



THICH NHAT HANH
CENTER FOR MINDFULNESS IN PUBLIC HEALTH



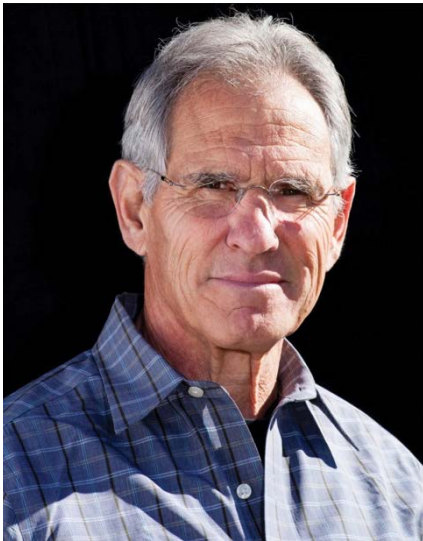
DARTMOUTH



PLUM VILLAGE COMMUNITY
OF ENGAGED BUDDHISM

THE BUDDHA THE SCIENTIST 2025

SPEAKERS



Jon Kabat-Zinn, PhD, is internationally known for his work as a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society. He is a professor of medicine emeritus at the University of Massachusetts Medical School, where he founded its world-renowned Mindfulness-Based Stress Reduction Clinic in 1979, and the Center for Mindfulness in Medicine, Health Care, and Society in 1995. He retired from his positions at the University of Massachusetts Medical School in 2000. Kabat-Zinn was a student of Zen Buddhist teachers such as Philip Kapleau, Thich Nhat Hanh, and Seung Sahn, and a founding member of the Cambridge Zen Center. His practice of yoga and studies with Buddhist teachers led him to integrate their teachings with

scientific findings. He is the author of many books, including the best-selling "Full Catastrophe Living" and "Coming to our Senses." Kabat-Zinn received his PhD in molecular biology from MIT in 1971. **Kabat-Zinn will deliver the symposium's keynote address on Sunday April 6th, 7:30-8:30, Filene Auditorium, Moore Hall.**



Sara W. Lazar, PhD, is an Associate Professor in the Psychiatry Department at Massachusetts General Hospital and Harvard Medical School. The focus of her research is to elucidate the neural mechanisms underlying the beneficial effects of yoga and meditation, both in clinical settings and in healthy individuals. She has been practicing yoga and mindfulness meditation since 1994. Her research has been covered by numerous news outlets including The New York Times, USA Today, CNN, and WebMD.



Steven D. Leach, MD, a surgical oncologist, and pancreatic cancer researcher, leads Dartmouth Cancer Center, a joint enterprise of the Geisel School of Medicine at Dartmouth and Dartmouth Health. Recruited from Memorial Sloan Kettering in 2017, Leach previously held the David M. Rubenstein Chair and was the inaugural director of the Rubenstein Center for Pancreatic Research. In that role, Leach directed a large research team focused on the biology, genetics, and treatment of pancreatic cancer. Prior to that, Leach spent 14 years at Johns Hopkins University, where he served as the Paul K. Neumann Professor in Pancreatic Cancer, chief of the Division of Surgical Oncology, and vice-chair of academic affairs in the Department of Surgery. In addition to his

clinical and administrative roles, Leach continues to lead a highly productive research lab focused on pancreatic cancer biology. Among his many scientific contributions and professional honors, Leach was named a Fellow of the American Academy for the Advancement of Science in 2018 and in 2023 was elected to the National Academy of Medicine. Leach has also served as chair of the Pancreatic Cancer Action Network's Scientific and Medical Advisory Board and as a member of the Princeton University Board of Trustees. A graduate of Princeton University, Leach earned his medical degree at Emory University, followed by a residency at Yale University. There, he served as chief resident in general surgery and completed a research fellowship in surgery and cell biology. Leach completed an additional fellowship, in surgical oncology, at MD Anderson Cancer Center.



Eric B. Loucks, PhD, is a professor, researcher, and innovator in the study of mindfulness and health. As Director of the Mindfulness Center at Brown University, he leads efforts to advance the science and application of mindfulness-based practices to improve well-being and address public health challenges. Dr. Loucks developed the Mindfulness-Based College for Young Adults (MB-College) program and the Mindfulness-Based Blood Pressure Reduction (MB-BP) program, both of which have been rigorously evaluated through NIH-funded randomized controlled trials. His research encompasses mindfulness epidemiology, evidence synthesis, and implementation science, with a focus on translating mindfulness research into practical tools that support health and well-

being. During his career, Dr. Loucks has held teaching positions at Harvard, McGill, and Brown Universities. His work has been featured in prominent media outlets, such as *The New York Times*, *TIME Magazine*, and the *BBC*. Dr. Loucks is author of the book *The Mindful College Student: How to Success, Boost Well-Being and Build the Life you Want at University and*

Beyond. He has provided numerous presentations to national and state governmental bodies. Committed to bridging rigorous science with real-world impact, Dr. Loucks empowers individuals and communities by advancing evidence-based mindfulness practices that support health and resilience.



Dr. Jörg Matschullat, is a professor at Dartmouth College. He was formerly the chairing Professor for Geochemistry and Geoecology and Director of the Interdisciplinary Environmental Research Centre and recent Vice-Rector at the Technical University Bergakademie Freiberg in Germany. Dr. Matschullat is highly engaged in climate change studies in Brazil and in Europe and engages with biogeochemical work in Brazil since 1998. His work at the interface of environmental geochemistry and the climate system connects with carbon behavior, monitoring, and storage and with diverse other areas of biological sciences, earth sciences, ecology, engineering and more. He has published more than 118 peer-reviewed articles, 20 books, and 57 book contributions and has worked on many collaborative research

projects around air, soil and water quality, and human health in Central and Northeastern Brazil as well as in other parts of the world. Recently, his research group has been active with biogeochemical work in the Amazon basin. As the Harris Visiting Professor, Dr. Matschullat will be involved in the Institute's Seed Grant Program, participate in a series of seminars with faculty, postdoc and students, act as a mentor for the Irving Institute's New Energy Summer Summit, and collaborate with researchers and scholars aligned with his area of research across campus.



Zaneta Thayer, PhD, Associate Professor of Anthropology, Department of Anthropology, Dartmouth College, is a biological anthropologist whose research program investigates how environments shape patterns of human biology and health. Dr. Thayer received an A.B. in Biology and Anthropology from Dartmouth College and a PhD in Biological Anthropology from Northwestern University. Her research addresses three broad themes (1) Racialized health inequities; (2) Developmental plasticity, evolution, and health; and (3) Maternal health and well-being. Together, these themes allow her to produce research of interest to evolutionary anthropologists, public

health professionals, and her study populations.



Elli Weisbaum, BFA, MES, PhD, has worked internationally facilitating mindfulness workshops and retreats within the sectors of education, healthcare and business. She is based at the University of Toronto as an Assistant Professor in the Buddhism, Psychology and Mental Health Program (BPMH), with a joint appointment to the Department of Psychiatry, in the Temerty Faculty of Medicine. She is cross-appointment to the Dalla Lana School of Public Health in their Institute of Health Policy, Management and Evaluation (IHPME). Elli is the co-director of the EASE Lab at the University of Toronto, which serves to catalyze trans-disciplinary contemplative science research. At the heart of her work is an interest in cultivating learning and

occupational environments where all members of the community can flourish and thrive. Ongoing and past collaborations include working with UofT's Faculty of Law, Dalla Lana School of Public Health, Faculty of Engineering, Rotman School of Management, Physical Therapy Department, the Ontario Hospital Association, The Hospital for Sick Children, and Massachusetts Institute of Technology (MIT) to integrate mindfulness into programming for faculty, staff, clinicians, patients and students. In 2024 she was awarded a grant from the Ontario Medical Foundation (OMF) to continue her innovative research on the Applied Mindfulness Program for Medical Personnel (AMP-MP). She attended her first retreat with Zen Master and Nobel Peace Prize nominee Thich Nhat Hanh at the age of eleven and has continued to train with his international Plum Village community. Elli's novel background in both academic research and traditional mindfulness practice provides a distinct approach to her ongoing work teaching and researching in the field.

PANELISTS



Nour Hammad, MSc, RDN, is a doctoral candidate in Population Health Sciences at the Harvard School of Public Health, specializing in Public Health Nutrition. Nour has graduated from the American University of Beirut with a B.Sc. in Nutrition, and received her M.Sc. in Global Health from Duke University. She is a Registered Dietitian. Nour is interested in exploring food insecurity among populations with lower incomes, with a focus on immigrant health and college populations. She aims to address nutrition and diet-related health disparities in structurally marginalized populations. Nour

is also interested in understanding the intersection of mindful eating and health.



Adrianna Milton, PhD, conducted her doctoral research at Case Western Reserve University based in Cleveland, Ohio. Her thesis research investigated axon regeneration and forelimb recovery after a spinal cord injury. A Florida native, Dr. Milton has performed neuroscientific research for over ten years using rodent models of addiction and regeneration. Dr. Milton is currently at the Geisel School of Medicine at Dartmouth where she is using the zebrafish model in the laboratory of Dr. Marnie Halpern to develop genetic tools for mapping neuronal pathways along the gut-brain axis. Dr. Milton is a life-long scholar and Whovian who enjoys reading and learning about self-directed expansion, mindfulness, and anything brain

related, having earned her B.S. in Psychology from Florida State University in 2014.



Zhuoya Zhang, MS, is a third-year PhD student in the Quantitative Biomedical Sciences program at the Geisel School of Medicine at Dartmouth. She received her MPH with a concentration in Epidemiology from Brown University. Prior to that she received her bachelor's degree from Brandeis University with a major in Health Science, Society and Policy. Her PhD research explores the impacts of psychosocial stress on children's eating behaviors. Outside of academia, she enjoys meditation, yoga, and running to care for her body and mind.

FACILITATORS



Paul Bennett, With a 20-plus year career at IDEO, including as former co-CEO and Chief Creative Officer, Paul has worked extensively with clients, partners, and colleagues to bring to market human-centric, commercially successful, and socially significant new businesses, products, services, and experiences. He has worked with several governments, developing human centered services, often focused on unleashing the creative capacity of the next generation. Paul has been invited to speak at major forums, including: COP26, The World Government Summit, The World Economic Forum; Boao Forum for Asia, TED Global; TEDx Tohoku, Dubai and Amazonia. A keen educator, Paul has taught and coached students from the Royal College of

Art (UK), Stanford University, Columbia Business School. Most recently he has taught in Norway on the Masters program at Kunsthøgskolen i Oslo, (KHiO) in Oslo and at Listaháskóli Íslands (Iceland Academy of the Arts) in Reykjavík. Paul currently resides in Copenhagen with his partner Jim and their three rescue cats, Freddie, Magnús and Ziggy.



Solomon Diamond, PhD, is an Associate Professor of Engineering at Dartmouth where he teaches the capstone engineering design sequence, as well as computer-aided design. His research in biomedical engineering currently focuses on *in vivo* biosensing of immune response in the tumor microenvironment with magnetic nanoparticles. Sol is the co-founder and CEO of Lodestone Biomedical where he is commercializing the biosensor technology to accelerate drug discovery in immuno-oncology. Sol also serves as the co-director of the Design Initiative at Dartmouth (DIAD) where he applies design methods and mindsets to facilitate interdisciplinary scholarship at the intersection of technology and the liberal arts in service to society.



Diane Gilbert-Diamond, ScD, is a Professor of Epidemiology, Medicine and Pediatrics at the Geisel School of Medicine at Dartmouth. Her research lab focuses on genetic and environmental factors related to human health behaviors, including eating behavior. Diane received her doctorate in Nutritional Epidemiology at the Harvard T.H Chan School of Public Health and then completed a post-doctoral fellowship in bioinformatics at Geisel. Diane has developed and teaches a well-received undergraduate course at Dartmouth titled, “Mindful Physiology” where students study human physiology and practice mindfulness. The integration of mindfulness with the biological content improves students’ ability to connect with the biological

content and mindfulness practices. She is conducting research in mindfulness interventions with Brother Pháp Lu’u from Thich Nhat Hanh’ Plum Village Tradition of Engaged Buddhism. She has been a lead organizer for mindfulness events at Dartmouth with monastics from Deer Park, Magnolia Grove, and Blue Cliff monasteries, including the 2025 The Buddha The Scientist Symposium.



Nho Anh Tran, M.Div. is a PhD candidate at Harvard University’s Graduate School in Arts and Sciences where she is studying Applied Ethics and Moral Psychology. Nho graduated from the University of Southern California with a joint degree in Cognitive Neuroscience and Religion and then received an M.Div from Harvard Divinity School. Nho has lived in Buddhist monasteries in Thich Nhat Hanh’s Plum village tradition and was previously an ordained nun in that tradition. Her experiences have enabled her to guide others in engaging mindfulness in issues related to family dynamics, community building, cultural influence, social justice, interreligious and inter-cultural dialogue, peace talks, and integrative corporate leadership.