

This reference matrix categorizes the specialized modalities and clinical applications of the Discovering Resilience Leadership Team as detailed in the McMaster Program for Faculty Development (MacPFD).¹

Reference Matrix: Mindfulness Bios and Leadership Expertise

Practitioner	Mindfulness Concept or Modality	Clinical or Professional Application
Ken Burgess	Neuroscience of Mindfulness	Meditative practice for family and emergency medicine
Erika L. Caspersen	Awareness and Compassion-based practices	Discovering capacity for resilience and healing
Savinna Frederiksen	MBCT & Mindful Communication	Psychiatry, neurosciences, and wellness facilitator
Andrea Frolic	Workplace resilience interventions	Clinical and organizational ethics and healthcare embodiment
Barbara Smith	MBSR, DRAM, and Contemplative Studies	Mindful self-compassion in Gestalt therapy practice
Valerie Spironello	Transformative Mindfulness	Clinical meditation practice addressing care-giver fatigue
Anna Taneburgo	MBSR and Mindful Leadership	Teaching and leadership training for healthcare professionals
Diana Tikasz	Self-Compassion in trauma-focused work	Addressing compassion fatigue and occupational stress

This matrix highlights how the "concept and practice of mindfulness" is applied through specific modalities like Mindfulness-Based Stress Reduction (MBSR) and Mindful Communication.¹ These clinical applications provide a practical foundation for the **open awareness** described in Self-Determination Theory (SDT), which defines mindfulness as a reflective examination of needs and feelings necessary for autonomous functioning. Additionally, the inclusion of "Mindful Leadership" and clinical ethics among these practitioners supports the **procedural mindfulness** required in human-robot interaction (HRI) research, particularly regarding the ethical management of user-robot relationships and study exit procedures.