Judson Brewer Addresses ‘Mindfulness’ Topics at Ramapo College

MAHWAH, N.J. -- Judson Brewer, the director of research at the Center for Mindfulness UMass Medical School, was the key speaker for two presentations at Ramapo College in March. The event was sponsored by the Krame Center for Contemplative Studies and Mindful living at Ramapo College.


“There are many benefits to mindfulness. It helps us see how we’re reacting to the world. When we see that, we can become better learners,” said Dr. Brewer. “A center like this at a college is critical. It helps students learn who they are experientially.”

He has published numerous peer-reviewed articles, book chapters and has spoken on mindfulness at national and international conferences. His work has been highlighted in Time magazine. He has been featured on Tedx Talk and “60 Minutes” with Anderson Cooper.

The mission of the Krame Center for Contemplative Studies and Mindful Living is to support faculty, staff and Students while also serving the greater community as a distinctive center for learning and research in contemplative and mindfulness practices. The Center also supports Ramapo’s overall mission of promoting experiential and interdisciplinary learning and intercultural understanding.