



Alternative Dispute Resolution Section of The Florida Bar

The Business of People Using Mindfulness to Resolve Internal and External Conflicts

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Patrick Russell, Esq.

Patrick Russell, Esq., is a full-time mediator with Salmon & Dulberg Dispute Resolution and has been certified as a Florida Supreme Court Civil Circuit Mediator since 2009. Patrick is a graduate of the University of Miami School of Law, has been a lawyer since 1994, and is the former Chair for the ADR Section of The Florida Bar (2021-2022).





Gus Castellanos, M.D.

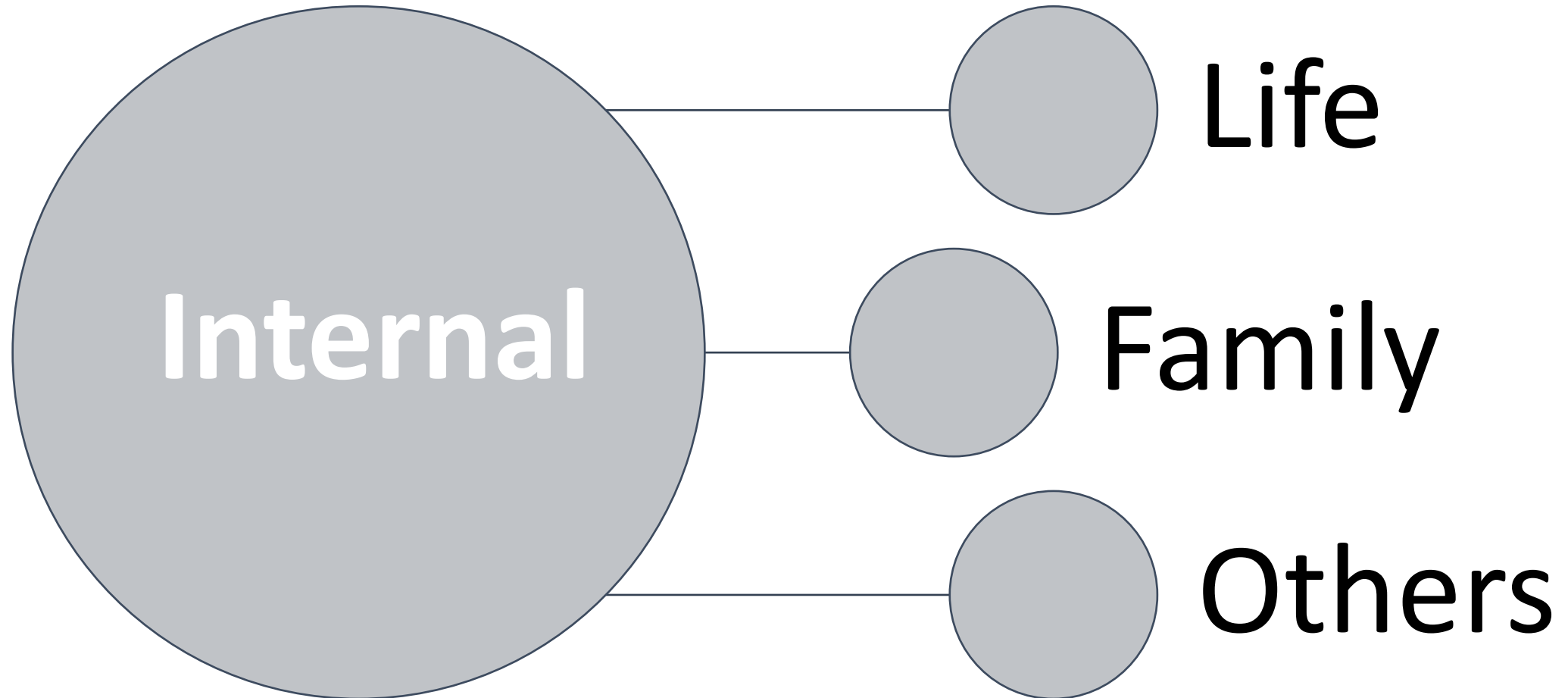
Gus Castellanos, M.D. graduated from the University of Miami Miller School of Medical School in 1980. He practiced Neurology & Sleep Medicine in northern Palm Beach County, retiring in 2006. Gus is trained and certified to teach MBSR by the University of Massachusetts Medical School Center for Mindfulness and trained with Scott Rogers, JD and Amishi Jha, Ph.D. at the University of Miami. Gus lectures widely, writes a twice-monthly Mindfulness newsletter with 2500 subscribers, and serves on Palm Health Foundation's Better Brain Health Advisory Board.

Gen Kelsang Tashi

Gen Kelsang Tashi is a Buddhist monk and the Resident Teacher at the Kadampa Meditation Centers in Miami. He has been practicing meditation and mindfulness for over 15 years, and has taught many classes, events, and retreats throughout Florida. He is appreciated for his clear, light-hearted, and practical instruction on how to develop and maintain a more peaceful and positive state of mind in daily life.



THE PROBLEM: CONFLICT



MINDFULNESS AS A SOLUTION

“Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.”

– Jon Kabat-Zinn



BENEFITS OF MINDFULNESS



Medical Perspective



Practical and Spiritual
Perspective



Mind Full, or Mindful?

INDICATORS AND EFFECTS OF STRESS





HOW TO MANAGE YOURSELF



HOW TO DEAL WITH OTHERS

BREATHING MEDITATION PRACTICE





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