KYOTO UNIVERSITY

KU:P 京都大学医学部附属病院 KYOTO UNIVERSITY HOSPITAL

SPECIAL PUBLIC LECTURE SERIES / No. 2

Mindfulness in Medicine

Its Healing and Transformative Power in a World on Fire

In 1979, Dr. Jon Kabat-Zinn introduced Mindfulness-Based Stress Reduction (MBSR) into healthcare. What began as a small initiative has spread around the world, evolving into a practice that helps people meet suffering, supports healing in mind and body, and transforms how we live. In a world of constant change, uncertainty, and hardship, what can mindfulness bring to medicine, and how can it change the way we relate to suffering?

In this lecture, clinicians at Kyoto University Hospital will share their experiences and findings from integrating mindfulness into treatment, support, and research. MBSR founder Dr. Kabat-Zinn will then explore its healing and transformative power in medicine, sharing lesser-known stories behind its origins. Tracing this journey across borders and generations to healthcare in Kyoto, we will reflect together on the possibilities mindfulness opens for the future of medicine and society in a world on fire.

Wednesday, December 9, 2026 | 6:00-9:00 PM (JST)

VENUE Symposium Hall, 5th Floor, International Science Innovation Building
Kyoto University, Yoshida Campus | In person and online
No parking is available at the venue.

PROGRAM

17:30 Doors open

18:00 **Opening remarks** (in Japanese)
Toshiya Murai, Professor, Department of Psychiatry, Kyoto University Hospital

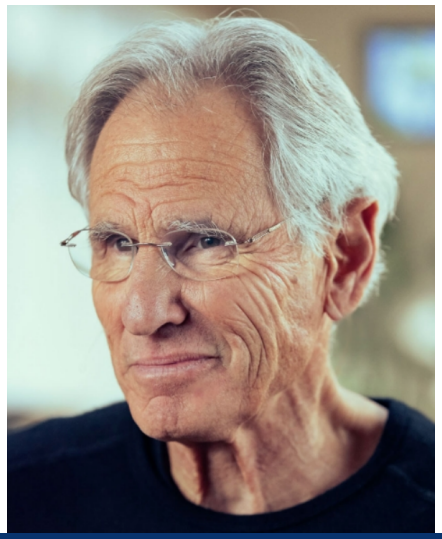
18:10 **Mindfulness in Practice at Kyoto University Hospital** (in Japanese)
Morio Aki, Psychiatrist, Department of Psychiatry
Kazuhisa Kaneda, Cardiologist, Department of Cardiology
Tomomi Noda, Visiting Researcher, Department of Psychiatry

18:30 **Special lecture**
In English with consecutive Japanese interpretation
Jon Kabat-Zinn, Ph.D., Founder of MBSR

20:00 Questions and answers

21:00 Closing

Program is subject to change.



Jon Kabat-Zinn, Ph.D. | Founder of MBSR

FREE ADMISSION / REGISTRATION REQUIRED

Register using the QR code or the link below.

https://forms.gle/UdMjKbEmjeSZez4L8

Capacity: 250 in person / 300 online
Registration closes when capacity is reached.

Open to healthcare professionals, students, and members of the public. All are welcome.



Yoshida Campus Map: Building 69

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