



MINDFUL KINDNESS: FUSING COGNITION AND BEHAVIOR TO SET OUR PURPOSE

Dr. Douglas Carnine

During Dr. Carnine's 35-year career at the University of Oregon, he taught about, conducted research on, and advocated for improving the education of vulnerable children—lower income, those with disabilities, English learners, and diverse populations. Now, much of his volunteer work focuses on vulnerable adults, at this time prisoners in particular, as described in his book, *Saint Badass: Personal Transcendence in Tucker Max Hell*. Three of his coauthors, men convicted of murder, were sexually, physically, and verbally abused as children, grew up to be abusers themselves, will spend the rest of their lives in prison and yet transformed themselves through the practice of mindful kindness. Mindfulness is cognition and kindness is behavior. He will touch on some of the extensive evidence base for mindfulness and for kindness in the presentation. In addition, he will guide the audience in sampling some mindful kindness practices.

Brought to you by the
University of Oregon's Behavior Analysis Student
Organization (BASO)

**NOVEMBER
16TH 2018**

HEDCO 146
5PM- 6:30PM

**Social at
Track Town Pizza
following the
presentation**

