



Zen and the Art of Cultivating Mindfulness in the Face of Illness and Suffering

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October 22, 2025

Mini Med School 2025

Exploring Rare Diseases: Discovery to Treatment



THE UNIVERSITY OF BRITISH COLUMBIA
Division of Adolescent Health and Medicine
Department of Pediatrics | Faculty of Medicine



**Centre for
Mindfulness**
A More Mindful Hospital



LAND

Acknowledgment Meditation

Dr. Ellie Parton & Dr. Dzung Vo

L: Looking
A: Allowing
N: Naming
D: Dedicating

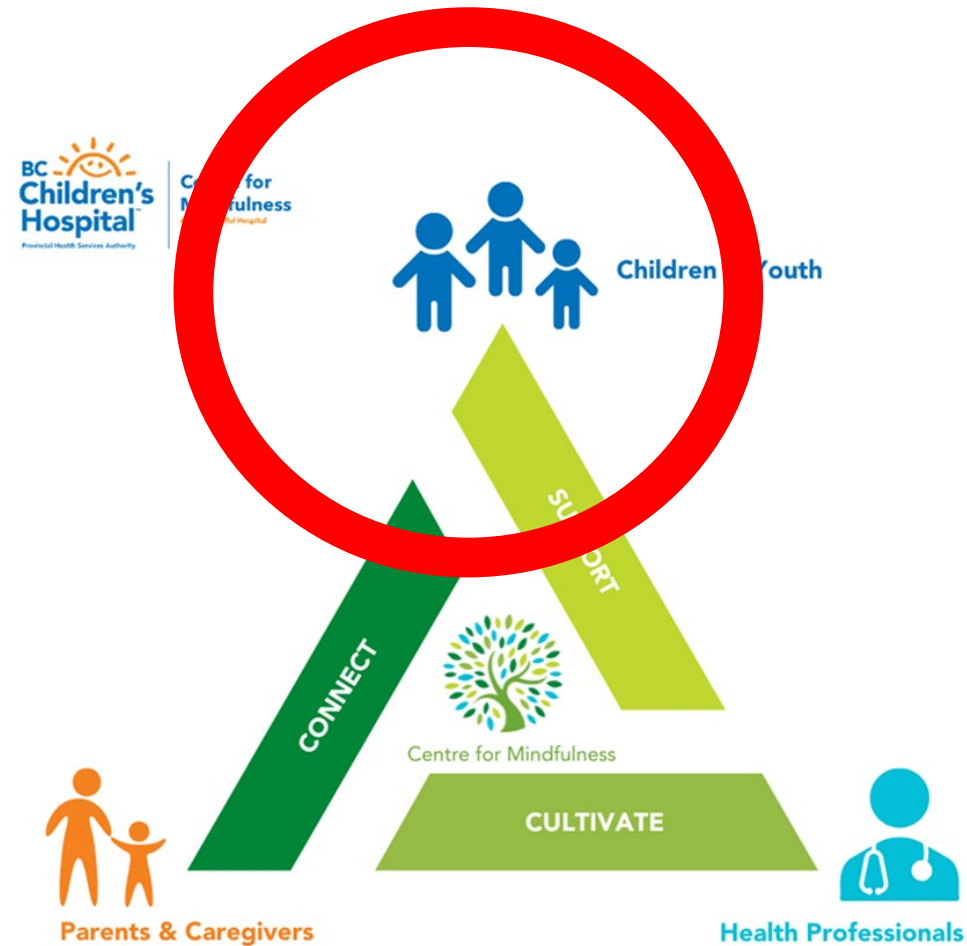
breathe
and
smile





Han Vo, Dzung Vo, and Thich Nhat Hanh (Plum Village, France, 1999)

I. Supporting Mindfulness for Children & Youth





Mindfulness



Calligraphy by Thich Nhat Hanh

What is Mindfulness?

**“Paying Attention in a particular way:
On Purpose
in the Present Moment
with Unconditional Love”**

- Dzung Vo
(With apologies to Jon Kabat-Zinn)

MARS-A:

Mindful Awareness and Resilience Skills for Adolescents

- **Sources: Mindfulness-Based Stress Reduction¹; Mindfulness-Based Cognitive Therapy²; facilitators clinical experience**
- **Age 15 – 19y**
 - Psychological Distress: Depressive and/or Anxiety sx' s
 - +/- Co-occurring chronic illness or chronic pain
- **Developmentally appropriate adaptations³**
- **8 weeks, 90 minutes each, + one half-day of mindfulness**
- **Virtual health adaptation⁴**

1. Kabat-Zinn J. *Full Catastrophe Living, Revised Edition*. (2013)

2. Segal ZV, Williams M, Teasdale J. *Mindfulness Based Cognitive Therapy for Depression, 2nd Ed.* (2018)

3. Vo DX. *The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time* (2015)

4. Chadi N et al. *Adolescent Psychiatry*. 2019;9;11-23.

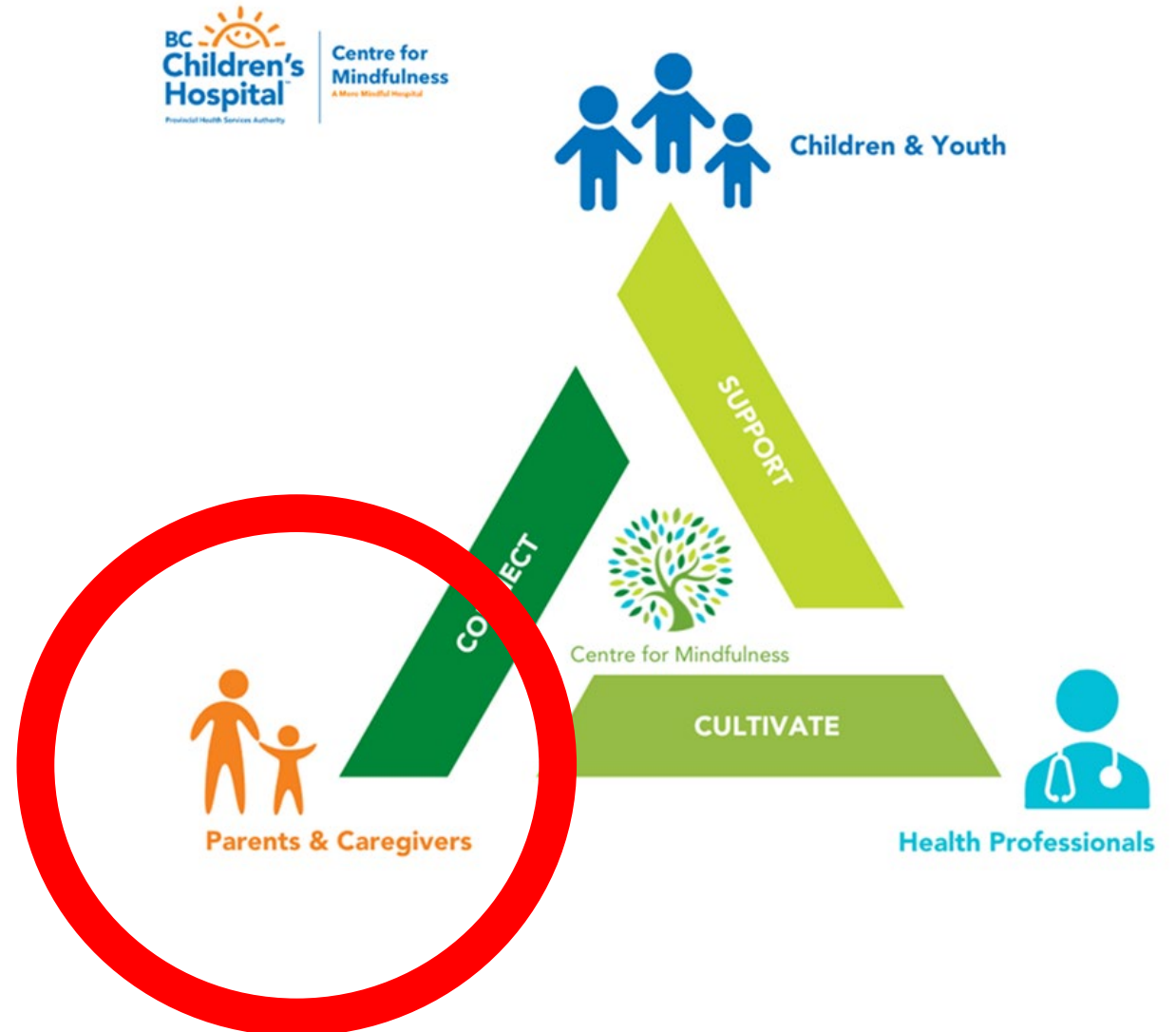


Interview Themes:

3. Managing Sleep and/or Pain



II. Supporting Mindfulness for Parents and Caregivers

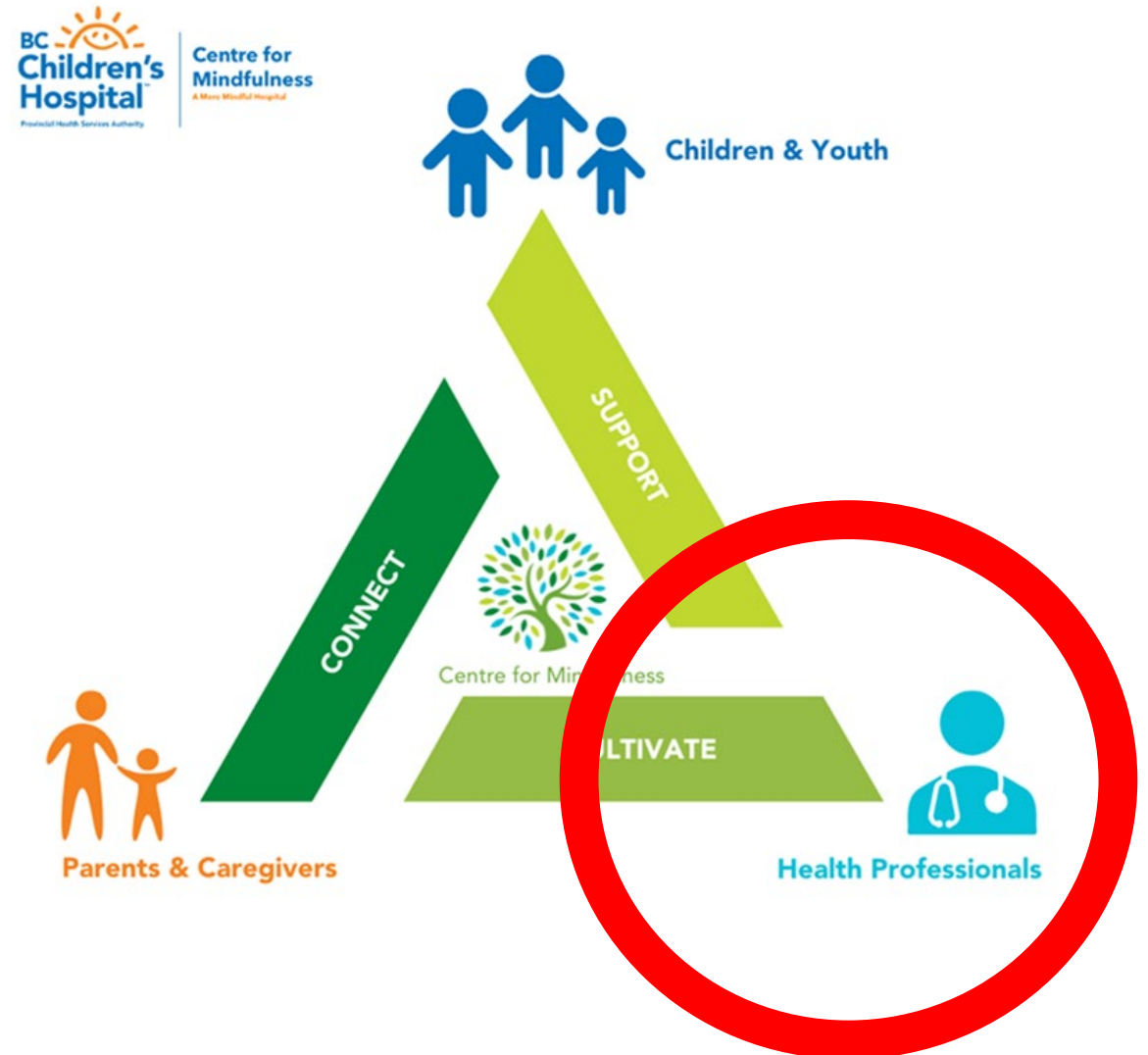




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III. Cultivating a More Mindful Hospital



**Physician,
Heal
Thyself!**



Mindfulness Myths

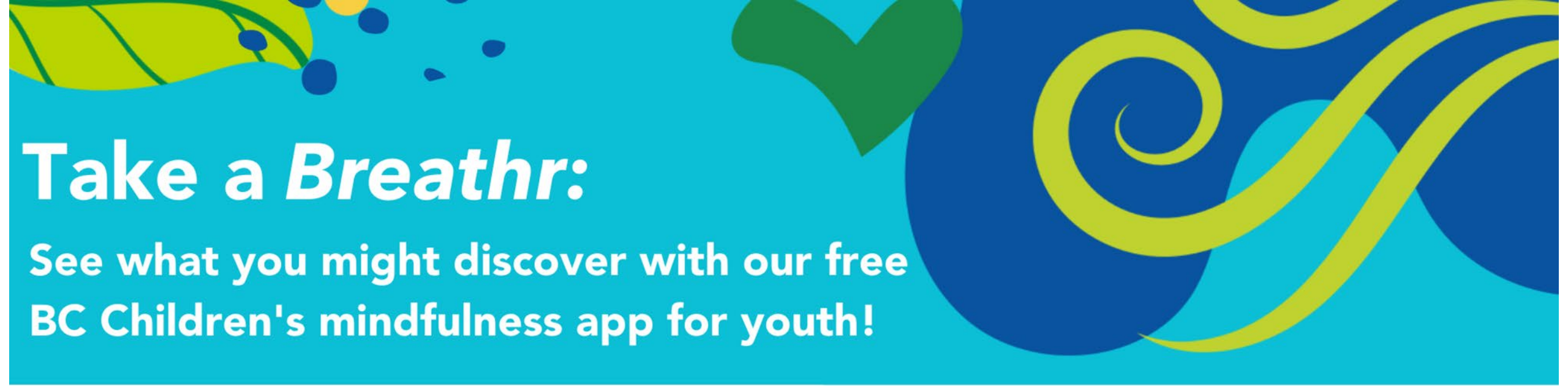
“Mindfulness is...”

- Religion
- Relaxation; Seeking bliss
- Emptying your mind
- Cure-all
- Quick fix
- Self-absorbed
- Substitute for addressing root causes

Jon Kabat-Zinn: “What are we still missing?”

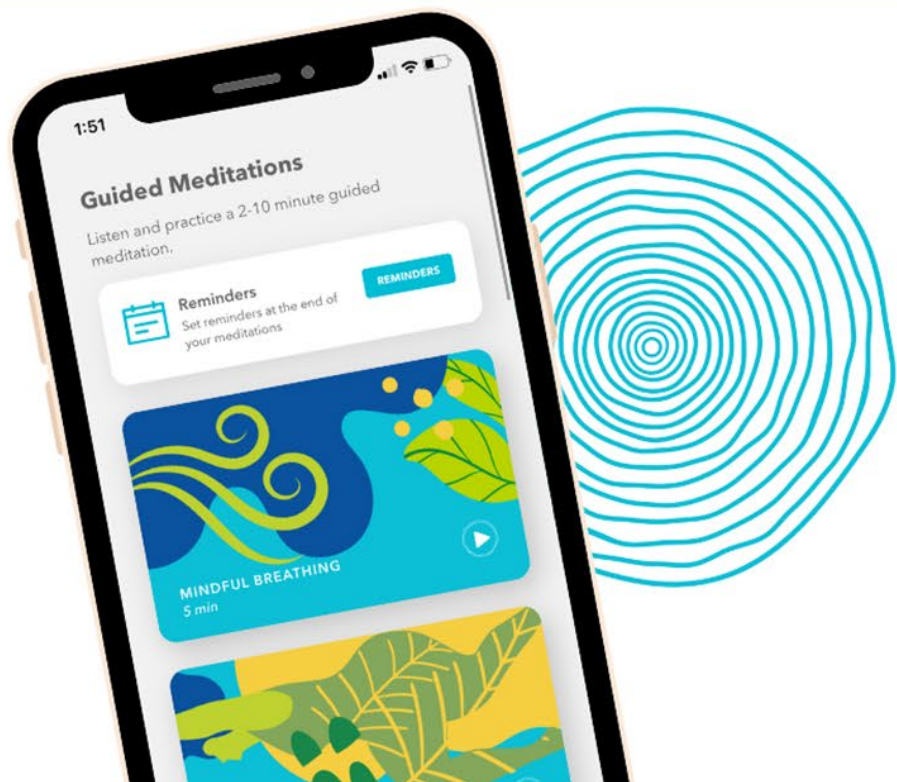
Thich Nhat Hanh: “Sangha” (“Community”)





Take a *Breathr*:

See what you might discover with our free
BC Children's mindfulness app for youth!

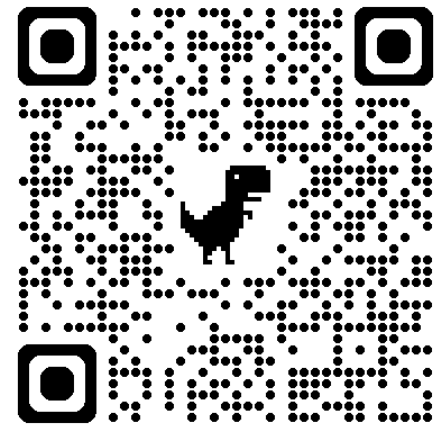


BREATHR

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<https://centreformindfulness.kelty.link/breathr-mindfulness-app>



Cultivating a More Mindful Hospital

Explore how mindfulness can support patients, caregivers, parents, and health professionals.

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Graphic: Elli Weisbaum

STOP Practice: Stahl & Goldstein, *A Mindfulness-Based Stress Reduction Workbook* (2010)