Miles Neale, PsyD

Miles Neale, PsyD, is among the leading voices of the current generation of Buddhist teachers and a forerunner in the emerging field of contemplative psychotherapy. He is Assistant Director of Nalanda Institute for Contemplative Science where he develops and teaches programs based on Indo-Tibetan Buddhism, meditation, neuroscience, and psychotherapy. Dr. Neale is also Buddhist psychotherapist in private practice where he sees meditators, yogis and those interested in well-being and spiritual development without spiritual bypassing and Instructor of Psychology at Weill Cornell Medical Center where he teaches and researches the clinical applications and health benefits of meditation.

Emily Wolf, PhD

Emily J. Wolf, PhD, is a counseling psychologist in private practice integrating contemplative methods of Indian yoga and meditation into Western psychodynamic therapy, recovery, and health psychology. She also is the Director of Nalanda Institute’s Contemplative Psychotherapy Program, deeply invested in training care providers in the healing modalities of Buddhist traditions. Dr. Wolf received her BA in Eastern Religion from Columbia College, PhD in Counseling Psychology from Fordham University, and has studied under Tibetan Buddhist and Hatha Yoga/Ashtanga yoga masters both in the United States and Asia for over a decade. She is co-editor and contributing author of Advances in Contemplative Psychotherapy: Accelerating Healing and Transformation (2017).

Ethan Nichtern

Ethan Nichtern, is a Buddhist teacher, author, and activist. He is a Shastri, a senior teacher, in the Shambhala Buddhist tradition, and is currently senior teacher-in-residence for the Shambhala New York community. Additionally, Nichtern founded the Interdependence Project, a nonprofit organization dedicated to secular Buddhist practice and transformational activism and arts. His books include The Road Home: A Contemporary Exploration of the Buddhist Path and The Dharma of The Princess Bride: What The Coolest Fairy Tale of Our Time Can Teach Us About Buddhism and Relationships. His articles have been featured in Lion’s Roar, Tricycle, BuddhaDharma, as well as many other online publications.
Sonia Sequiera, PhD

Sonia Sequeira, PhD, is a neuroscientist, yoga instructor, and manager of the Drug Development Program for Clinical Trials at Memorial Sloan Kettering Cancer Center. She has been teaching yoga since 1997 and is a certified instructor in Hatha, Kundalini, and Naam yoga. Dr. Sequeira is the Founder and Director of the Institute for Meditation Sciences and also spearheads the Advances in Meditation Research conference series. Her work revolves around the use of scientific methodologies to study how meditation can be applied to improve health in diverse populations.

Erin Olivio, PhD

Erin L. Olivo, PhD, MPH, is a clinical psychologist in private practice. She is a former Assistant Clinical Professor of Medical Psychology at Columbia University, and the former Director of the Columbia Integrative Medicine Program, which she headed with Dr. Mehmet Oz. She has intensive training in Dialectical Behavior Therapy (DBT), Mindfulness Based Cognitive Therapy (MBCT), and clinical hypnosis. Dr. Olivo researches the benefits of mind-body strategies in medical and mental health care, especially for people facing cancer, cardiovascular disease, and obesity.

Jon Kaplan, PhD

Jonathan Kaplan, PhD, is a clinical psychologist that serves as the director of the SoHo CBT + Mindfulness Center, which specializes in providing innovative cognitive behavioral therapy and mindfulness training for adults, teens, children, couples, and organizations. In 2000 he earned his doctoral degree from UCLA where he initially started practicing mindfulness and meditation. Recently, Dr. Kaplan was a contributing author of Becoming Mindful: Integrating Mindfulness into your Psychiatric Practice (2017). Dr. Kaplan is committed to studying and practicing Theravada Buddhism, while integrating it with modern life (e.g., parenting, city life, social justice, etc.).
Leslie Blackhall, MD

Leslie J. Blackhall, MD, is Associate Professor of Medicine and Medical Humanities at the University Of Virginia School of Medicine and Director of Palliative Care Services and received her medical degree from New York University. Dr. Blackhall has had a career-long focus on the care of patients with life-limiting illnesses. Her current work focuses on the understanding of the end of life as a developmental stage and part of a continuum of care for all patients, and to transform medical education and health care systems to ensure patients in this stage of life receive compassionate, mindful, inter-professional, and clinically excellent care.

Bart van Melik, MA

Bart van Melik, MA, is a meditation and Insight Dialogue teacher. His Masters in Psychology of Culture and Religion is from the Nijmegen University in The Netherlands. He is also a graduate of the Community Dharma Leader Program at Spirit Rock and is currently in the Spirit Rock/IMS teacher training program. Van Melik teaches through the Metta Foundation and is a senior teacher at the Lineage Project. He has been teaching meditation since 2009, with a specific focus on working with diverse populations, including bringing meditation to juvenile detention centers, homeless shelters, VA hospitals and New York City public schools.

Paul Fulton, PhD

Paul R. Fulton, EdD, is a clinical psychologist who also is the course director of the Institute for Meditation and Psychotherapy’s year-long Certificate Program in Mindfulness and Psychotherapy, a lecturer in Psychology at the Department of Psychiatry of Harvard Medical School at Cambridge Health Alliance, and Board member/co-founder of the Institute for Meditation and Psychotherapy. He received his doctorate in comparative human development from Harvard University. Dr. Fulton is interested in investigating and training mental health professionals in the application of principles of Buddhist psychology in psychotherapy.

Speaker Disclosure: Financial: Paul Fulton is in private practice. He receives an honorarium from the Institute for Mediation and Psychotherapy. Dr. Fulton receives a speaking honorarium from PESI, Inc. Non-financial: Paul Fulton is a member of the board of directors of the Institute for Mediation and Psychotherapy.
Pilar Jennings, PhD

Pilar Jennings, PhD, is a psychoanalyst focused on the clinical applications of Buddhist meditation who has been working with patients and their families through the Harlem Family Institute since 2004. She was awarded her PhD in Psychiatry and Religion from Union Theological Seminary, a Masters in medical anthropology from Columbia University, and a Bachelors in interdisciplinary writing from Barnard College of Columbia University. Dr. Jennings is the author of *Mixing Minds: The Power of Relationship in Psychoanalysis and Buddhism* and *To Heal a Wounded Heart: The Transformative Power of Buddhism and Psychotherapy in Action*. Currently, she is a researcher at the Columbia University Center for Study of Science and Religion and Co-chair of the Columbia Faculty Seminar on the Memory and Savery, where she explores the intergenerational transmission of trauma.