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.



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