

THE GREATER GOOD SCIENCE CENTER AND MINDFUL PRESENT

The Science of a Meaningful Life: Practicing Mindfulness and Compassion

Craneway Pavilion Conference Center, March 8, 2013

Agenda

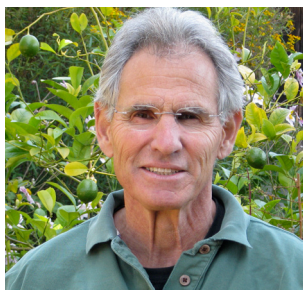
8:15 - 9:00 am	Registration. Coffee and pastries provided.
9:00 - 9:10	Welcome by Ann Shulman, GGSC Executive Director
9:10 - 10:15	Keynote and mindfulness practice led by Jon Kabat-Zinn
10:15 - 10:30	Break
10:30 - 12:00	Scientific and clinical perspectives on mindfulness and compassion, with presentations by Kristin Neff, Emiliana Simon-Thomas, Paul Gilbert, and Shauna Shapiro. Moderated by Dacher Keltner, GGSC Faculty Director.
12:00 - 1:00 pm	Lunch. Box lunch provided.
1:00 - 2:15	Breakouts: Evidence-Based Mindfulness and Compassion Practices
2:15 - 2:30	Break
2:30 - 4:00	"Stories from the field": Presentations by leaders who have fostered mindfulness and compassion in families, schools, workplaces, and health care. With Nancy Bardacke, Megan Cowan, Rhonda Magee, Robert McClure. Moderated by Barry Boyce, <i>Mindful</i> , Editor-in-Chief.
4:00 - 4:15	Break. More discussion with panelists
4:15 - 5:30	Closing reflections with Kabat-Zinn and discussion with Neff, Gilbert, Shapiro, Simon-Thomas, and Keltner

9:00 am Welcome



Ann Shulman, J.D., LL.M., has been the Executive Director of the Greater Good Science Center since 2009. Prior to joining the GGSC, she spent over 20 years designing and facilitating collaborative change efforts with non-profit and for-profit leaders across five continents. She has extensive experience in curriculum development, strategic planning and executive coaching and taught the first ever facilitation course for attorneys at UC Hastings College of the Law. Ann earned a B.S. in psychology from Duke University, a J.D. from UC Berkeley's Boalt Hall, and a Master's in Law from the European University Institute.

9:10 Keynote



Jon Kabat-Zinn, Ph.D., is a scientist, best-selling author, and meditation teacher. He is a professor of medicine emeritus at the University of Massachusetts Medical School, where he is the founding executive director of the Center for Mindfulness in Medicine, Health Care, and Society and the founder and former director of its world-renowned Mindfulness-Based Stress Reduction (MBSR) clinic. Dr. Kabat-Zinn's work has contributed to a growing international movement to bring mindfulness into psychology, health care, schools, corporations, prisons, and professional sports. He is the author of numerous scientific papers on the clinical applications of mindfulness, and he has written and edited many popular books, including *Wherever You Go, There You Are*, *Full Catastrophe Living*, and *Coming to Our Senses*. Dr. Kabat-Zinn received his Ph.D. in molecular biology from MIT and has received many awards over the span of his career.

10:15 Break

10:30 Scientific and Clinical Perspectives on Mindfulness and Compassion



Moderator

Dacher Keltner, Ph.D., is the founding faculty director of the Greater Good Science Center and a professor of psychology at the University of California, Berkeley. He is a leading expert on the science of positive emotions such as compassion, gratitude, love, and awe, having authored more than 100 scientific papers and two best-selling textbooks. Dr. Keltner is also the author of *Born to Be Good: The Science of a Meaningful Life* and a co-editor of *The Compassionate Instinct: The Science of Human Goodness*.



Kristin Neff, Ph.D., is an associate professor in human development and culture at the University of Texas, Austin and the author of the recent book *Self-Compassion*. Since getting her doctorate from UC Berkeley in moral development, she has pioneered the scientific study of self-compassion, publishing some seminal papers on the subject. With Chris Germer of Harvard University, she has also co-created a program called Mindful Self-Compassion, which is turning the science of self-compassion into a practical training to teach self-compassion skills.



Emiliana Simon-Thomas, Ph.D., is the science director of the Greater Good Science Center, where she leads the GGSC's Expanding Gratitude research project, oversees its research fellowship program, and writes about the science of compassion for its online magazine, *Greater Good*. Dr. Simon-Thomas earned her doctorate at UC Berkeley; as a postdoc, she worked with Dacher Keltner in studying pro-social topics like compassion, love of humanity, and awe. Before joining the GGSC, she was the associate director and a senior scientist at the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University.



Paul Gilbert, Ph.D., is the head of the mental health research unit as well as a professor of clinical psychology at the University of Derby in the United Kingdom. He has published and edited 21 books, including *The Compassionate Mind*, and he is the founder and president of the Compassionate Mind Foundation. Professor Gilbert has also developed Compassion-Focused Therapy, which applies evidence-based approaches for treating mental illness in ways designed to reduce shame and self-criticism, and to promote compassion for all, including oneself.



Shauna Shapiro, Ph.D., is an associate professor of counseling psychology at Santa Clara University. She has conducted extensive clinical research investigating the effects of mindfulness-based therapies across a wide range of populations, and has published over 70 book chapters and peer-reviewed journal articles. Her research and teaching has had a strong focus on the relationship between mindfulness and compassion & empathy. She is also the co-author, with Linda E. Carlson, of *The Art and Science of Mindfulness: Integrating Mindfulness into Psychology and the Helping Professions*.

12:00 pm **Lunch.** Box Lunch Provided.

1:00 Breakouts: Evidence-Based Mindfulness and Compassion Practices



Cognitively-Based Compassion Training (CBCT) will be led by **Brooke Dodson-Lavelle, M.A.**, a doctoral candidate in the Graduate Division of Religion at Emory University. Dodson-Lavelle currently serves as an instructor for several studies examining the efficacy of the secular CBCT program. She is also the program coordinator for the Emory-Tibet Partnership and the Emory Tibetan Mind/Body Sciences Summer Study Abroad program in Dharamsala, India.



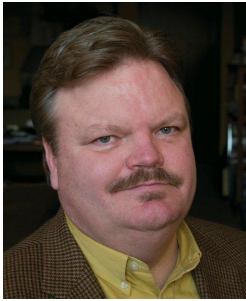
Compassion Cultivation Training (CCT) will be led by **Leah Weiss, Ph.D., LCSW**. Dr. Weiss is the education director of Stanford University's Center for Compassion and Altruism Research and Education (CCARE), where she is a principal teacher of CCARE's Compassion Cultivation Training (CCT) program. Dr. Weiss has taught in a variety of settings, including at Harvard affiliated hospitals, the Boston Center for Refugee Health and Human Rights, the Alzheimer's Association, and the Department of Veterans Affairs.

Compassion Focused Therapy (CFT), will be led by **Paul Gilbert, Ph.D**
(see bio above)

Mindful Self-Compassion, will be led by **Kristin Neff, Ph.D**
(see bio above)

2:15 **Break**

2:30 Stories from the Field



Moderator

Barry Boyce is the editor-in-chief of *Mindful* magazine, which published its premier issue in February of 2013. He is also editor of, and a contributor in, *The Mindfulness Revolution: Leading Psychologists, Scientists, Artists, and Meditation Teachers on the Power of Mindfulness in Daily Life*. He is also the co-author of *The Rules of Victory: How to Transform Chaos and Conflict—Strategies from the Art of War*.



Nancy Bardacke, RN, CNM, MA, is a midwife, mindfulness teacher, author and founding director of the Mindfulness-Based Childbirth and Parenting (MBCP) program. An assistant clinical professor in the UCSF School of Nursing, Nancy currently leads the MBCP program at the UCSF Osher Center for Integrative Medicine. Her new book, *Mindful Birthing: Training the Mind, Body and Heart for Childbirth and Beyond*, describes this innovative program for finding ease during pregnancy and childbirth and for cultivating lifelong skills for healthy living and wise parenting.



Megan Cowan is the co-founder and program director of Mindful Schools, a non-profit that offers professional training, in-class instruction, and other resources to support mindfulness in education. In her work with Mindful Schools, Cowan has taught more than 3,500 youth and trained more than 2,000 educators, mental health professionals, and parents in mindfulness practices. She is the primary author of the Mindful Schools Elementary School Curriculum and created its first Adolescent Curriculum.



Rhonda Magee, JD, is a professor of law at the University of San Francisco, where she teaches a course called Contemplative Lawyering. A former practicing lawyer, Magee is currently Chair of the Board of the Center for Contemplative Mind in Society. Her scholarly work focuses on race, law, and policy as well as on humanizing legal education and the practice of law. This effort aims to help law students and practitioners cope with pressure in order to be more successful and effective. She is the author of numerous journal articles, including several on contemplative practices in legal education.



Robert McClure, LCSW, CEAP, is the manager for the Employee Assistance Program for Sharp HealthCare in San Diego, an integrated health care system with seven hospitals and 15,000 employees. Mr. McClure was trained by CCARE in its Compassion Cultivation Training (CCT) program, which he teaches to employees as part of Sharp's mission to transform health care.

4:00 Break

4:15 Closing Reflections by Kabat-Zinn with discussion among other presenters

Event Co-Sponsors

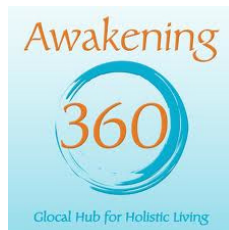


THE QUALITY OF LIFE
FOUNDATION

BerkeleyLaw

UNIVERSITY OF CALIFORNIA

Berkeley Initiative for
Mindfulness in Law



MIND & LIFE
INSTITUTE



Charter for **Compassion**



GARRISON INSTITUTE



UCSD
Center for
Mindfulness



Emory-Tibet Partnership
ཨ་མི་མོ་འཕེལ་བའི་བྱ་སྤྱོད་ཆོས་ཀྱི་ཐུན་ཆོས་ཀྱི་

Event Partners

