studies (Practical Theology/Spirituality) from Boston University (2015). She has presented papers on the monastic practice of lectio divina and education for the Association of Practical Theology, International Academy of Practical Theology, and the Society for the Study of Christian Spirituality. A retreat leader and spiritual director, Forshey writes and speaks about the brain and spiritual practices, internet-free living, and education, and blogs at The Contemplative Cottage. She spends most summers in Ireland, leading high school and adult educational tours with Museum Without Walls, focused on Irish history and religious reconciliation. Her cat, Minerva, is patiently teaching her to put down the smartphone and pay attention.

Continued on next page
Christine Darr, Ph.D., is an assistant professor of Christian ethics at the University of Dubuque. Her research focuses on the intersection of social and environmental justice with a particular interest in applying an ethic of solidarity along the Mississippi river watershed.

Adam Smith, Ph.D., is an assistant professor of political philosophy at the University of Dubuque. He works generally on the ethics of democratic citizenship, with a recent focus on deep disagreements between citizens about what should and should not be publicly defined as “medical” problems.

Amit Sood, M.D. – Mayo Clinic
The Resilient Option

Amit Sood, M.D., is a professor of medicine at Mayo Clinic and directs the Mind-Body Medicine Initiative. He is also the creator of the Mayo Clinic Healthy Living Resilient Mind program and has authored multiple books including The Mayo Clinic Guide to Stress-Free Living, The Mayo Clinic Handbook for Happiness, Immerse: A 52-Week Course in Resilient Living, and Mindfulness Redesigned for the Twenty-first Century. Sood received the 2010 Distinguished Service Award, the 2010 Innovator of the Year Award, the 2013 Outstanding Physician Scientist Award, and the 2016 Faculty of the Year Award from Mayo Clinic. He was also honored as the Robert Wood Johnson Health Care Pioneer in 2015. The Intelligent Optimist (formerly Ode Magazine) selected Sood as one among the top 20 intelligent optimists helping the world to be a better place. In 2016, he was selected as the top impact maker in healthcare in Rochester, Minn.

Mara Adams – St. Ambrose University
From Shadows to Light: Contemplation, Despair, and Resilience

This presentation takes a look at current research in psychology on the topic of resilience and correlates it to the practice of contemplation. Thomas Merton wrote extensively on contemplation: what it was, how it should be part of the Christian life, and how it informed his activism. In New Seeds of Contemplation, Merton wrote about the stages of contemplation and how one seeking to master this spiritual discipline should be prepared for challenges, despair, and moments of darkness. What does it mean to be a resilient person and how does any spiritual practice contribute to resilience? What are the insights we can learn from contemplative writers in the Christian tradition such as Merton or Thomas Aquinas? Can these insights work to assist those who struggle with complex issues in a secular culture? This presentation includes a summary of Merton’s writings on contemplation and its relationship to activism.

Mara Fitzgibbon Adams, Ph.D., is a professor in the Department of Theology at St. Ambrose University.

Stephen Minnema – Viterbo University
Decentering the Self Through Contemplation: A Comparison of St. Paul and Seneca

This paper assumes that decentering the self through contemplation is a requirement for ethical living and that most of the major religions and philosophies have understood this and attempted to meet this challenge. This paper will compare the approach taken by St. Paul with that of the Stoic philosopher Seneca. It will seek to identify the key differences between what these two teachers urge us to contemplate and how they work out the implications of such contemplation for ethical living. The conclusion will assess the implications of the study for best practice today.
Rev. Stephen Minnema, D.Min., is a faculty member in religious studies at Viterbo University. He is a graduate of the Divinity School at Harvard (Master of Divinity) and of Garrett Evangelical Theological Seminary where he earned a Doctor of Ministry degree. He is retired after 40 years as a Presbyterian minister and has written a book about his ministry entitled *A Small Good Story and Other Tales of a Pastor/Weaver at Work*. He lives in La Crosse with his wife, Deborah Buffton, Ph.D., professor of history at the University of Wisconsin-La Crosse.

**Robyn Gaier – Viterbo University**

*Contemplation: Some Complexities and Challenges*

Contemplation is difficult to practice; but, it is also difficult to understand. In this presentation, I will highlight a few of the complexities and challenges that impede an understanding of contemplation and that, ultimately, compromise the practice of it. Specifically, I will be focusing on the relationship between contemplation and self-knowledge.

Robyn Gaier earned a Ph.D. in philosophy from Saint Louis University and an M.A. in philosophy from Ohio University. Since fall 2011, Gaier has taught fulltime at Viterbo University and was named an Ethics Fellow of the D.B. Reinhart Institute for Ethics in Leadership for the 2017–18 academic year. Her research interests include ethical theory, applied ethics, moral psychology, and conceptions of the self.

**Anna Lännström – Stonehill College**

*Learning to Listen: Why Western Philosophy Needs Contemplative Practices*

Contemplation helps us listen better by helping us develop insight into our presuppositions and emotions and by encouraging us to see other people as sources of knowledge rather than as opponents to be defeated. This makes contemplation an important tool for a needed shift in how academic Western philosophy is practiced and taught. It can help us move away from the combat win-or-lose model, and towards a collaborative model which recognizes that philosophy’s goal is to understand the world, ourselves, and each other better and that we have a better chance of getting there by working together.

Anna Lännström chairs the philosophy department at Stonehill College and teaches courses in ancient Greek philosophy, Asian philosophies, and philosophy of religion. Her research background is in ancient Greek philosophy, and she’s the author of *Loving the Fine*, a book on Aristotle’s Nicomachean Ethics, as well as several articles on the religion of Socrates.

More recently, Lännström’s research interests have shifted in a more practical and contemplative direction: How can we broaden philosophy to include insights from other traditions and disciplines, and how will doing so change our understanding of ourselves and the world? How can we better integrate theory and practice, using philosophy to live better lives? Her recent work includes:

- creating and teaching a course which integrates the practice of yoga and mindfulness with the study of Indian philosophy.
- writing a blog for a nonacademic audience about how insights from philosophical traditions can help us handle the stresses and challenges of our contemporary lives.
- developing a website with resources for philosophy faculty who would like to diversify their teaching by adding materials from outside the Western tradition.

*Continued on next page*
**Amy Shapiro – Alverno College**

*Engaging Equanimity to Support and Enhance Contemplative Studies Learning*

My proposal is to present an approach to pedagogy that is outcome-based and criteria driven that could support the contemplative studies classroom and challenge traditional classroom practices. This approach will draw on the educator’s employment of equanimity to support outcomes in contemplative studies-based classrooms. In the session, those in attendance will discuss methods for engaging equanimity to support better learning in contemplative studies.

Amy Shapiro, Ph.D. is professor of philosophy and humanities at Alverno College in Milwaukee, where she has taught since 1986. She is the founding chair of Cultivating Mindful Awareness and Intention at Alverno College, a committee promoting mindfulness on campus through curriculum development, programming, and course design. Her newest course is the Philosophy and Science of Mindfulness. Shapiro has published articles, presented papers, and given talks on mindfulness and contemplative practices, gender and pedagogy, pedagogy and the Holocaust, philosophy of food, and critical thinking. From 1999–2005 she was director of the Holocaust Education Resource Center at the Milwaukee Coalition for Jewish Learning where she expanded Holocaust education to reach a broad and diverse audience in the greater Milwaukee Community. Shapiro is co-editor with Myrna Goldenberg of *Different Horrors Same Hell: Gender and the Holocaust*, University of Washington Press, 2013.

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**Joanne Chang – Queensborough Community College, Peter Lin – St. Joseph’s College**

*A Case Study of Mindfulness and Music Education*

This case study explores the application of mindfulness in music higher education. After a brief introduction to mindfulness, the first author, a practicing Chan (Chinese Zen) Buddhist, and a performing pianist shares her experience with mindfulness both as a performer and as a professor. The second author, also a Chan practitioner, who is a professor of psychology and a psychotherapist, offers commentary.

Joanne Chang, a New York-based classical pianist has performed extensively worldwide on five continents as a recitalist, soloist with orchestras, and in various chamber music ensembles. In 1995, she gave her recital debut in Australia, and subsequently performed at Die Stiftung Schleswig-Holstein Musik Festival in Germany, and at Carnegie Weill Hall in New York City.

Chang came to prominence as the second prize winner in the National Taiwan Piano Competition and as the string prize winner in the National Taiwan Viola Competition. Continuing her studies, she was awarded a four-year scholarship towards a bachelor’s degree in Australia, where she graduated valedictorian and received a special honor. She has been awarded many scholarships and prizes: The President Award, the Piano Workshop Award, first prize in the Yamaha Keyboard Scholarship competition, the Kerrison Piano Scholarship, and two Queensland Piano Foundation Scholarship Awards. These and others are the tributes that have propelled a career as a pianist on the stages of major concert halls in North America, Europe, the Far East, and Oceania.

Highlights of performances include Fazioli-sponsored solo tours in Taipei, Tainan, Hsinchu, and Kaohsiung of Taiwan; Bern and Olten in Switzerland; QPAC and Ian Hager Recital Halls in Brisbane, Australia; Colden Auditorium at Queens College; Hunziker Theatre at William Paterson University; Merkin Hall sponsored by Artist’s International Inc.; Symphony Space and Steinway Hall in New York; and other cities like Las Vegas and Los Angeles; and Johannesburg and Durban in South Africa.
Chang has also established herself as an interdisciplinary researcher (music and mindfulness). She has several publications in scientific peer-reviewed journals such as *Psychology of Music* and *Medical Problems for Performing Artists*. Chang earned an undergraduate degree from Queensland Conservatorium of Griffith University in Australia, a master's degree from the Manhattan School of Music, and a doctoral degree from Columbia University. Her teachers include Tai-Cheng Chen, Constance Keene, Karl-Heinz Kammerling, Valida Rassoulova, and Lev Vlassenko. Under the tutelage of Natasha Vlassenko and Mykola Suk from Russia, she is in the musical lineage of legendary composers and pianists Rachmaninoff and Liszt.

Peter Lin is a licensed psychologist who specializes in mindfulness-oriented psychotherapy. He received an M.S. in biostatistics from Columbia University and a Ph.D. in clinical psychology (health emphasis) from Yeshiva University (Ferkauf Graduate School and Albert Einstein College of Medicine). His primary clinical fellowship was at Weill Cornell Medical College, and his postdoctoral training was at the HIV Research Center of Columbia University. Lin is an associate professor at St. Joseph's College and has great interest in the integration of Eastern philosophy with Western psychotherapy. He has years of training in Chan (Chinese Zen) practice and is currently a Zen meditation teacher of the Dharma Drum Mountain Chan lineage. He is also actively involved in disaster relief, as a photojournalist and disaster mental health volunteer of Buddhist Tzu Chi Compassion Relief Foundation.

**Tom Thibodeau, Viterbo University**

*The Contemplative Life: Musings of a Street Monk*

Tom Thibodeau is Distinguished Professor of Servant Leadership for the Master of Arts in Servant Leadership program at Viterbo University, where he teaches courses such as: Leading by Serving, Servant Leadership, Homelessness, and Religious Diversity. Thibodeau is a multiple Honorary Paul Harris Fellow. He is the founder of Place of Grace, a Catholic Worker House and free meal site that serves hundreds of needy persons each month. A graduate of St. John's University, Collegeville, Minn., he is a candidate for the Doctor of Ministry from the consortium of seminaries at St. Paul, Minn.