



## Effects and Mechanisms of Mindfulness-based Interventions: A Research Overview

For the past few decades, there has been much interest in the application of mindfulness-based interventions in treating a variety of physical and mental health conditions. Less is known however regarding the mechanisms through which mindfulness-based interventions affect psychological functioning. This talk will provide an overview of clinical and laboratory research on the effects and mechanisms of mindfulness-based interventions conducted in the Mindfulness, Emotion Regulation, and Cognition Lab over the past several years, as well as discuss current directions of research.



by **Dr Keng Shian-Ling**

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Dr Shian-Ling Keng obtained her BSc in Psychology and Biology (with a minor in Political Science), and MA and PhD in Clinical Psychology from Duke University, North Carolina, United States. She completed her clinical psychology residency at Centre for Addiction and Mental Health (CAMH), Toronto, Canada. Prior to joining Yale-NUS College, she was a faculty member in the Department of Psychology at NUS and clinical supervisor at the Clinical and Health Psychology Clinic, NUS.

**Chaired by:** Dr Rongjun Yu, Dept of Psychology, NUS

**Date:** 20 Oct 2017, Friday | **Time:** 12.00nn - 1.30pm

All are Welcome! Refreshments will be served. Registration is required.

Register at <https://tinyurl.com/y9m9qewf> by 19 Oct 2017