



IMISA

Institute for Mindfulness
South Africa

Mindfulness Conference 2019

Abstract Submissions - Guidelines

We invite abstract submissions for pre-conference workshops, breakout and poster sessions.

Submissions Open: 15 June 2018

Submissions Close: 15 December 2018

Visit <https://mindfulness.org.za/mindfulness-conference-2019/submit-abstracts/> to submit your abstracts.

Abstract Submission Categories:

- Mindfulness in Health
- Mindfulness in Education
- Mindfulness in Leadership/Business/the Board Room
- Mindfulness in the Community
- Mindfulness and Trauma
- Mindfulness and Diversity
- Mindfulness Based Interventions: general
- Mindfulness and Social Justice
- Mindfulness in Sport and High Performance
- Mindfulness Education

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- Mindfulness Teacher Training
- Neurobiology of Mindfulness and Compassion
- Ethics
- General mindfulness-based research

Abstract Submission Formats:

Paper (Breakout) Session: Paper presentations are topical oral presentations allotted 30 minutes for the oral presentation and audience engagement. The balance will be 10-15 minutes presentation, 10-15 minutes Q&A. The 90-minute paper presentation sessions will be chaired by a moderator and comprise of 3 individual papers. The moderator will ensure that presenters adhere to the time allocations to ensure sufficient time for discussion amongst the presenter and the audience. Breakouts will be clustered thematically. Priority will be given to community-based explorations of mindfulness-based programmes and approaches in which skilful adaptations are being explored and/or researched.

Poster Session: Poster sessions are an effective format for presenting scientific information in a more informal and intimate setting. Poster session will be 60-90 minutes and presenters will be required to be at their posters throughout the presentation session.

Pre-Conference Workshop Session: A workshop session deals with specific issues in the Mindfulness Based field. These sessions will be facilitated by an expert/experts in a particular field, will incorporate skills training, presentation of grounded theory and research and be interactive. The workshop session is 5 hours long with a tea break. (12noon -5pm)



Abstract Submission Rules:

Abstract submission is open to all and not limited to IMISA registered members.

Abstracts are to be submitted within the outlined submission period.

Abstract may only be submitted [on-line via this online portal](#).

Abstracts may be submitted for Oral, Poster and Workshop presentation formats.

Abstracts must be submitted in English.

Abstracts may not exceed 250 words (300 for workshops) and the content must be arranged under the headings:

Research: Title, learning objectives, methods (including participants), results and conclusions.

Case Report: Title, learning objectives, context, conclusions.

Workshop: Title, learning objectives, structure, skills taught.

Posters: Title, Methodology, Results, Conclusion.

Abbreviations may be used once defined in brackets following their first use in the sentence.

Abstract submission to be accompanied by a statement regarding ethical compliance.

Abstracts will not be edited and will be published as received therefore submissions must please be proofread carefully before submitting.

All abstracts will be peer-reviewed by the scientific program committee who will make the final decision on all submissions.

Once abstracts are accepted presentations will be scheduled on any of the two presentation days at the discretion of the programme co-ordinators. By submitting an abstract authors/presenters agree to be present on the assigned date and time.



Conference registration of the presenting author is mandatory. The deadline for presenting author registration is 31 January 2019. The presentation will be withdrawn from the programme if the registration fee has not been paid by this date.

Accepted poster, paper or symposium abstracts must be presented by the designated author(s) or representatives. Any changes to the presenters must be formally communicated to the organisers. Authors and presenters attending the conference must register and pay the appropriate fee for the meeting.

Once Abstracts have been accepted:

Presenter will be asked to furnish Conference Objectives i.e. 3 Objectives indicating benefits for the attendees.

Presenters will be asked to include in their presentation and provide organisers with hard copy of disclosure statement i.e. disclosure re financial or non-financial arrangements or affiliations.

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