



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

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 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 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 Interpersonal Neurobiology informs clinical intuition and can be used as a fast-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
- Devise new modes of utilizing 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](https://uclaextension.edu/attachBR).

## Program Coordinators:



**Marion Solomon**, PhD, Director of Clinical Training, Lifespan Learning Institute; in private practice working with individuals, couples, and group psychotherapy; author, *Narcissism and Intimacy*; *Lean on Me*; co-author, *Love and War in Intimate Relationships*; co-editor, *The Healing Power of Emotion*; *Countertransference in Couples 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*

# 3-Day Conference Schedule

## UCLA Ackerman Grand Ballroom

### FRIDAY, MARCH 6 – Play and Creativity

- 9:00-9:10am **Welcome**  
*Wayne Smutz, Dean of Continuing Education and UCLA Extension*
- Introduction**  
*Marion Solomon, PhD*
- 9:10-9:55am **Mindfulness, Play, Wisdom and Happiness**  
*Daniel Siegel, MD*
- 9:55-10:40am **The Process of Creative Expression**  
*Alanis Morissette*
- 10:40-10:55am **Break**
- 10:55-11:40am **Getting People Out Of Their Stuck Places**  
*Zoe Galvez and Betsy Crouch*
- 11:40am-12:15pm **Panel Discussion: Creative Expression, Trauma and Healing**  
*Moderators: Marion Solomon with Daniel Siegel*  
*Panelists: Alanis Morissette, Zoe Galvez, and Betsy Crouch*
- 12:15-1:30pm **Lunch**  
*(12:15-12:45pm – Mind, Body, Breath Awareness, Kyra Haglund, MSW)*
- 1:30-2:15pm **The Power of Play**  
*Stuart Brown, MD*
- 2:15-3:00pm **Interpersonal Neurobiology of Play: A Cross Cultural Perspective**  
*Theresa Kestly, PhD*
- 3:00-3:15pm **Break**
- 3:15-4:00pm **Theraplay – Playing with Someone Who Loves You: Creating Resilience and Reducing Stress**  
*Phyllis Booth, PhD*
- 4:00-4:45pm **Creativity: The Art of Being an Educator in Psychotherapy**  
*Louis Cozolino, PhD*
- 4:45-5:30pm **Panel Discussion: The Science and Art of Play**  
*Moderators: Bonnie Goldstein with Daniel Siegel*  
*Panelists: Lou Cozolino, Stuart Brown, Theresa Kestly, and Phyllis Booth*

### 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 Schore, PhD*

## **SATURDAY, MARCH 7** (continued)

- 9:55-10:40am **Project Joy**  
*Steve Gross, MSW*
- 10:40-10:55am **Break**
- 10:55-11:40am **Trauma, Attachment and Creativity**  
*Paula Thomson, PhD*
- 11:40am-12:15pm **Panel Discussion: Movement, Integration and Therapeutic Creativity**  
*Moderator: Bonnie Goldstein with Daniel Siegel*  
*Panelists: Allan Schore, Steve Gross, and Paula Thomson*
- 12:15-1:30pm **Lunch**  
*(12:15-12:45pm Embodied Mindfulness, Julian Walker)*
- 1:30-2:15pm **Play, Pleasure and Positive Affect: Expanding the Window of Tolerance**  
*Pat Ogden, PhD*
- 2:15-3:00pm **Playful and Traumatized Brains – The Search for Natural Antidepressants**  
*Jaak Panksepp, PhD*
- 3:00-3:15pm **Break**
- 3:15-4:00pm **Trauma's Devastating Impact on Imagination and Its Restoration with Focused Play, Theater and Rhythmical Engagement**  
*Bessel van der Kolk, MD*
- 4:00-4:45pm **Awakening Clinical Intuition: Creativity and Play**  
*Terry Marks-Tarlow, PhD*
- 4:45-5:30pm **Panel Discussion: Movement, Focused Play and the Right Brain**  
*Moderator: Marion Solomon with Daniel Siegel*  
*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*
- 9:10-10:05am **Awakening Resilience, Lovingkindness and Compassion with Mindfulness**  
*Sharon Salzberg, PhD*
- 10:05-11:00am **Love 2.0**  
*Barbara Fredrickson, PhD*
- 11:00-11:15am **Break**
- 11:15-11:45am **Panel Discussion: Resilience, Compassion and Positivity**  
*Moderator: Bonnie Goldstein with Daniel Siegel*  
*Panelists: Sharon Salzberg and Barbara Fredrickson*
- 11:45am-1:00pm **Lunch**  
*(11:45am-12:15pm Improv, Dan Leven)*
- 1:00-2:00pm **Rage, Creativity and Comedy**  
*Jonathan Lynn, MA and Rita Lynn, PsyD*

## SUNDAY, MARCH 8 (continued)

- 2:00-2:55pm      **Flow**  
*Mihaly Csikszentmihalyi, PhD*
- 2:55-4:10pm      **The Musical Dialogue: Combinatory Play, The Creative Process and Improvisation**  
*Victoria Stevens, PhD and Bryan Pezzone (California Philharmonic)*  
(Yamaha piano courtesy of Yamaha Corporation of America)
- 4:10-4:25pm      **Break**
- 4:25-5:30pm      **Panel Discussion: Synthesizing Disparate Elements: Integration for Clinical Treatment**  
*Moderator: Marion Solomon with Daniel Siegel*  
*Panelists: Jonathan Lynn, Rita Lynn, Mihaly Csikszentmihalyi, 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/attachBR](http://uclaextension.edu/attachBR).

## General Information

### Continuing Education (CE) Credits:

Review the CE hours available for each conference enrollment option before registering.

**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 and its content. This conference offers up to 20.25 hours of CE credit.

**BRN:** UCLA Extension is approved by the California Board of Registered Nursing, provider #CEP 11952, to offer this activity for up to 20.25 hours.

**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 IMQ/CMA to provide continuing medical education for physicians.

The Lifespan Learning Institute designates this live activity for a maximum of 20.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**MFT/LCSW:** This conference meets the qualifications for up to 20.25 hours of continuing education credit for LMFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Sciences. The UCLA Extension provider number is PCE 553.

**NBCC:** Lifespan Learning Institute is an NBCC-Approved Continuing Education Provider (ACEP<sup>™</sup>) and a cosponsor of this event/program. Lifespan Learning Institute may award NBCC-approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this event. This course meets the qualifications for up to 20.25 NBCC approved clock hours (Lifespan Learning Institute provider #5981).

### Conference Information, CE Credits, and Fees:

**Early registration is recommended. Pre-registration closes on March 3 or when registration capacity is met.**

**There are 3 registration options, all packages include CE credits listed.**

### **Friday Only (6.75 CE credits)**

**Reg# 252489DM** \$185 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is **\$205** after 2/6)

**Reg# 252487DM** \$185 (CE credit for psychologists; fee is **\$205** after 2/6)

### **Saturday & Sunday Only (13.5 CE credits)**

**Reg# 252485DM** \$325 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is **\$345** after 2/7)

**Reg# 252482DM** \$325 (CE credit for psychologists; fee is **\$345** after 2/7)

### **3-Day Conference Package (20.25 CE credits)**

**Reg# 252480DM** \$495 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is **\$515** after 2/6)

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

### **Registration**

Mailing list will be shared with Lifespan Learning Institute.

**Online Registration with Credit Card**—Available 24 hours a day at [uclaextension.edu](http://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

10995 Le Conte Ave., First Floor

Registration/Cashier's Office

**Regular Hours:** Mon-Thu 8am-6pm, Fri 8am-5pm

**Phone:** (310) 825-9971

**At-the-door registration**—Only available if space permits (payment by check or credit card only) no later than 10am on Friday or Saturday only. **At-the-door registration is not available on Sun, Mar 8.** Call **(310) 825-7093** for more information. For refund information, email [refunds@uclaextension.edu](mailto:refunds@uclaextension.edu), call **(310) 825-9971**, or visit [uclaextension.edu](http://uclaextension.edu), click on **My Extension** and select Request a Refund.

### **Lunch**

Morning break and afternoon refreshments are served; however, lunch is **NOT** included. Food is available for purchase on campus. However, it is recommended that participants bring bag lunches to avoid delays at concessions stands.

### **Parking**

The conference takes place in the Ackerman Union Grand Ballroom. Parking is available in UCLA Lot 4, which is an underground parking structure, accessible via Sunset Blvd.

The parking fee is \$12 per day. Do not park without a valid permit, or you will receive a parking citation. UCLA Extension and Lifespan Learning Institute cannot be held responsible for any parking violations incurred by participants.

For questions regarding parking or alternative to driving in to campus, please contact UCLA Transportation at (310) 794-7433 or visit [transportation.ucla.edu](http://transportation.ucla.edu).

### **Students with Disabilities**

Arrangements for auxiliary aids/services 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) 825-7851** (Voice/TTY) to request accommodations.

### **Travel**

Participants needing to make travel arrangements may contact Susan Lamishaw of New Act Travel at [lamishaw@aol.com](mailto:lamishaw@aol.com), **(310) 201-0808** or **(310) 284-5160**.

**Videotaping and audiotaping are not allowed at the conference.**

### **About Lifespan Learning Institute**

Lifespan Learning Institute sponsors CE programs for mental health professionals and offers home study courses. [info@lifespanlearn.org](mailto:info@lifespanlearn.org) | **(310) 474-2505** | [lifespanlearn.org](http://lifespanlearn.org)

### **About UCLA Extension**

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](mailto:mentalhealth@uclaextension.edu) | **(310) 825-7093** | [uclaextension.edu/attachBR](http://uclaextension.edu/attachBR)

## Speakers (For complete speaker/coordinator bios visit [uclaextension.edu/attachBR](https://uclaextension.edu/attachBR).)

**Phyllis Booth**, MA; LCPC; LMFT; RPT/S, 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 Attachment & Learning in the Classroom*

**Betsy Crouch**, Coach, ImprovHQ

**Mihaly Csikszentmihalyi**, PhD, Professor of Psychology and Management and Director of the Quality of Life Research Center, Claremont Graduate University

**Barbara Fredrickson**, PhD, Kenan Distinguished Professor of Psychology and Principal Investigator at Positive Emotions and Psychophysiology Lab at UNC, Chapel Hill

**Zoe Galvez**, Transformative Education Specialist, ImprovHQ

**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 Leven**, founder and director of L.I.F.E. Movement

**Jonathan Lynn**, MA; Film, TV and theater writer, author, director. *Clue, Nuns On The Run, My Cousin Vinny, The Distinguished Gentleman, The Whole Nine Yards*, etc. Created/wrote BBC TV series *Yes Minister/Yes Prime Minister*.

**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.

**Terry Marks–Tarlow**, PhD, Teaching Faculty, Reiss Davis Child Study Center; Research Associate, Institute for Fractal Research, Kassel, Germany, author, *Awakening Clinical Intuition*

**Alanis Morissette**, 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*

**Jaak Panksepp**, PhD, Baily Endowed Chair, 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 At Work: Meditations for Accomplishment, Achievement, and Peace*

**Allan Schore**, PhD, 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, *Mindsight: The New Science of Personal Transformation*

**Victoria Stevens**, PhD, Director of the Stevens Creativity, Imagination and Leadership Training, with Bryan Pezzone

**Paula Thomson**, PhD, Professor and dance coordinator, Department of Kinesiology, CSUN, licensed Clinical Psychologist 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

**UCLA** Extension

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*A cutting-edge conference featuring:*

**Phyllis Booth, MA; Stuart Brown, MD; Louis Cozolino, PhD; Betsy Crouch; 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; Sharon Salzberg, PhD; Allan Schore, PhD; Daniel Siegel, MD; Victoria Stevens, PhD; Paula Thompson, PhD; and Bessel van der Kolk, MD**

Earn up to 20.25 hours of continuing education credits. Please share with friends.

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