Mind, Consciousness and the Cultivation of Well Being: Transformation Through the Lifespan

Friday – Sunday, March 17-19, 2017
UCLA Ackerman Grand Ballroom

Deepak Chopra, Jack Kornfield, Trudy Goodman Kornfield, Daniel Siegel, Judson Brewer, Elissa Epel, Shari Geller, Bonnie Goldstein, Elisha Goldstein, Amishi Jha, Menas Kafatos, Helen Lavretsky, Kristin Neff, Pat Ogden, Shauna Shapiro, Gary Small, Marion Solomon, and Rudolph Tanzi
Ur Annual Interpersonal Neurobiology Conference is evolving, like life itself, to embrace wider and more interdisciplinary perspectives. We are excited to offer an in-depth scholarly, practical, and immersive gathering in which we will explore the nature of the human mind, the experience of consciousness, and how our social brain influences our connections with others, and with ourselves.

Consciousness is fundamental to human change processes, and in this immersive experience you will learn about the art and science of cultivating the kinds of conscious experiences that promote well-being, cultivate resilience, foster integrative neurological growth, raise telomerase levels to maintain and repair the ends of chromosomes, optimize epigenetic regulators to decrease inflammatory diseases, and improve other physiological measures of medical health. These states of consciousness also are essential for relational health, equanimity and neural integration.

In this meeting we will have both presentations and experiential immersions that focus on what the mind is and how to cultivate a healthy mind. One aspect of mental life is the process of being aware, the ways we know and have a sense of the known within our subjective experience of being alive. When we combine a deep view of consciousness with emerging findings from the study of the social brain, we will see that clinical work to promote mental health can be greatly enhanced with these new insights and practical applications.

Mind includes consciousness and information processing, as well as a regulatory function called “self-organization.” This emergent, self-organizing process of the mind is both embodied—it is within our bodies including our brains—and in our relationships with others. How consciousness itself may relate to this self-organizing function will be explored in depth and clinically relevant information and practices will be offered to cultivate a healthy mind.

Come join us for this unique gathering of speakers who will offer an overview of current neuroscience research supporting the efficacy of mind-body integrative techniques found to be effective in clinical settings. This program will benefit both experienced and entry level Mental Health and Medical Practitioners including Psychiatrists, Social Workers, Psychologists, Marriage and Family Therapists, Addiction Specialists, Mindfulness and MBSR Practitioners, Crisis Intervention Counselors, Educational and Guidance Professionals, and Dance, Movement, and Somatic Therapists.

We look forward to seeing you at this immersion in what it means to be human!

Coordinators: Marion Solomon, PhD and Bonnie Goldstein, PhD

**PRESENTERS & COORDINATORS:**

**Deepak Chopra, MD** - Founder of The Chopra Foundation and the Chopra Center for Well-Being. Dr. Chopra is a world-renowned pioneer and author/co-author of numerous books in mind-body medicine and personal transformation, most recently: *Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being* and *Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being.* [chopra.com](http://chopra.com)

**Judson Brewer, MD, PhD** - Director of Research at the Center for Mindfulness and Associate Professor in Medicine and Psychiatry at UMass Medical School. Dr. Brewer develops novel mindfulness programs for addictions studying the underlying neural mechanisms using standard and real-time fMRI. [judsonbrewer.com](http://judsonbrewer.com)

**Elissa Epel, PhD** - Professor in the Department of Psychiatry, at University of California, San Francisco, School of Medicine, and Assistant Director of the Center for Health and Community. Dr. Epel studies the impact of chronic stress on biological aging mechanisms, and how meditation interventions may buffer stress effects and promote psychological and physiological thriving. [profiles.ucsf.edu/elissa.epel](http://profiles.ucsf.edu/elissa.epel)

**Shari Geller, PhD** - Psychologist, author of *A Practical Guide to Cultivating Therapeutic Presence,* and co-author of *Therapeutic Presence: A Mindful Approach to Effective Therapy.* Dr. Geller is a teaching faculty member at York University and University of Toronto and co-director of the Centre for MindBody Health. [sharigeller.ca](http://sharigeller.ca)

**Bonnie Goldstein, PhD** - Director of Lifespan Psychological Services and Adjunct Professor, USC School of Social Work. Dr. Goldstein is a Psychology Consultant for Lifespan Learning Institute and co-editor of the *Handbook of Infant, Child, and Adolescent Psychotherapy: A Guide to Diagnosis and Treatment,* Vols. I & II. She is also the co-author of numerous papers integrating Sensorimotor Psychotherapy and Embedded Relational Mindfulness®. [drbonniegoldstein.com](http://drbonniegoldstein.com)

**Elisha Goldstein, PhD** - Cofounder of The Center for Mindful Living. Dr. Goldstein developed an international six week program, *A Course in Mindful Living,* and is the author of *Uncovering Happiness, The Now Effect,* and *Mindfulness Meditations for the Anxious Traveler.* He is also the co-author of *A Mindfulness-Based Stress Reduction Workbook* and *MBSR Every Day.* [elishagoldstein.com](http://elishagoldstein.com)
Jack Kornfield, PhD - Co-founder, Insight Meditation Society. Dr. Kornfield helped create Spirit Rock Meditation Center in Woodacre, CA and is a renowned author with numerous publications including A Path with Heart; After the Ecstasy, the Laundry; Teachings of the Buddha: Seeking the Heart of Wisdom; Living Dharma; A Still Forest Pool; The Art of Forgiveness; A Lamp in the Darkness; and A Wise Heart. jackkornfield.com

Trudy Goodman Kornfield, PhD - Founding Teacher of InsightLA, the first center to combine training in Insight (Vipassana) Meditation, MBSR, MSC, and non-sectarian mindfulness and compassion. Dr. Goodman Kornfield is a contributing author of the Clinical Handbook of Mindfulness, Compassion and Wisdom in Psychotherapy, and Mindfulness and Psychotherapy. trudygoodman.com

Amishi Jha, PhD - Associate Professor of Psychology and Director of Contemplative Neuroscience, Mindfulness Research & Practice Initiative, University of Miami. Dr. Jha’s research focuses on the brain basis of attention, working memory, and contemplative/mind training techniques that strengthen the brain’s attention networks. amishi.com

Menas Kafatos, PhD - Fletcher Jones Endowed Professor of Computational Physics, and Director of the Center of Excellence of Earth Systems Modeling and Observations at Chapman University. Dr. Kafatos has numerous publications integrating research on quantum physics, cosmology working extensively in the area of consciousness, and is co-author with Deepak Chopra of the forthcoming book, You Are the Universe. menaskafatos.com

Helen Lavretsky, MD, MS - Professor, Department of Psychiatry and Biobehavioral Sciences at UCLA. Dr. Lavretsky is the director of the Late-life Depression, Stress and Wellness Research Program at the Semel Institute for Neuroscience and Human Behavior. Her research explores mind-body approaches for the prevention and treatment of mood and cognitive disorders in older adults. www.semel.ucla.edu/latelife

Kristin Neff, PhD - Associate Professor at the University of Texas at Austin. A pioneer and one of the world’s leading experts on the psychological health benefits of self-compassion, Dr. Neff has developed a scale to measure the construct, used by researchers worldwide. She is also the author of Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind. self-compassion.org

Pat Ogden, PhD - Founder and Education Director of the Sensorimotor Psychotherapy Institute, an internationally recognized school specializing in somatic and cognitive treatment approaches integrating Embedded Relational Mindfulness© for therapeutic growth. Dr. Ogden is the co-founder of the Hakomi Institute, past faculty of Naropa University, author, and international lecturer. She is the first author of two groundbreaking books on Sensorimotor Psychotherapy. sensorimotorpsychotherapy.org

Shauna Shapiro, PhD - Professor, Santa Clara University. Dr. Shapiro is an internationally recognized expert in mindfulness with twenty years of meditation experience. She is the co-author of The Art and Science of Mindfulness, and Mindful Discipline: A loving approach to setting limits and raising an emotionally intelligent child. drshaunashapiro.com

Daniel Siegel, MD - Clinical Professor of Psychiatry at the UCLA School of Medicine and founding co-director of the Mindful Awareness Research Center at UCLA. Dr. Siegel is Executive Director of the Mindful Institute and Medical Director of the Lifespan Learning Institute and is also the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology. Dr. Siegel’s numerous publications include: The Mindful Brain, The Developing Mind and many others. drdansiegel.com

Gary Small, MD - Professor of Psychiatry, Parlow-Solomon Professor on Aging at the David Geffen School of Medicine at UCLA, and Director of both the Division of Geriatric Psychiatry and the UCLA Longevity Center. Dr. Small leads a research team focusing on the early detection and treatment of Alzheimer’s disease and age-related cognitive decline, and has authored numerous books on these topics. drgarysmall.com

Marion Solomon, PhD - Founder and Director of Clinical Training, Lifespan Learning Institute and Clinical Faculty at the David Geffen School of Medicine, UCLA. Dr. Solomon has authored numerous publications including Narcissism and Intimacy and Lean on Me. She is the co-author of Love and War in Intimate Relationships and co-editor of The Healing Power of Emotion; Countertransference in Couples Therapy; Healing Trauma; Healing Moments in Psychotherapy; and How People Change. drmarionsolomon.com

Rudolph Tanzi, PhD - Professor of Neurology and holder of the Joseph P. and Rose F. Kennedy Endowed Chair in Neurology at Harvard University. Dr. Tanzi is also the Vice-Chair of Neurology (Research) and Director of the Genetics and Aging Research Unit at Massachusetts General Hospital where he investigates the genetic causes of Alzheimer’s disease. He is the co-author of Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being and numerous other books. bit.ly/tanzilab

Disclosure: The Lifespan Learning Institute and UCLA Longevity Center have implemented a process where everyone who is in a position to control the content of any educational activity must disclose any relevant financial relationship with a commercial interest. Complete disclosure information can be found on the Lifespan Learning Institute website.
Conference Schedule

Friday, March 17, 2017

Developing Mindful Awareness, Consciousness and Presence (7.5 CE hours)

8:30~8:45am  Introduction  Marion Solomon
8:45~10:15am  Love and Well-Being  Jack Kornfield & Trudy Goodman Kornfield
10:15~10:30am  Break
10:30~11:20am  Mindfulness/Heartfulness  Shauna Shapiro
11:20~12:10pm  Therapeutic Relational Presence: Cultivating Shared Consciousness for Positive Well-Being  Shari Geller
12:10~1:40pm  Lunch
1:40~2:55pm  Being Present: Philosophical and Spiritual Principles to Guide Practice & Life  Pat Ogden & Bonnie Goldstein
2:55~3:45pm  Learning to Be a Self, from Reward to Habit, and How Conscious Awareness can Tap Into this Process for Self-Transcendence  Judson Brewer
3:45~4:00pm  Break
4:00~4:50pm  The Wheel of Awareness and the Integration of Consciousness  Dan Siegel
4:50~5:45pm  Panel  Moderator: Marion Solomon

Saturday, March 18, 2017

The Science of Awareness and Well-Being (7.5 CE hours)

8:30~8:45am  Introduction  Marion Solomon
8:45~9:35am  Mind-body Medicine, Consciousness and Health  Helen Lavretsky
9:35~10:25am  The Art and Science of Self Compassion  Kristin Neff
10:25~10:40am  Break
10:40~11:30am  Flourishing from Mind to Cell: Insights from our Telomeres  Elissa Epel
11:30~12:20pm  Train Your Mind to Save Your Brain  Gary Small
12:20~1:50pm  Lunch
12:20~1:00pm: Mindful Movement and Music  Julian Walker (Optional)
1:50~2:40pm  Toward Creating a Natural Anti-Depressant Brain  Elisha Goldstein
2:40~3:30pm  Building Cognitive Resilience with Mindfulness Training in High Stress Cohorts  Amishi Jha
3:30~3:45pm  Break
3:45~4:35pm  The Art and Science of Presence  Dan Siegel
4:35~5:45pm  Panel  Moderator: Bonnie Goldstein

Sunday, March 19, 2017

Mind, Consciousness and The Social Brain: Transformation Through The Lifespan (7 CE hours)

9:00~9:15am  Introduction  Dan Siegel
9:15~10:45am  The Enlightened Brain: Mapping the Brain of Higher Consciousness  Deepak Chopra
10:45~11:00am  Break
11:00~12:00pm  What can Alzheimer’s Teach us About the Brain, Mind and Self?  Rudolph Tanzi
12:00~1:30pm  Lunch
1:30~2:30pm  Living the Living Presence  Menas Kafatos
2:30~3:30pm  The Nature of Mind  Dan Siegel
3:30~3:45pm  Break
3:45~4:30pm  Discussion & Q & A  Chopra, Kafatos, and Siegel
4:30~5:30pm  Final Panel  Moderator: Marion Solomon

Shapiro, Celler, Ogden, B. Goldstein, Brewer, Siegel, Lavretsky, Epel, Small, E. Goldstein, Jha, Chopra, Kafatos, Kornfield, and Goodman Kornfield

This program is being videotaped and photographed. If you do not wish to appear on video, please submit your questions in writing prior to panel discussions.

CE Credit Hours

This Conference offers up to 22 CE hours, divided into 3 sessions. You must attend the full session each day you are registered to receive CE credit for the session.

IMQ/CMA: The Lifespan Learning Institute is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The Lifespan Learning Institute designates this live activity for a maximum of 22 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

APA: Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for this conference and its content. This conference offers up to 22 hours of CE credit.

BBS: Lifespan Learning Institute is approved by California Board of Behavioral Sciences (BBS) to provide continuing education for MFTs, LCSWs, LPCCs and LEPs as required by the California BBS.

BRN: Lifespan Learning Institute is approved by the California Board of Registered Nursing (provider #3524) to offer this activity for up to 22 contact hours.

NBCC: Lifespan Learning Institute and UCLA Longevity Center are cosponsors of this program. This cosponsorship has been approved by NBCC: Lifespan Learning Institute is an NBCC Approved Continuing Education Provider, ACEP No. 5981. The ACEP solely is responsible for this program, including the awarding of NBCC credit.

It is the responsibility of participants licensed in other states to verify whether their Licensing Board will accept the CE Credit offered.
Love and Well-Being | Jack Kornfield, PhD & Trudy Goodman Kornfield, PhD
The mind can be trained to affect our thoughts, emotions and the body. A psychology that creates the emergence of love and awakening opens us beyond limited consciousness. The capacities of love, compassion and forgiveness (for self and others) can change everything. Awareness and human respect is at the heart of well-being, enhancing courage, joy and inner peace. Timeless presence takes us to our true nature.

Mindfulness / Heartfulness | Shaina Shapiro, PhD
Based on Dr. Shapiro’s book, The Art and Science of Mindfulness: Integrating Mindfulness into Psychotherapy and the Helping Professions, her presentation offers scientific research and meditative practices for therapists interested in awakening the mind and opening the heart. Drawing on current research in psychology, medicine and cognitive neuroscience, this talk investigates how mindfulness affects decreasing pathology and increasing positive psychological and physiological states.

Therapeutic Relational Presence: Cultivating Shared Consciousness for Positive Well-Being | Shari Geller, PhD
Therapeutic presence involves being fully in the moment with others on multiple levels, physically, emotionally, cognitively, relationally and spiritually. Being present and attuned activates a feeling of safety in others, as they feel met, felt, and heard, promoting growth and well-being. When we deepen into presence in relationship with others, the relationship becomes a portal to something that is larger than both of us. In these shared moments of presence, we feel a resonance with others’ experience as if it was our own, allowing us to see, feel, and know aspects of their inner world that we would otherwise not have access to. This transformative state of therapeutic relational presence engages a triad of relationships between yourself, others, and a larger sense of spirituality. This multi-layered connection is a form of intersubjective consciousness, which develops when two people are co-creating a shared present moment experience. The consciousness of one overlaps with and partially includes the consciousness of the other, so that when one person has an experience, it activates a resonance of the same experience in the other person as well. We are all changed in a deeply human way in these profound moments of relational presence.

Learning to Be a Self, from Reward to Habit, and How Conscious Awareness can Tap Into this Process for Self-Transcendence | Judson Brewer, MD, PhD
When someone asks us to describe ourselves, what aspects of our history do we draw upon to answer this question? Much progress has been made in elucidating the mechanisms that contribute to and maintain a sense of who we are, both from a behavioral and neuroscientific perspective. Additionally, recent research has now linked contemplative practices, such as meditation, with these mechanistic insights. This presentation will detail shared reinforcement learning processes that contribute to the formation of behaviors, ranging from tying our shoes, to falling in love, to becoming addicted to our cellphones. Highlighting clinical and neuroscientific studies from his lab and others, he will then describe how awareness practices can not only help illuminate these “habits of self,” but also tap into these same processes to move beyond them.
Being Present: Philosophical and Spiritual Principles to Guide Practice | Pat Ogden, PhD & Bonnie Goldstein, PhD

Drawing on current research in psychology, cognitive neuroscience, medicine and mindfulness, our presentation will illustrate Embedded Relational Mindfulness®, foundational in Sensorimotor Psychotherapy, to elucidate the wisdom of the body and the impact of our primary relationships on attachment, the therapeutic relationship, and collaborative development of treatment goals (between therapist and client, group members, and/or family members). Our presentation will help both therapists and clients to develop consciousness and integrate awareness of self-and-other, illustrating Sensorimotor Psychotherapy principles, blending theory and technique from cognitive and psychodynamic therapies, and mindfulness practices incorporating both verbal and non-verbal communication. All new, short video segments will illuminate concepts, including deepening awareness of moment-to-moment experiences, fostering shared consciousness for positive well-being, and exploring a range of interventions, adjusting interventions according to particular needs arising during the session. Movement interventions that promote empowerment and competency will be considered, including quieting the body while exploring sustained awareness of the shift (thoughts, feelings, five sense perception, and enhanced self-awareness). Presenters will include integrated theory informed by research in trauma, attachment, infancy and neurobiology, offering a practical guide to the language of the body and Embedded Relational Mindfulness® as a fundamental step towards developing mindfulness of others in our world — our families, peers, and community.

The Wheel of Awareness and the Integration of Consciousness | Daniel Siegel, MD

Introducing a practice that helps integrate consciousness. The practical implications of this experience for understanding mindfulness will be discussed. Dr. Siegel will also offer an integrative summation of the day’s presentations, weaving together research and clinical practice.

Flourishing from Mind to Cell: Insights from our Telomeres | Elissa Epel, PhD

Cellular aging (as measured by the length of our telomeres) offers a view of the positive and negative influences on our rate of aging. By examining telomere length in large populations and in intervention studies, we have learned several lessons. Long term stress damages telomeres but only when it is not countered by resiliency factors. Fortunately, positive states of mind appear to boost the enzyme telomerase and maintain telomeres through the years. This presentation will take a close look at the emerging science of stress resilience, conscious awareness, flourishing, and cell aging.

Toward Creating a Natural Anti-Depressant Brain | Elisha Goldstein, PhD

Although the most widespread treatment for depression today is the use of antidepressants, current research is showing that mindfulness, self-compassion and a few other key mindsets can be equally potent for causing shifts and releasing natural antidepressants in the brain. This presentation will explore how the latest neuroscience research can illuminate our approach with depressed clients, draw parallels between the effects of trauma and depression on the brain and enhance conscious aging. A simple but powerful technique will be discussed for raising clients’ consciousness individually and relationally, as well as deconditioning unconscious patterns.

Building Cognitive Resilience with Mindfulness Training in High Stress Cohorts | Amishi Jha, PhD

This presentation will discuss recent findings regarding the effectiveness of mindfulness training to promote attentional performance success and well-being in high stress/high performance environments. A growing literature finds that protracted periods of high stress degrade cognitive functioning and weaken the capacity to regulate emotions. Research involving a broad range of groups, such as military service members, elite athletes, teachers, and students suggests that attention, working memory, and mood improve with mindfulness-based interventions. These findings, emphasize the importance of offering mindfulness training programs in such settings.

Train Your Mind to Save Your Brain | Gary Small, MD

Gradual cognitive decline is a normal aspect of aging. Although genetic factors contribute to risk for Alzheimer’s disease and other forms of cognitive decline, for most people non-genetic factors have a greater impact on brain health and well-being. This presentation will review lifestyle habits that can minimize modifiable risk factors for age-related cognitive decline, including physical conditioning, mindfulness/stress reduction methods, nutrition, and mental exercise. It will also describe strategies for improving brain health and how we can help people to create a mindset that transitions brain healthy behaviors into lifelong habits that can optimize well-being throughout the lifespan.

The Science of Presence | Daniel Siegel, MD

Presence can be seen as the portal through which integration is created within the body and brain, and within our relationships with others and the world in which we live. This presentation will offer a synthesis of the talks up to this point in the conference and weave them together into a picture of the art and science of awareness in therapeutic practice.
The Enlightened Brain: Mapping the Brain of Higher Consciousness | Deepak Chopra, MD
Science goes where reality leads it, but what happens when reality itself comes under question? Since the quantum revolution over a century ago, the solid, tangible nature of reality has been undermined. Scientists were faced with three mysteries that are only now being seen as inseparably linked:
- What is the nature of the universe?
- What is the nature of consciousness?
- What is the origin of both the universe and consciousness?
We are forced to rethink such basic questions as which came first, mind or matter? In Western philosophy details of the material world are “constructed” by the brain, but this perceived reality is considered incomplete and inaccurate. However, in Eastern wisdom traditions, particularly Vedanta, the scheme is reversed: consciousness is primary, giving rise to the physical universe. Experiential exploration of consciousness has been a pursuit of the sages and rishis for thousands of years. Dr. Chopra will examine this experiential understanding of consciousness, with the aim of lending scientific credibility to the hypothesis that bringing forth the material world starting with the mind is much more likely, given all the evidence, than trying to bring forth mind from inert interstellar dust.

What can Alzheimer’s Teach Us About the Brain, Mind and Self | Rudolph Tanzi, PhD
Alzheimer’s disease is the most common form of dementia affecting the elderly and is characterized by global cognitive decline in learning, memory, reasoning and judgment. AD is strongly influenced by both genetic factors and lifestyle. While certain rare gene mutations, e.g. in the APP, PSEN1 and PSEN2 genes guarantee onset of AD before 60 years old, most cases of AD (>97%) involve genetic susceptibility factors that interplay with each other as well as environmental factors and lifestyle to determine life-long risk. Major lifestyle factors include diet, levels of exercise, intellectual stimulation and social engagement, stress levels and trauma, as well as sleep patterns. The genetic and environmental factors contributing to risk for AD will be reviewed along with emerging therapeutic strategies for treating and preventing this devastating disease. In addition, the effects of Alzheimer’s disease on the brain, mind, and consciousness will be considered. In particular, the question of how the concept of “self” can be further refined in view of the effects of Alzheimer’s on the brain and mind will be discussed. Further elucidation of the relationship between brain function, mind, consciousness, and the self will also be presented based on the concepts of neuroplasticity put forward in our recent book Super Brain, as well as the role of epigenetics in our new book Super Genes, both of which were co-authored with Dr. Deepak Chopra.

Living the Living Presence | Menas Kafatos, PhD
Science and spirituality are converging the inner world and the outer world. A new view of the cosmos and the human being is emerging: Quantum mechanics has opened the door to the primary role of the mind. The following statements are the natural outcome of a unified, participatory universe. Fundamental consciousness is the underlying real reality. Nothing exists without consciousness which is not subject to the boundaries of space or time. You are the universe. The field of pure consciousness exists and manifests through our own experiences in everyday life. This universal field is full of the living energy, the living consciousness. It is ever-existing and ever-lasting. This is what I call the Living Presence. This includes our everyday lives, with its ups and downs, and is not separate from them. If we consciously live the Living Presence, our lives become the very abode of eternal bliss. This bliss is not far away in some transcendent, mystical realm. It is right here, right now and is filled with wonders. We will explore how the findings of modern quantum mechanics are actually very relevant to our own everyday lives. The vision of such a new way of seeing what is already there is profound, modern, ancient, yet common.

The Nature of the Mind | Daniel Siegel, MD
By diving deeply into the nature of mind itself, this presentation will further our integration of the weekend’s material by examining a systems view of mind, including the nature of time, probability, and the vital role of self-organization in creating harmony in our lives.

Objectives

FRIDAY, 3/17
- Discuss the relationships between and employ the 4 training modalities (Love, Compassion, Equanimity & Inner Well-being) of the Buddhist Psychology map
- Utilize a 3 step forgiveness process with clients and patients
- Discuss how presence with others (relational presence) activates a shared state of consciousness
- Utilize two different methods of integrating mindfulness and meditation in clinical work
- Summarize 3 ways to utilize tools to activate relational presence & embedded mindfulness
- Illustrate how mindfulness practices help us “unlearn” unhealthy habits
- Identify three neurobiological ways that habits are formed

SATURDAY, 3/18
- Outline 4 integrative aspects of Mindfulness Based Stress Reduction, and their direct implications for clinical practice
- Plan an approach to working with traumatized clients, incorporating five tools that clinicians can apply therapeutically
- Define the acronym SAFE and the role the practice of it plays in deconditioning the depression loop
- List the 4 questions that can install positive beliefs in individuals who are at clinical or relational impasses
- Identify 3 brain structures associated with self-referential processing
- Explain the relationship between telomere shortening and healthspan
- Recognize 4 risk factors for age-related cognitive decline

SUNDAY, 3/19
- Identify 3 core elements of mindfulness
- State 4 goals of mindfulness research
- Discuss the neuropsychological underpinnings of therapeutic presence
- Discuss the unifying framework for understanding and integrating interdisciplinary concepts
- Outline 3 aspects of quantum physics that may be relevant for the practice of psychotherapy
- State 5 common elements between psychoanalysis and quantum physics
- Discuss how humans connect to the cosmos and its role in mindfulness based therapy
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