

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



greatergood.berkeley.edu

JOHN TEMPLETON FOUNDATION
SUPPORTING SCIENCE - INVESTING IN THE BIG QUESTIONS

UC DAVIS
UNIVERSITY OF CALIFORNIA

Thursday Oct. 10 through Sunday Oct. 13, 2013

DAILY AGENDA

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)

Neuroscience

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

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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 Sate 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**

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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

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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 ExpressBEST****

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 ShuttleLATE 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.

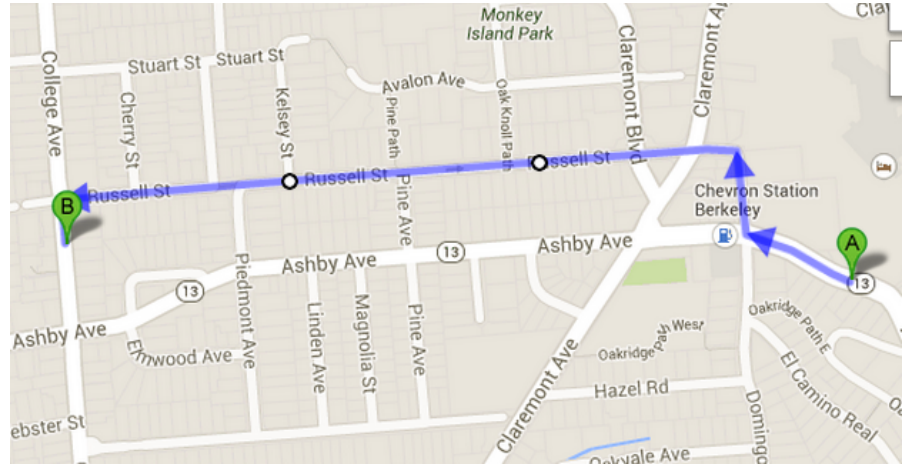
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Note* Friday evening we will have a meal together at **Shen Hua** a local restaurant that is located a pleasant walk from The Claremont Hotel (@ 5 blocks). If you prefer to travel in a car, we will arrange for a few vehicles to ferry people to and from **Shen Hua**.

Walking directions to Shen Hua

Via Russell St, Russell St - [remove all](#)

- A** Claremont Hotel Club and Spa
41 Tunnel Rd
Berkeley, CA 94705
1. Head **west** on **Tunnel Rd** toward **Domingo Ave**
449 ft
 2. Turn **right** onto **Domingo Ave**
331 ft
 3. Turn **left** onto **Russell St**
0.5 mi
 4. Turn **left** onto **College Ave**
Destination will be on the right
174 ft
- B** Shen Hua
2914 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

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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...)