

Center for Innovation and Research on Veterans & Military Families

Strengthening Attention

with Mindfulness Training in High-Stress Cohorts

A discussion with Amishi Jha, Ph.D.



*Amishi Jha, PhD
University of Miami
Mindfulness Research and Practice Initiative*

MONDAY

Mar. 20

11:30 am - 12:50 pm

USC Center

**1150 S. Olive St. , Los Angeles
11th Floor - Board Room**

Lunch will be served

Dr. Amishi Jha is a neuroscientist and associate professor in the Department of Psychology at the University of Miami, where she also serves as director of Contemplative Neuroscience for the UMindfulness Initiative. Her studies include the effects of mindfulness-based training programs on cognition, emotion, and resilience in the military.

RSVP at bit.ly/usccir-jha

USC Suzanne Dworak-Peck
School of Social Work