Expanding the Science and Practice of Gratitude Research Workshop
Greater Good Science Center, UC Davis & John Templeton Foundation

Date
Thursday, October 10 – Sunday, October 13, 2013

Location
The Claremont Hotel Club & Spa
41 Tunnel Road, Berkeley, California 94705
Phone: (800) 551-7266, Fax: (510) 843-6239
Web: www.Claremont-Hotel.com
Thursday Oct. 10

12:00pm – 5:00pm  **Arrive, settle in at the Claremont Hotel**

6:00pm – 7:00pm  **Dinner Reception, Horizon Room**

7:00pm  **Introductions, Welcome & Thnx4.org**
Dacher Keltner, Rudy Mendoza-Denton, Emiliana Simon-Thomas & Jeremy Smith, Greater Good Science Center, UC Berkeley
Bob Emmons, UC Davis
Kimon Seargent, The John Templeton Foundation
Alex Wood & Phil Watkins, ESPG RFP Reviewers

Friday Oct. 11

8:00am – 9:00am  **Breakfast, Horizon Room**

**Faculty Presentations**

**Primate Social Contexts**

9:05am – 9:35am  Malini Suchak (PI Frans De Waal), Emory University
*Gratitude and Partner Preference in Chimpanzee Cooperation*

**Development**

9:40am – 10:10am  Yarrow Dunham & Peter Blake, Yale & Boston University
*Gratitude in Development: Cognitive and Normative Contexts*

10:15am – 10:45am  Andrea Hussong, University of North Carolina, Chapel Hill
*The Socialization of Gratitude through Parent-Child Interaction*

10:50am – 11:10am  **Stretch, Wiggle & Refresh**
11:15am – 11:45am  Kristin Shutts, University of Wisconsin-Madison
*Effects of Prosocial Gestures on Children’s Social Attitudes and Expressions of Gratitude*

11:50am – 12:20pm  Joel Meyers, Kristin Varjas & Don Davis, Georgia State University
*A Model of Bullying Based on Gratitude and its Effects on Social Bonds*

12:25pm – 1:25pm  Lunch, Horizon Room

*Faculty Presentations (Continued)*

1:30pm – 1:50pm  Christina M. Karns, University of Oregon
*The Grateful Brain: An fMRI study of Generosity and Social Agency following a Gratitude Intervention*

1:55pm – 2:25pm  Noami Eisenberger, University of California, Los Angeles
*Giving Thanks: Is ‘Giving’ Key to the Health Benefits of Gratitude?*

2:30pm – 3:00pm  Discussion & Synthesis of Development & Neuroscience Presentations
Moderators: Alex Wood & Emiliana Simon-Thomas

3:05pm – 3:25pm  Stretch, Wiggle & Refresh

*Gratitude Dissertation Fellow Presentations*

3:30pm – 3:40pm  Glenn R. Fox, University of Southern California
*The brain’s virtuous cycle: An investigation of gratitude and good human conduct*

3:42pm – 3:52pm  Rodolfo Cortes-Barragan, Stanford University
*Paying it forward: Using reciprocity to build children’s benevolence*

3:54pm – 4:04pm  Amie Michelle Gordon, UC Berkeley
*Beyond Thanks: Power as a Determinant of Gratitude*
4:06pm – 4:16pm  Evan M. Kleiman, George Mason University  
Grateful people have more to be grateful about: Gratitude as a predictor of self generated positive events

4:18pm – 4:28pm  Jennifer Hames, Florida State University  
Testing the Efficacy of a Gratitude Intervention in Individuals at Risk for Suicide and Depression

4:30pm – 5:15pm  Discussion & Synthesis of Dissertation Fellow Presentations  
Moderators: Phil Watkins & Robert Emmons

6:30pm  Gratitude Workshop Banquet, Shen Hua Restaurant  
2914 College Avenue (see map on the top of page 8)

Saturday October 12

8:00am – 9:00am  Breakfast, Horizon Room  
Faculty Presentations  
Health

9:05am – 9:35am  Wendy Mendes, University of California, San Francisco  
Effects of Measured and Manipulated Gratitude on Biomarkers of Health and Aging

9:40am – 10:10am  Laura Redwine, University of California, San Diego  
Gratitude in Pre-Symptomatic Heart Failure: Effects on Health-Related Physiological Outcomes and Clinical Disease Progression

10:15am – 10:45am  Jeff Huffman, Harvard Medical School  
The Impact of Gratitude on Biology and Behavior in Persons with Heart Disease

10:50am – 11:10am  Stretch, Wiggle & Refresh

11:15am - 11:45pm  Joel Wong, Indiana University
*The Use of a Gratitude Writing Intervention With Psychotherapy for Outpatient Clients*

Social Contexts

11:50am - 12:20pm  Debra Lieberman, University of Miami
*Gratitude: A Basic Human Emotion for Initiating Friendships*

12:25pm – 1:25pm  Lunch, Horizon Room

**Faculty Presentations (Continued)**

1:30pm – 2:00pm  Sara B. Algoe, University of North Carolina, Chapel Hill
*Unpacking the Mechanisms of Gratitude’s Benefits within Close Relationships*

2:05pm – 2:35pm  Thomas Gilovich, Cornell University
*Cultivating Gratitude in a Consumerist Society*

2:40pm – 3:10pm  **Discussion & Synthesis of Health & Social Contexts**
Moderators: Dacher Keltner & Robert Emmons

3:15pm – 3:35pm  **Stretch, Wiggle & Refresh**

**Gratitude Dissertation Fellow Presentations**

3:40pm – 3:50pm  Elana Szczesny, University of Delaware
*The Role of Gratitude in Relationship Functioning and Fear of Recurrence in Couples Coping with Breast Cancer*

3:52pm – 4:02pm  Boram Do, Boston College
*Gratitude in Workplaces*

4:04pm - 4:14pm  Minah H. Jung, University of California, Berkeley
*Signaling Virtue: Charitable Behaviors under Consumer Elective Pricing*

4:16pm – 4:26pm  Hyunjung Lee, University of Texas at Austin
   *Thanks for What I've Got and Thanks for What I've Not: The Effects of Being Grateful, and What We Are Grateful For, on Pro-social Consumer Behavior*

4:30pm – 5:00pm  Discussion & Synthesis of Dissertation Fellow Presentations
   Moderator: Robert Emmons

5:05pm – 5:35pm  Final Integration & Synthesis a broader discussion of gratitude science and practice, future directions & funding opportunities
   Moderators: Dacher Keltner, Rudy Mendoza-Denton, Robert Emmons & Kimon Seargent

   Dinner on your own

Sunday Oct. 13

12:00pm  Check out of the Claremont Hotel, enjoy Berkeley!
TRAVEL

For travel described below, please pay at the time of service and save your receipts to submit to the GGSC for reimbursement after the fact.

Getting to/from The Claremont Hotel

You can take Bay Area Rapid Transit (BART) metro train directly between the San Francisco International Airport and the Rockridge station which is 1.3 miles from The Claremont Hotel. Get on the Pittsburg/Bay Point line at the airport, get off at the Rockridge Station, hail a taxicab outside on the curb, and tell them to take you to The Claremont Hotel at 41 Tunnel Road. ~$15

You can take an airport shuttle from either the Oakland International Airport or the San Francisco International Airport. For more information, costs, and reservations, call:

BayPorter Express**BEST**
1-877-467-1800 (toll free throughout the Bay Area)
1-415-467-1800 (outside the Bay Area)
(Van Service) 10 pm last shuttle from SFO to Berkeley ~$39
From Oakland International Airport to Berkeley ~$25
www.bayporter.com (reservations on-line) I recommend that you call.

Super Shuttle**LATE NIGHT**
(800) BLUE-VAN (800-258-3826)
(Van Service) for after 10 pm arrival ~$110 (late night)
www.supershuttle.com (reservations on-line are reliable)

Parking Information
Parking has been reduced to $15 for day parking and to $18 for overnight parking. This includes unlimited in and out privileges.

FOOD

Dining Options
The Gratitude Research Workshop will host dinner at the conference on Thursday, breakfast, lunch, refreshments and dinner meals on Friday, and breakfast and lunch on Saturday.
Note* Friday evening we will have a meal together at Shen Hua a local restaurant that is located a pleasant walk from The Claremont Hotel (@ 5 blocks). If you prefer to travel in a car, we will arrange for a few vehicles to ferry people to and from Shen Hua.

Walking directions to Shen Hua
Via Russell St, Russell St - remove all

1. Head west on Tunnel Rd toward Domingo Ave
2. Turn right onto Domingo Ave
3. Turn left onto Russell St
4. Turn left onto College Ave
   Destination will be on the right

Shen Hua
2814 College Ave
Berkeley, CA 94705

Should you choose to dine on your own at any point (at your own expense), there are two outstanding restaurants at the hotel, both with executive chefs and farm-to-table food. The Paragon Restaurant and Bar is more casual than the hotel's signature restaurant, Meritage. There is also the Bayview Café which serves up casual meals poolside so you can continue to soak in the sun and the views. There are also a number of outstanding restaurants in and near Berkeley, particularly along Berkeley's "Gourmet Ghetto" (a 10-15 minute taxi cab ride from the hotel).

Other Berkeley Attractions

**Tilden Regional Park**
Tilden is one of Berkeley's oldest and most popular parks that offers a variety of family-fun activities like lake swimming, hiking, the little farm and carousels.

**UC Botanical Garden at Berkeley**
Past Strawberry Canyon is the 34-acre Botanical Garden, which holds about 13,000 species of plants. The species are
organized according to regions of the world, and the garden has a great collection of native Californian plants. Bring a picnic basket and some money for the bookstore and admission (closed the first Tuesday of each month and free on the first Thursday of each month). Be sure to check out the conservatory (for tropical plants) and the Chinese medicinal herb garden.

University of California, Berkeley

California's most prestigious public university is the home of liberalism and revolution. Public tours are offered daily by Visitor Services.

Berkeley Marina

The Berkeley Marina, which is one of the largest urban green spaces in the San Francisco Bay Area, provides panoramic views of the region's three main bridges (Golden Gate, Bay...