Speakers

Phyllis Booth, MA, LCPCC, LPC, IFTS, Therapy Institute
Stuart Brown, MD, Founder and President of the National Institute for Play
Louis Cozolino, PhD, Professor of Psychology, Pepperdine University; author, The Neuroscience of Education, Optimizing Attention & Learning in the Classroom
Betsy Crouch, Coach, InHP4
Mihaly Csikszentmihalyi, PhD, Professor of Psychology and Management and Director of the Quality of Life Research Center; Graduate University of Texas
Barbara Fredrickson, PhD, Senior Distinguished Professor of Psychology and Principal Investigator at Positive Emotions and Psychophysiology Lab at UNC, Chapel Hill
Paula Thomson, Transformative Education Specialist, InHP4
Stevie Gross, MS, Chief Playmaker and Founder, Life is Good Foundation
Theresa Keelty, PhD, Psychologist, educator, consultant and a registered play therapist with the Association for Play Therapy
Daniel Leven, founder and director of LIFE. Movement
Jonathan Lyons, MA, Film, TV and theatre writer, author, director; Clone, Once On This Island
Rita Lynn, PsyD; Trained in London at the Institute of Group Analysis and Institute of Family Therapy; Leverhume Teaching Fellow at St. Bartholomew’s Hospital.
Rita Lynn, MA; Film, TV and theater writer, author, director; Clue, Nuns On The Loose, etc.
Stuart Brown, MD; Author, Play, The Healing Power of Play; Founder of The National Institute for Play; Life is good Foundation; Transformative Education Specialist, ImprovHQ
Terry Marks–Tarlow, PhD, Teaching Faculty, Reiss Davis Child Study Center; Research Associate, Institute for Pracical Research, Kassel, Germany, author, Awakening Clinical Intuition
Alvina Montemarco, Singer/Songwriter, author
Pat Ogden, PhD, Founder and Director, Sensorimotor Psychotherapy Institute; Co-Founder, Hakomi Institute; Faculty, Naropa University; international lecturer; author, Trauma and the Body
Jasik Panassco, PhD, Body Endowed Child, Animal Well-Being Science, WSU College of Veterinary Medicine; author, The Archaeology of Mind: Neuroevolutionary Origins of Human Emotions
Sharon Salzberg, PhD, co-founder, Insight Meditation Society; author, Real Happiness: The Art of Meditative Living; The New York Times, etc.
Barbara Fredrickson, PhD, Kenan Distinguished Professor of Psychology and Principal Investigator at Positive Emotions and Psychophysiology Lab, UCLA;
Betsy Crouch; Mihaly Csikszentmihalyi, PhD; Barbara van der Kolk, MD, etc.

Phyllis Booth, MA, LCPCC, LPC, IFTS, Therapy Institute; Stuart Brown, MD, Founder and President of the National Institute for Play; Louis Cozolino, PhD, Professor of Psychology, Pepperdine University, author, The Neuroscience of Education, Optimizing Attention & Learning in the Classroom; Betsy Crouch, Coach, InHP4; Mihaly Csikszentmihalyi, PhD, Professor of Psychology and Management and Director of the Quality of Life Research Center; Graduate University of Texas; Barbara Fredrickson, PhD, Senior Distinguished Professor of Psychology and Principal Investigator at Positive Emotions and Psychophysiology Lab at UNC, Chapel Hill; Paula Thomson, Transformative Education Specialist, InHP4; Stevie Gross, MS, Chief Playmaker and Founder, Life is Good Foundation; Theresa Keelty, PhD, Psychologist, educator, consultant and a registered play therapist with the Association for Play Therapy; Daniel Leven, founder and director of LIFE. Movement; Jonathan Lyons, MA, Film, TV and theatre writer, author, director; Clone, Once On This Island; Rita Lynn, PsyD; Trained in London at the Institute of Group Analysis and Institute of Family Therapy; Leverhume Teaching Fellow at St. Bartholomew’s Hospital.

UCLA Extension & Lifespan Learning Institute Present
Neuroscience in Psychotherapy
A cutting-edge conference featuring:
Phyllis Booth, MA; Stuart Brown, MD; Louis Cozolino, PhD; Betsy Crouch; Mihaly Csikszentmihalyi, PhD; Barbara van der Kolk, MD

Earn up to 20.25 hours of continuing education credits.

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For complete speaker/coordinator bios visit uclaextension.edu/attachBR

Program Coordinators:

Morton Solomon, PhD, Director of Clinical Training, Lifespan Learning Institute; in private practice working with individuals, couples, and group psychotherapy author, The Healing Power of Intimacy; Lean on Me; co-author, The Healing Power of Emotions; Counterintervention in Couples Therapy
Bonnie Goldstein, MA; LCPC; LMFT; RPT/S, Theraplay Institute

For a complete list of learning objectives visit uclaextension.edu/attachBR

UCLA Extension & Lifespan Learning Institute Present
Annual Interpersonal Neurobiology Conference
Play, Creativity, Mindfulness & Neuroscience in Psychotherapy
Friday-Sunday March 6-8, 2015
UCLA Ackerman Grand Ballroom
UCLA Extension & Lifespan Learning Institute Present
Annual Interpersonal Neurobiology Conference
Play, Creativity, Mindfulness & Neuroscience in Psychotherapy
Friday-Sunday March 6-8, 2015
UCLA Ackerman Grand Ballroom

Join Us!
Throughout the lifespan, play supports neurological growth and development while building complex, skilled, flexible, responsive, and socially adept brains. Play also improves the necessary ability to convey emotions. Yet clients who suffer from early trauma sometimes experience a reduced capacity for play, which may impact their potential for spontaneous laughter, joy, excitement, creativity and connection. Some clinicians are comfortable integrating improvisation and playfulness into their practice. Others have difficulty embracing the uncertainty which may emerge, particularly when delving into the pain experienced by their clients.

During this conference, leading researchers and clinicians will draw on the evidence-based research in neuroscience and positive psychology to examine ways that clinicians can stimulate client resilience, creativity and spontaneity using play. Through lectures, case presentations and interactive panels, participants will increase their therapeutic efficacy by developing skills that enhance their receptiveness and presence during client sessions. Presentations will also provide skills for connecting empathically and attuning to non-verbal body reactions and movements so therapists can resonate with clients at a deep, somatic level. Innovative methods for including humor, positive psychology and play in the therapeutic milieu will be explored with the goal of bringing more joy and creativity into the therapeutic process.

At the conclusion of this conference, participants are able to:

• Identify specific factors that enhance and/or inhibit play and creativity
• Compare the roles of the right and left brains in regulation theory
• Discuss ways that clinicians can stimulate client resilience, creativity and spontaneity using play
• Examine ways that Interpersonal Neurobiology informs clinical intuition and can be used as a feel-acting automatic mode of implicit learning
• Appraise states of mind when dealing with trauma and loss
• Distinguish between different strategies to deal with patients who have secure, insecure and disorganized attachments
• Develop new modes of allowing body movement to connect with deep traumatic blocks
• Evaluate clinical treatment recommendations that can nurture creativity

For a complete list of learning objectives visit uclaextension.edu/attachBR.

Program Coordinators:
Morton Solomon, PhD, Director of Clinical Training, Lifespan Learning Institute; in private practice working with individuals, couples, and group psychotherapy associates. Co-author, Narcissism and Intimacy; Lean on Me; co-editor, What to Do When Love and War is Unfair to Intimate Relationships; co-editor, The Healing Power of Emotions: Countertransference in Couple Therapy.
Bonnie Goldstein, PhD, Director of Lifespan Wellness Center for Psychological Services; Adjunct Professor, USC School of Social Work; Psychology Consultant, Lifespan Learning Institute; author, I’ll Know What to Do; co-editor, Handbook of Infant, Child, and Adolescent Psychotherapy: A Guide to Diagnosis and Treatment, Vols. I & II.

Speakers

(For complete speaker/bios visit uclaextension.edu/attachBR)

Phyllis Booth, MA, LCPCC, LIFPT, Theraplay Institute
Stuart Brown, MD, Founder and President of the National Institute for Play
Louis Cozolino, PhD, Professor of Psychology, Pepperdine University; author, The Neuroscience of Education: Optimizing Achievement in the Classroom
Betsy Crouch, Coach, InSync
Mihaly Csikszentmihalyi, PhD, Professor of Psychology and Management and Director of the Quality of Life Research Center; Graduate University
Daniel Lerner, founder and director of LIFE. Movement
Jonathan Lynn, MA, Film, TV and theater writer, author, director, Cine, Flux On The Avenue, My-Chavez Street, The Distinguished Gentleman, The Urban Wine, etc. Create/delete BBC TV series Your Father Your Prime Minister.
Rita Lynn, PsyD, Trained in London at the Institute of Group Analysis and Institute of Family Therapy Lowerhouse Teaching Fellow at St Bartholomew’s Hospital.
Terry Marks-Tarlow, PhD, Teaching Faculty, Rease Davis Child Study Center; Research Associate, Institute for Pracical Research, Kassel, Germany, author, Awakening Clinical Intuition
Alvita Montemarco, Singer/Songwriter, author
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SATURDAY, MARCH 7 – Play, Spontaneity and Connection
9:00-9:10am Introduction
Bonnie Goldstein, PhD
9:10-9:55am Right Brain in Play, Creativity and Connection
Allan Slavin, PhD
10:40-10:55am Break
11:00-11:15am Saturday Panel Discussion: The Science and Art of Play
Moderators: Bonnie Goldstein with Daniel Siegel
Panelists: Pat Ogden, Jaak Panksepp, Bessel van der Kolk, and Terry Marks-Tarlow
11:40am-12:15pm Panel Discussion: Movement and the Power of Play
Moderators: Marian Solomon with Daniel Siegel
Panelists: Allan Slavin, Steve Gross, and Paul Thompson
12:15-1:30pm Lunch
(12:15-12:45pm: Embodied Mindfulness, Julian Walker)
1:30-2:15pm Play, Pleasure and Positive Expanding the Window of Tolerance
Pat Ogden, PhD
2:15-3:00pm Playful and Traumatized Brains – The Search for Natural Antidotes
Jaak Panksepp, PhD
3:00-3:15pm Break
3:15-4:00pm Trauma Healing: The Global Importance of Play and Creativity
Sharon Salzberg, PhD
4:00-4:45pm Healing from the Inside Out
Gloria Goldstein, PhD
4:45-5:30pm Panel Discussion: Focused Play and the Right Brain
Moderators: Marian Solomon with Daniel Siegel
Panelists: Pat Ogden, Jaak Panksepp, Bessel van der Kolk, and Terry Marks-Tarlow
SATURDAY, MARCH 7 (continued)
10:45-10:55am Project Joy
Steve Gross, MSW
10:55-11:40am Panel Discussion: Movement, Integration and Therapeutic Creativity
Moderators: Marian Solomon with Daniel Siegel
Panelists: Allan Slavin, Steve Gross, and Paul Thompson
Lunch
(12:15-12:45pm: Embodied Mindfulness, Julian Walker)
1:30-2:15pm Play, Pleasure and Positive Expanding the Window of Tolerance
Pat Ogden, PhD
2:15-3:00pm Playful and Traumatized Brains – The Search for Natural Antidotes
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4:45-5:30pm Panel Discussion: Focused Play and the Right Brain
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Panelists: Pat Ogden, Jaak Panksepp, Bessel van der Kolk, and Terry Marks-Tarlow
SUNDAY, MARCH 8 – Cultivating Well-Being and Developing Resilience
9:00-9:10am Introduction
Bonnie Goldstein, PhD
9:10-9:55am Awakening Resilience, Lovingkindness and Compassion with Mindfulness
Sharon Salzberg, PhD
10:05-11:00am Love 2.0
Beth Fredrickson, PhD
11:00-11:15am Break
11:15-12:00pm Panel Discussion: Resilience, Compassion and Positivity
Moderators: Bonnie Goldstein with Daniel Siegel
Panelists: Sharon Salzberg and Beth Fredrickson
12:15-1:00pm Lunch
(11:45am-12:12pm: Impromptu, Dan Levon)
1:00-2:00pm Rags, Creativity and Comedy: Jonathan Lyons, MLA and Ria Lyons, PsyD
2:00-2:55pm Flow
Marilyn McIntosh-Mendy, PhD
Victoria Stevens, PhD and Ryan Pozner (California Philharmonia)
4:10-4:25pm Break
4:25-5:30pm Panel Discussion: Synthesizing Disparate Elements: Integration for Clinic
Moderator: Marian Solomon with Daniel Siegel
Panelists: Jonathan Lyons, Ria Lyons, MLA, Marilyn McIntosh-Mendy, Victoria Stevens, Sharon Salzberg, and Barbara Fredrickson
Conference schedule subject to update. Visit our website for up-to-date and complete schedule information at uclaextension.edu/attach88.

General Information

Continuing Education (CE) Credits: Review the CE requirements for each conference-endorse option before registering.
APR: Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for this activity. This course offers up to 20.25 CE credits.
BRN: UCLA Extension is approved by the California Board of Registered Nursing, provider #CEP 11952, to offer this activity for up to 20.25 CE credits.
IMQ/CMA: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Institute for Medical Quality/California Medical Association (IMQ/CMA) through the providership of Lifespan Learning Institute. The Lifespan Learning Institute is accredited by the Institute for Medical Quality/California Medical Association as an approved provider of continuing medical education for physicians.

The Georgia Osteopathic Association designates this live activity for a maximum of 20.5 AMA PRA Category 1 Credit™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.
MFT/CSW/CCC: The credits are applicable for 20.5 CE hours of continuing education credit for LMFTs, LPCs, LEPs, and LSWS as required by the California Board of Behavioral Sciences. The UCLA Extension provider number is PCE 0553.
NBC: Lifespan Learning Institute is an NBCB-Approved Continuing Education Provider (ACEP) #2841 and a contributor of the event program. Lifespan Learning Institute has been approved by NBCB to provide 20.25 CE hours of continuing education credit for NBCB-registered programs or programs that meet NBCB requirements. The ACEP maintains responsibility for the content of this event. This course meets the qualifications for up to 20.25 NBCB-approved clock hours from the UCLA Extension provider number #5981.

For more information, email registration@uclaextension.edu or visit uclaextension.edu/attach88.

There are 3 registration options, all packages include CE credits listed.
Friday Only (8.5 CE credits)
Reg# 252480DM $155 (BRN, CMA, MFT/LCSW, NBCB CE credit; fee is $205 after 2/6)
Reg# 252467DM $195 (CE credit for psychologists; fee is $215 after 2/6)
Reg# 252475DM $205 (MFT/LCSW credit; fee is $215 after 2/6)

Saturday Only (11 CE credits)
Reg# 252485DM $231 (BRN, CMA, MFT/LCSW, NBCB CE credit; fee is $345 after 2/7)
Reg# 252462DM $250 (CE credit for psychologists; fee is $255 after 2/7)

3-Day Conference Package (14 CE credits)
Reg# 252486DM $349 (BRN, CMA, MFT/LCSW, NBCB CE credit; fee is $455 after 2/8)
Reg# 252470DM $390 (CE credit for psychologists; fee is $415 after 2/8)

Registration

Mail-in registration will be shared with Lifespan Learning Institute.
Online Registration with Credit Card: Available 24 hours a day at uclaextension.edu. American Express, Discover, JCB, MasterCard, and Visa are accepted. Click on the conference option above. Complete the online registration form for secure registration.
Phone and In-Person Registration:
UCLA Extension Westwood/Extension Building 3066 Westwood Plaza, First Floor Registration/Cashier’s Office

Registration:

Regular Hours: Mon-Thur 8-4pm, Fri 8-3pm
Phone: (310) 201-0808
Fax: (310) 201-0851
Email: lamishaw@aol.com

All-the-door registration—Only available if space permits by check or credit card until 5:00pm on Friday or Saturday only. All-the-door registration is not available on Sat, Mar 7. Call (310) 825-7500 for more information. For refund information or to request extensions, emailrefunds@uclaextension.edu. (310) 825-9971 or visit uclaextension.edu/cancel or onlinfo@lifespanlearn.org, click on My Extension and select Request a Refund.

Lunch:
Monday and afternoon refreshments are served; however, lunch is not included. Field trips may have separate lunch arrangements.

Parking:
The conference takes place in the Ackerman Union Grand Ballroom. Parking is available in UCLA Lot 4, which is on an underground parking structure, accessible on Sunset Blvd. The parking fee is $13 per day. Do not pass without a valid permit, or you will receive a parking ticket. UCLA Extension and Lifespan Learning Institute cannot be held responsible for any parking violations incurred by participants.

Students with Disabilities:
Arrangements for academic accommodations must be requested only through the UCLA Extension Office of Services for Students with Disabilities at least 5 days prior to the program. Call (310) 825-7501 (voice), (310) 825-7502 (TDD/TTY) to request accommodations.

Travel:
Participants needing to make travel arrangements may contact Susan Lamarche of New Act Travel at dominionacad@aol.com. (310) 201-0808 or (310) 344-0160. Travel information or arrangements are not provided through Lifespan Learning Institute.

About Lifespan Learning Institute
UCLA Extension offers numerous CE programs for mental health professionals and offers training courses. info@lifespanlearn.org | (310) 474-2065 | lifespanlearn.org

UCLA Extension is the continuing education division of the University of California at Los Angeles (UCLA). We offer evening, weekend, and online courses.

mentalhealth@uclaextension.edu | (310) 935-7003 | uclaextension.edu/attach88
### 3-Day Conference Schedule

**UCLA Ackerman Grand Ballroom**

**FRIDAY, MARCH 6 — Play and Creativity**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Panelists/Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:10am</td>
<td>Welcome</td>
<td>Wayne Snod, Dean of Continuing Education and UCLA Extension</td>
</tr>
<tr>
<td>9:10-10:10am</td>
<td>Introduction</td>
<td>Martin Solon</td>
</tr>
<tr>
<td>10:10-10:55am</td>
<td>Panel Discussion: Creative Expression, Trauma and Healing</td>
<td>Marion Solon, Marisol Solomon with David Siegel</td>
</tr>
<tr>
<td>11:40am-12:15pm</td>
<td>Panel Discussion: Movement, Integration and Therapeutic Creativity</td>
<td>Moderator: Bonnie Goldstein with David Siegel</td>
</tr>
<tr>
<td>12:15-1:30pm</td>
<td>Lunch</td>
<td>(12:15-12:45pm Embodied Midday, Julian Walker)</td>
</tr>
<tr>
<td>1:30-2:15pm</td>
<td>Panel Discussion: Pleasure and Positive Affect: Expanding the Window of Tolerance</td>
<td>Pat Otten, PhD</td>
</tr>
<tr>
<td>2:15-3:00pm</td>
<td>Playful and Traumatized Brains — The Search for Natural Antidepressants</td>
<td>Jaek Penkeff, PhD</td>
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<tr>
<td>3:00-3:15pm</td>
<td>Break</td>
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<tr>
<td>3:15-4:00pm</td>
<td>Panel Discussion: Trauma and Healing</td>
<td>Moderator: Marisol Solomon with David Siegel</td>
</tr>
<tr>
<td>4:00-4:05pm</td>
<td>Awakening Clinical Intuition: Creativity and Play</td>
<td>Terry Marks-Tarlow, Ph.D.</td>
</tr>
<tr>
<td>4:05-5:30pm</td>
<td>Panel Discussion: Movement, Focused Play and the Right Brain</td>
<td>Moderator: Marion Solomon with David Siegel</td>
</tr>
<tr>
<td>5:30-6:00pm</td>
<td>Lunch</td>
<td>(5:30-5:45pm Conscious Midday, Julian Walker)</td>
</tr>
</tbody>
</table>

**SATURDAY, MARCH 7 — Play, Spontaneity and Connection**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</thead>
<tbody>
<tr>
<td>9:00-9:10am</td>
<td>Introduction</td>
<td>Barbara Fredrickson</td>
</tr>
<tr>
<td>9:10-10:10am</td>
<td>Resilience, Awakening Resilience, Lovingkindness and Compassion with Mindfulness</td>
<td>Sharon Sadilek, Ph.D.</td>
</tr>
<tr>
<td>10:10-11:00am</td>
<td>Break</td>
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<tr>
<td>11:10-11:55am</td>
<td>Panel Discussion: Resilience, Compassion and Positivity</td>
<td>Moderator: Bonnie Goldstein with David Siegel</td>
</tr>
<tr>
<td>11:55-12:45pm</td>
<td>Lunch</td>
<td>(11:45-11:55am Impromptu, Dan Leven)</td>
</tr>
<tr>
<td>12:45-1:30pm</td>
<td>Conference schedule subject to update. Visit our website for up-to-date and complete schedule information at uclaevents.com/art/conf/00773122.html.</td>
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</tbody>
</table>

**SUNDAY, MARCH 8 — Cultivating Well-Being and Developing Resilience**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:10am</td>
<td>Introduction</td>
<td>Barbara Brown</td>
</tr>
<tr>
<td>9:10-10:00am</td>
<td>Resilience, Awakening, Resilience, Lovingkindness, and Compassion with Mindfulness</td>
<td>Sharon Sadilek</td>
</tr>
<tr>
<td>10:00-11:00am</td>
<td>Love 2.0</td>
<td>Barbara Fredrickson</td>
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<tr>
<td>11:00-11:55am</td>
<td>Break</td>
<td></td>
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<tr>
<td>11:55-1:30pm</td>
<td>Panel Discussion: Resilience, Compassion and Positivity</td>
<td>Moderator: Bonnie Goldstein with David Siegel</td>
</tr>
<tr>
<td>1:30-2:15pm</td>
<td>Lunch</td>
<td>(1:30-1:45pm Conscious Midday, Julian Walker)</td>
</tr>
<tr>
<td>2:15-3:00pm</td>
<td>Representation, Reciprocity and Comedy</td>
<td>Jonathan Lynn, Mary (Lily), Mami Camin-Rothman</td>
</tr>
<tr>
<td>3:00-3:15pm</td>
<td>Conference schedule subject to update. Visit our website for up-to-date and complete schedule information at uclaevents.com/art/conf/00773122.html.</td>
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- APA: Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for this program or event. Lifespan Learning Institute conference offers up to 20.25 hours of CE credit.
- BRN: UCLA Extension is approved by the California Board of Registered Nursing provider #15369, to qualify for the activity up to 20.25 hours. 
- IMCA: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Institute for Medical-Quality/California Medical Association (IMQA) through the provisions of Lifespan Learning Institute. The Lifespan Learning Institute is accredited by IMQA to provide continuing medical education for physicians.
- This conference offers up to 24.00 hours of CE credit for psychologists.
- The Lifespan Learning Institute designates this live activity for a maximum of 20.25 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- MFT/LCSW/NBCC CE credit: Lifespan Learning Institute is approved by the California Board of Behavioral Sciences. The UCLA Extension provider number is PCE 593.
- NBCC: Lifespan Learning Institute is an NBCC-Approved Continuing Education Provider (ACEP# 1140) and a co-sponsor of the even program. Lifespan Learning Institute may award NBCC-approved continuing education units (CEUs) or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. This course meets the requirements for up to 20.25 NBCC-approved clock hours from Lifespan Learning Institute provider #593.

#### Conference schedule subject to update. Visit our website for up-to-date and complete schedule information at uclaevents.com/art/conf/00773122.html.

### Registration
- Online registration: Visit our website for online registration form.

### Conference schedule subject to update. Visit our website for up-to-date and complete schedule information at uclaevents.com/art/conf/00773122.html.
3-Day Conference Schedule

UCLA Ackerman Grand Ballroom

FRIDAY, MARCH 6 – Play and Creativity

9:00-9:30am Welcome

Wayne Smut, Dean of Continuing Education and UCLA Extension

9:30am-10:45am Introduction

Moderator: Marion Solomon with Daniel Siegel

Panelists: Allan Schore, Steve Gross, and Betty Crouch

10:45am-11:00am Break

11:00am-12:15pm Panel Discussion: Movement, Integration and Therapeutic Creativity

Moderators: Marion Solomon with Daniel Siegel

Panelists: Allan Schore, Steve Gross, and Paul Thomson

12:15-1:30pm Luncheon

(Two 12:15-12:45pm Embodiment Midday, Walton Walker)

1:30-2:15pm Play, Pleasure and Positive Expanding the Window of Tolerance

Pat Ogden, PhD

2:15-3:00pm Playful and Traumatized Brains – The Search for Natural Antidepressants

Jaek Park, PhD

3:00-3:15pm Break

3:15-4:00pm The Power of Play

Stuart Brown, MD

4:00-4:15pm Interpersonal Neurobiology of Play: A Cross Cultural Perspective

Theresa Reitz, PhD

4:30-5:30pm Panel Discussion: Focused Movement and the Right Brain

Moderator: Marion Solomon with Daniel Siegel

Panelists: Pat Ogden, Jaek Park, Besak van der Pol, and Terry Marks-Tarlow

SUNDAY, MARCH 8 – Cultivating Well-Being and Developing Resilience

9:00-9:15am Introduction

Bonnie Goldstein, PhD

9:15am-10:30am Awakening Resilience, Lovingkindness and Compassion with Mindfulness

Sharon Salzberg, PhD

10:30am-11:45am Break

11:45am-1:00pm Panel Discussion: Resilience, Compassion and Possibility

Moderator: Bonnie Goldstein with Daniel Siegel

Panelists: Sharon Salzberg and Barbara Fredrickson

1:00-2:00pm Coffee, Conversation, and Early registration for repeat registrants on March 2 or when registration capacity is met.

SUNDAY, MARCH 8 (continued)

2:00-2:55pm Faye

Mihaly Csikszentmihalyi, PhD


Victoria Shlien, PhD and Bryan Peozzio (California Philharmonic)

4:10-4:25pm Break

4:25-5:30pm Panel Discussion: Synthesizing Disparate Elements: Integration and the Therapeutic Use of Music

Moderator: Marion Solomon with Daniel Siegel

Panelists: Jonathan Lynn, Lisa Rym, Mihaly Csikszentmihalyi, Victoria Shlien, Sharon Salzberg, and Barbara Fredrickson

Conference schedule subject to update. Visit our website for up-to-date and complete schedule information at uclaextension.edu/creative.

General Information

Continuing Education (CE) Credits:

Review the CE fees and benefits with conference enrollment option before registration.

APA: Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for this activity. APA credit is awarded for successful completion of this program.

BRN: UCLA Extension is approved by the California Board of Registered Nursing, provider #CEP 11950, to offer this activity for up to 20.25 CEU credits.

IMQ/CMA: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Institute for Medical-Quality/California Medical Association (IMQ/CMA) through the-provision of Lifespan Learning Institute. The Lifespan Learning Institute is accredited by IMQ/CMA, through the continuing medical education program for physicians.

BRN: California Board of Registered Nursing, provider number POE 1342, to offer this activity for up to 15.00 CEU credits.

NBCC: Lifespan Learning Institute is approved by the National Board of Certified Counselors, provider #3397, to offer this activity for up to 30.00 continuing education units.

UCLA Extension: The California Philharmonic, Yamaha piano courtesy of Yamaha Corporation of America

Continuing Education (CE) Credits:

Reg# Z5760DM $515 (CE credit for psychologists; fee is $495 after 2/6)

Reg# 252483DM $345 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is $325 after 2/6)

Reg# 252484DM $230 (CE credit for psychologists; fee is $220 after 2/6)

Reg# 252485DM $155 (CE credit for psychologists; fee is $145 after 2/6)

Reg# 252487DM $325 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is $305 after 2/6)

Reg# 252489DM $455 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is $435 after 2/6)

Reg# 252490DM $515 (CE credit for psychologists; fee is $505 after 2/6)

Registration:

Registration is open for all attendees. Email greatk@ucla.edu to be added to the mailing list. Early registration discount of up to 10% available before 2/1.

For more information on the conference, contact Greatk@ucla.edu or (310) 825-7936.

Participants needing to make travel arrangements may contact Susan Lamishaw of New Act Travel (310) 825-7851.

Transportation at (310) 794-7433 or visit "Park My Car" for more information. For refund information, email greatk@ucla.edu or call (310) 825-9971. Refunds are available 24 hours a day at uclaextension.edu/return.

Students with Disabilities: Arrangements for audiovisual aids are required. Participants are encouraged to call (310) 825-7093 or (310) 825-7851 for more information.

Travel

Participants needing to make travel arrangements may contact Susan Lamishaw of New Act Travel at december@aol.com, or (310) 201-0808 or (310) 340-9160.

Videotaping and audiotaping are not allowed at the conference.

Parking:

UCLA Lot 4, which is an underground parking structure, accessible via Sunset Blvd. The parking fee is $13 per day. Do not park without a valid permit, or you will receive a parking ticket. UCLA Extension and Lifespan Learning Institute cannot be held responsible for any parking violations incurred by participants.

For more information call (310) 825-7936 or visit uclaextension.edu/creative.

Lifespan Learning Institute sponsors CE programs for mental health professionals and offers home study courses.

About Lifespan Learning Institute

UCLA Extension is the continuing education division of the University of California at Los Angeles. (UCLA). We offer evening, weekend, and online courses.

mentalhealth@uclaextension.edu (310) 935-7011 or extension@ucla.edu (310) 201-0808 or (310) 340-9160.

UCLA Extension: The continuing education division of the University of California at Los Angeles. UCLA Extension is the continuing education division of the University of California at Los Angeles.
SUNDAY, MARCH 8 – Cultivating Well-Being and Developing Resilience

9:00-10:15am Welcome and Orientation
Moderator: Michael Solomon with Daniel Siegel
Panelists: Phyllis Buech, MSW, Allan Schore, Steve Gross, and Paula Thomson

10:55-11:40am Awakening Clinical Intuition: Creativity and Play
Terry Mark-Konrad, PhD

11:40-12:15pm Panel Discussion: Movement, Focus and the Right Brain
Moderator: Michael Solomon with Daniel Siegel
Panelists: Phyllis Buech, Pauletta Buech, Knossi von der Kolk, and Terry Mark-Konrad

General Information

Continuing Education (CE) Credits: Review the CE fees below for each conference enrollment option before registering.

APR: Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for the content of this event.

BRN: UCLA Extension is approved by the California Board of Registered Nursing, Provider #CEP 14152-L0, to offer up to 20.25 contact hours. 

IMCA/CEMA: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Institute for Medical Quality/California Medical Association (IMQ/CMA) through the pioneering work of Lifespan Learning Institute. The Lifespan Learning Institute is accredited by IMQ/CMA to provide continuing medical education for physicians.

The California Board of Registered Nurses designates this activity for a maximum of 20.25 AANA PAN Category 1 Credit(s). Physicians should only claim the credit commensurate with the extent of their participation in the activity.

MFT/LCSW: The Lifespan Learning Institute is an approved continuing education provider (ACEP™) and a cosponsor of this event/program. Lifespan Learning Institute may award 20.25 CE credits. CE credit for psychologists.

UCSD: CE credit may be offered for this program. Please contact UCSD for more information.

Nurse practitioners: Thank you for your interest in this program. Lifespan Learning Institute offers continuing education credits to qualified healthcare professionals. However, Lifespan Learning Institute is unable to provide CE credits for all healthcare professionals at this time.

Students with Disabilities: Arrangements for academic accommodations must be requested only through the UCLA Extension Office of Students with Disabilities at least 5 days prior to the program. Call (310) 201-0808 or (310) 201-0806 for any parking violations incurred by participants. 

For questions regarding parking or alternative to driving in campus, please contact UCLA Transportation at 310-825-9292 or visit transportation.ucla.edu.

Travel: To request accommodations, please contact the Disabled Students Program at (310) 201-0808 or (310) 201-0806. Accessible parking is available for those with mobility needs. Transportation services are available upon request.

Lifelong Learning Institute also offers three CE programs for mental health professionals and offers home study courses. 

UCSD: (310) 472-2265 | UCSD: (800) 947-7877 | UCLA Extension: (310) 825-9292

For additional CE information, contact:
Lifewest@ucsd.edu

Be sure to ask about the 3-day Conference Package.

UCLA Extension is the continuing education division of the University of California at Los Angeles (UCLA). We offer evening, weekend, and online courses.

mentalhealth@uclaextension.edu | (310) 825-7063 | uclaextension.edu/attachB
Phyllis Booth, MA, LPC, LMFT, RPT-S, Therapeutic Institute
Stuart Brown, MD, Founder and President of the National Institute for Play
Louise Cozolino, PhD, Professor of Psychology, Pepperdine University; author, The Neuroscience of Education, Optimizing Attachment & Learning in the Classroom
Betsy Crouch, Coach, Infant Development
Mihaly Csikszentmihalyi, PhD, Professor of Psychology and Management and Director of the Quality of Life Research Center, Claremont Graduate University
Susan P. DeRubeis, PhD, Senior Distinguished Professor of Psychology and Principal Investigator at Positive Emotions and Psychophysiology Lab at UNI, Chapel Hill
Zoe Galvez, Transformative Education Specialist, Insight-HQ
Steve Gross, MSSW, Chief Programaker and Planner; Life Is Good Foundation
Theresa Keely, PhD, Psychologist, educator, consultant and a registered play therapist; with the Association for Play Therapy
Daniel Lavender, founder and director of LIFE Movement
Jonathan Lynn, MA, Film, TV and theatre writer; author, director, Cuse, Nuts On The Air, My Cousin Vinny, The Distinguished Gentleman, The Ultimate Wine Tast, etc.
Mitra Lynch, PsyD, Trained in London at the Institute of Group Analysis and Institute of Family Therapy Lewerence Teaching Fellow at St Bartholomew’s Hospital
Terry Marks-Taniro, PhD, Teaching Faculty, Reiss Davis Child Study Center
Research Associate, Institute for Practal Research, Kasel, Germany, author, Awakening Clinical Intuition
Attoni Montemari, Singer/Songwriter, author
Piet Op den Bogaerde, MD, Franchise Owner, Steiner Psychotherapy Institute; Co-Founder, Hakemn Institute; Faculty, Nanus University; international lecturer; author, Trauma and the Body
Jaisk Poonkaew, PhD, Body Endowed Chimp, Animal Well-Being Science, WSU College of Veterinary Medicine; author, The Anthology of Mind: Neuroevolutionary Origins of Human Emotions
Sharon Salzberg, PhD, co-founder, Insight Meditation Society; author, Real Happiness
Louis Cozolino, PhD; Clinical Professor of Psychiatry, David Geffen School of Medicine, UCLA; author, Affect Regulation and the Repair of the Self
Barbara Fredrickson, PhD, Kenan Distinguished Professor of Psychology and Principal University and Director of the Quality of Life Research Center, Claremont Graduate School
Betsy Crouch, MA, LPC, LMFT, RPT/S, Theraplay Institute
Phyllis Booth, MA; Stuart Brown, MD; Louis Cozolino, PhD; Marion Solomon, PhD; Daniel Leven; Theresa Kestly, MSW, Chief Playmaker and Founder, Life Is Good Foundation;
Daniel Leven, founder and director of LIFE Movement
Sue Thompson, MA, PhD; author, designer and director of Department of Knowledge; CSLN; konrad Clinical Psychology and certified Sport Psychologist
Bessel van der Kolk, MD, Professor of Psychiatry, Boston University School of Medicine; Medical Director, Trauma Center, Boston, Director, National Center for Child Traumatic Stress Complex Trauma Network
Paula Thomson, PhD; Professor and chair coordinator; Department of Kinesthesia, CSLN; konrad Clinical Psychology and certified Sport Psychologist
Bessel van der Kolk
Mario Amato, MD, Clinical Director of The National Institute for Play
Sue Thompson, MA, PhD; author, designer and director of Department of Knowledge; CSLN; konrad Clinical Psychology and certified Sport Psychologist
Bessel van der Kolk

At the conclusion of this conference, participants are able to:

- Identify specific factors that enhance and/or inhibit play and creativity
- Compare the roles of the right and left brains in creativity
- Discuss ways that Interpersonal Neurobiology informs clinical intuition and can be used as a feel-acting automatic mode of implicit learning
- Assess states of mind when dealing with trauma and loss
- Distinguish between different strategies to deal with patients who have secure, insecure and disorganized attachment
- Devise new modes of altering body movement to connect with deep trauma blocks
- Evaluate clinical treatment recommendations that can nurture creativity

For a complete list of learning objectives visit acsclinexten.edu/attachBR

Program Coordinators:

Maxton Solomon, PhD, Director of Clinical Training, Lifespan Learning Institute; in private practice working with individuals, couples, and group psychotherapy; author, Love and War in Intimate Relationships; co-editor, The Healing Power of Emotions; Countertransference in Couple Therapy
Branca Goldstein, PhD; Director of Lifespan Wellness Center for Psychological Services; Adjunct Professor, USC School of Social Work; Psychology Consultant, Lifespan Learning Institute; author, I’ll Know What to Do, co-editor, Handbook of Infant, Child, and Adolescent Psychotherapy; A Guide to Diagnosis and Treatment, Vols. I & II
Neuroscience in Psychotherapy

Friday-Sunday March 6-8, 2015

Cutting-edge conference featuring:
- Phyllis Booth, MA; Stuart Brown, MD; Louis Cozolino, PhD; Mihaly Csikszentmihalyi, PhD; Barbara Fredrickson, PhD; Zoe Galvez; Steve Gross, MSW; Theresa Kestly, PhD; Jonathan Lynn, MA; Rita Lynn, PsyD; Terry Marks-Tarlow, PhD; Alanis Morissette; Pat Ogden, PhD; Jaak Panksepp, PhD; Allan Schore, PhD; Daniel Siegel, MD; Victoria Stevens, PhD; Paula Thomson, PsyD; and Bessel van der Kolk, MD

“Dance of Youth,” 1961 © 2014 Estate of Pablo Picasso / Artists Rights Society (ARS), New York

Join Us!

Throughout the three-day program, play supports neurological growth and development while building complex, skilled, flexible, responsive, and socially adept brains.

Play also improves the natural ability to convey emotions. Yet clients who suffer from early trauma sometimes experience a reduced capacity for play, which may impact their potential for spontaneous laughter, joy, excitement, creativity, and connection. Some clinicians are comfortable integrating improvisation and playfulness into their practice. Others may have difficulty experiencing the uncertainty which may emerge, particularly when delving into the pain experienced by their clients.

During this conference, leading researchers and clinicians will draw on the evidence-based research in neuroscience and positive psychology to examine ways that clinicians can stimulate client resilience, creativity and spontaneity using play. Through lectures, case presentations and interactive panels, participants will increase their therapeutic efficacy by developing skills that enhance their receptiveness and presence during client sessions.

Presentations will also provide skills for connecting empathically and attuning to non-verbal body reactions and movements so that therapists can respond to clients in a deep, somatic level, innovative methods for including humor, positive psychology and play in the therapeutic milieu can be used as a fast-acting automatic mode of implicit learning.

Are you ready to bring more joy and creativity into the therapeutic process? At the conclusion of this conference, participants are able to:

- Identify specific factors that enhance and/or inhibit play and creativity.
- Compare the role of the right and left brains in regulating the self.
- Discuss ways that Interpersonal Neurobiology informs clinical intuition and can be used as a feel-good automatic mode of implicit learning.
- Appraise states of mind when dealing with trauma and loss.
- Distinguish between different strategies to deal with patients who have secure, insecure and disorganized attachments.
- Examine ways that clinicians can stimulate client resilience, creativity and connection.
- Discuss ways that Interpersonal Neurobiology informs clinical intuition and can be used as a feel-good automatic mode of implicit learning.
- Appraise states of mind when dealing with trauma and loss.
- Distinguish between different strategies to deal with patients who have secure, insecure and disorganized attachments.
- Devise new modes of allaying body movement to connect with deep trauma blockades.
- Evaluate clinical treatment recommendations that can nurture creativity.

For a complete list of learning objectives visit uclaextension.edu/attachBR.

Program Coordinators:

Morton Solomon, PhD, Director of Clinical Training, Lifespan Learning Institute; in private practice working with individuals, couples, and groups, and for play psychotherapy authors, narrator of American Experience: Love and War in Iwo Jima (History/loc)co-producer, The Healing Power of Emotions: Countertransference in Couple Therapy

Batson, Grothaus, PhD, director of Lifespan Wellness Center for Psychological Services; Adjunct Professor, USC School of Social Work; Psychology Consultant, Lifespan Learning Institute; author, I’ll Know What To Do; co-editor, Handbook of Intent, CIMA, and Adolescent Psychotherapy: A Guide to Diagnosis and Treatment, Vols. I & II

Speakers

Phyllis Booth, MA; LPC; LMT; RPT-F, Therapy Institute
Stuart Brown, MD; Founder and President of the National Institute for Play
Louis Cozolino, PhD, Professor of Psychology, Pepperdine University; author, The Neuroscience of Education, Optimizing Attunement & Learning in the Classroom
Betto Crouch, Coach; In4HD
Mihaly Csikszentmihalyi, PhD, Professor of Psychology and Management and Director of the Quality of Life Research Center; Claremont Graduate University
Barbara Fredrickson, PhD; Senior Distinguished Professor of Psychology and Principal Investigator at Positive Emotions and Psychobiology Lab at UNC, Chapel Hill
Zoe Galvez, Transformative Education Specialist, In4HD
Steve Gross, MSW, Chief Playmaker and Founder; Life is Good Foundation
Theresa Kestly, PhD, Psychologist, educator, consultant and a registered play therapist/supervisor with the Association for Play Therapy
Daniel Lester, founder and director of LIFE, Movement
Jonathan Lynn, MA, Film; and Theatre writer; author, director; Circle, Boys On The Boat, Hope Springs, The Distinguished Groomson, The Irish Wolf, Navy, etc. Creator/execute BBC TV series West Column/The Prime Minister.
Rita Lynn; Ph.D.; Trained in London at the Institute of Group Analysis and Institute of Family Therapy; Leverhume Teaching Fellow at St. Bartholomew’s Hospital.
Terry Marks-Tarlow, PhD, Teaching Faculty, Rain Child Study Center; Research Associate, Institute for Pratical Research, Kassel, Germany; author, Awakening Clinical Intuition
Atane Moretti, Singer/Songwriter, author
Pet Opljen, PhD; Founder and President, SensoryMotor Psychotherapy Institute; Co-founder, Hakomi Institute; Faculty, Naropa University; international lecturer; author, Trauma and the Body
Jack Panksepp, PhD, Body Endowed Child, Animal Well-Being Science, WISO College of Veterinary Medicine; author, The Anthology of Mind: Neuroevolutionary Origins of Human Emotions
Sharon Salzberg, PhD, co-founder, Insight Meditation Society; author, Real Happiness: The Art of Meditating for Happiness, Acceptance, and Peace.
Allan Schore, MD; Associate Clinical Professor, David Geffen School of Medicine, UCLA; author, Affect Regulation and the Repair of the Self
Daniel Siegel, MD; Clinical Professor of Psychiatry, David Geffen School of Medicine, UCLA; author, Mindglimpse; The New Science of Personal Transformation
Victoria Stavros, PhD, Director of the Steinere Creativity, Imagination and Leadership Training, with Bryan Pezzone
Paula Thomson, PsyD; Professor and dance coordinator; Department of Kinesiology, UCLA; author, Affect Regulation and the Repair of the Self
Pat Ogden, PhD, Singer/Songwriter, author
Claremont Graduate University

Program Coordinators:

Morton Solomon, PhD, Director of Clinical Training, Lifespan Learning Institute; in private practice working with individuals, couples, and group play psychotherapy authors, narrator of American Experience: Love and War in Iwo Jima (History/loc)co-producer, The Healing Power of Emotions: Countertransference in Couple Therapy

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Pat Ogden, PhD, Singer/Songwriter, author
Claremont Graduate University

UCLA Extension & Lifespan Learning Institute Present

Annual Interpersonal Neurobiology Conference

Play, Creativity, Mindfulness & Neuroscience in Psychotherapy

Friday-Sunday March 6-8, 2015

UCLA Ackerman Grand Ballroom