UCLA Extension & Lifespan Learning Institute Present

**Play, Creativity, Mindfulness & Neuroscience in Psychotherapy**
Friday-Sunday March 6-8, 2015

**UCLA Ackerman Grand Ballroom**

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**Join Us!**
Throughout the hoopla, 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 creativity, resilience 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.

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**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 brain in a regulation theory
- Discuss ways that Interpersonal Neurobiology informs clinical and can be used as a fail-safe automatic mode of implicit learning
- Approach 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 allowing body movement to connect with deep traumatic blocking
- Evaluate clinical treatment recommendations that can nurture creativity

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

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**Program Coordinators:**
**Manon Solomon,** PhD, Director of Clinical Training, Lifespan Learning Institute; in private practice working with individuals, couples, and groups through psychotherapy, clinical supervision and on-campus courses in Intimate Relationships/Co-therapy, The Healing Power of Emotions, Countertransference in Couple Therapy. 
**Beau antisetti,** PhD, Director of Lifespan Wellness Center for Psychological Sensations; Adjunct Professor, USC School of Social Work; Psychology Consultant, Lifespan Learning Institute; author, “I’ll Know What to Do” co-editor, Handbook of Intert, CCB, and Adolescent Psychotherapy: A Guide to Diagnosis and Treatment, Vols. 1 & 2.

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**Speakers (for complete speaker/coordinator bio visit uclaextension.edu/atriablr) **

**Phyllis Slooth,** MA, LPC, LMFT, RPT-S, Playtherapy 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 & Learning in the Classroom

**Betsy Crouch, Coach, Intrap4**

**Mharry Colonomioitah,** PhD, Professor of Psychology and Management and Director of the Quality of Life Research Center; Graduate School of Business

**Barbara Fredrickson,** PhD; Senior Distinguished Professor of Psychology and Principal Investigator at Positively Emotional and Psychophysiology Lab at UNC, Chapel Hill

**Zoe Goltz,** Transformative Education Specialist, Intrap4

**Steven Gross,** MSW, Chief Playmaker and Founder, Life is Good Foundation

**Sharon Salzberg,** PhD, Founder and Director, UCLA Mindful Awareness Research Center

**Allan Schore,** PhD, Professor and dance coordinator, Department of Kinesiology, Pepperdine University; author, The Archaeology of Mind: Neuroevolutionary Origins of Human Emotions

**Fredrickson,** PhD, Psychologist, educator, consultant and a registered play therapist/supervisor with the Association for Play Therapy

**Theresa Crouch,** of Michiyoshi, PhD, Teaching Faculty, Life is Good Foundation

**Alanis Morissette,** Singer/Songwriter, author

**Danny Pudi,** PhD. Founders and Director; Sensory-Motor Psychotherapy Institute; Co-Founder, Hakemi Institute; Faculty, Naropa University; international lecturer; author, Trauma and the Body

**Jasiek Pankow,** PhD, Body Endowed Child, Animal Well-Being Science, WSU College of Veterinary Medicine; author, The Anthropology of Mind: Neuroevolutionary Origins of Human Emotions

**Sharon Salzberg,** PhD, co-founder, Insight Meditation Society; author, Rituals of Happiness: Mindful Meditations for Happiness, 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 Steenwe Creative, Imagination and Leadership Training, with Brian Posen

**Paula Thompson,** PhD; Professor and dance coordinator, Department of Kinesthetics, UCLA; konrad 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

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**UCLA Extension & Lifespan Learning Institute Present**

**Annual Interpersonal Neurobiology Conference**

**Friday-Sunday March 6-8, 2015**

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**UCLA Ackerman Grand Ballroom**

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**Notes:**
- All clinical examples and cases are fictional and are used for educational purposes.
- The program is in the process of being finalized. Please check our website for the most current information.
- Please share with friends.

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

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**“The Evolution of Play” by UCLA students, 2015**

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**Contact:**
**Phone:** 310.206.3020 Ext. 3105 **Email:** Extend@ucla.edu **Website:** uclaextension.edu/atriablr
**UCLA Extension\; Lifespan Learning Institute Present**

**Neuroscience in Psychotherapy**
Friday-Sunday March 6-8, 2015

A \*Class of Trust*; Mihaly Csíkszentmihalyi, PhD; Barbara Fredrickson, PhD; Zoe Galvez; Steve Gross, MSW; Theresa Galvez, MD; Victoria Stevens, PhD; Paula Thompson, PhD; and Bessel van der Kolk, MD, Distinguished Professor of Psychiatry, Boston University School of Medicine; author, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma,* will lead a three-day neuroscience and trauma workshop for professionals in psychotherapy, psychology, social work, and related fields. The very latest scientific findings will be presented with a practical focus on how to implement them in therapy.

**Join Us!**

Throughout the workshop, 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 creativity, resilience 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.

With a focus on emotions, participants will explore what it means to be embodied in the service of one’s clients, and how each emotion contributes to the development of the self.

Join us to learn how play can help you and your clients navigate their neurobiological roadblocks to recovery.

**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 left and right brain in regulation theory
- Discuss ways that Interpersonal Neurobiology informs clinical and personal development
- Evaluate how to use a feel-acting automatic mode of implicit learning
- Appreciate states of mind when dealing with trauma and loss
- Distinguish between different strategies to deal with patients who have secure, insecure and disorganized attachments
- Design 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 acslifelongeducation.edu\#atdd.

**Program Coordinators:**

*Marion Solomon, PhD, Director of Clinical Training, Lifespan Learning Institute; in private practice working with individuals, couples, and groups; and lead psychotherapy group for the Armenian Genocide survivors.*

*Lexie Smolen, MSC, Co-Director of the Lifespan Wellness Center for Psychological Sensations, Adjunct Professor, USC School of Social Work; and Life is Good Play Specialist; author, *Life is Good: The Science of Deadly Serious Fun.*

*“If you do what you love, you’ll never work a day in your life.” —Marion Solomon, PhD*
SaturdaY, March 7 (continued)

9:00-9:45 AM Project Joy
Steve Gross, MSW
9:45-10:00 AM Break
10:00-10:45 AM Panel Discussion: Movement, Integration and Therapeutic Creativity
Moderator: Bonnie Goldstein with Daniel Siegel
Panelists: Allan Schore, Steve Gross, and Paul Thomson
11:40 AM-12:15 PM Rhythmical Engagement: Trailblazing the Mind, Body, Breath Connection
Peter Salovey, PhD
12:15-1:30 PM Lunch
1:30-2:15 PM Please, Play and Positive Entanglement: Expanding the Window of Tolerance
Pat Ogden, PhD
2:15-3:00 PM Playful and Traumatized Brains – The Search for Natural Antidotes
Jaek Panek, PhD
3:00-3:15 PM Break
3:15-4:00 PM Trauma Deconstructing the Impact on Imagination and its Restoration with Focused Play, Theater and Rhythmic Engagement
Bessel van der Kolk, MD
4:00-4:45 PM Awakening Clinical Intuition: Creativity and Play
Tony Mandelker, PhD
4:45-5:30 PM Panel Discussion: Focused Movement and the Right Brain
Moderator: Marion Solomon with Daniel Siegel
Panelists: Pat Ogden, Jaek Panek, Bessel van der Kolk, and Terry Marks-Tarlow
5:30-6:15 PM Workshop: Music and the Creative Mind
Victoria Stevens, PhD and Bryan Pezzone

SundaY, March 8 – Cultivating Well-Being and Developing Resilience
9:00-9:45 AM Introduction
Bonnie Goldstein, PhD
9:45-10:00 AM Awakening Resilience, Loveliness and Compassion with Mindfulness
Sharon Salzberg, PhD
10:00-11:00 AM Love 2.0
Barbara Fredrickson, PhD
11:00-11:15 AM Break
11:15-12:00 PM Panel Discussion: Resiliency, Compassion and Positivity
Moderator: Bonnie Goldstein with Daniel Siegel
Panelists: Sharon Salzberg and Barbara Fredrickson
12:00-12:45 PM Lunch
12:45-1:30 PM Panel Discussion: Synthesizing Disparate Elements: Integrative Clinical Treatment
Moderator: Marion Solomon with Daniel Siegel
Panelists: Jonathan Lynn, Lyra Rial, Milly Calais-Centamore, Victoria Stevens, Shelby Sabadjov, and Barbara Fredrickson
1:30-2:15 PM Break
2:15-3:00 PM Panel Discussion: Reimagining Reality: Creativity and Playful and Traumatized Brains – The Search for Natural Antidotes
Moderator: Marion Solomon with Daniel Siegel
Panelists: Joseph LeDoux, Patricia Waller, and Terry Marks-Tarlow
3:00-3:45 PM Conference schedule subject to update. Visit our website for up-to-date and complete schedule information at lifespanlearn.org/attendit.

General Information

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

AIP: Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for this activity.

BRN: UCLA Extension is approved by the California Board of Registered Nursing for 20.25 CE credits.

IR: The activity has been planned and implemented in accordance with the AHRQ’s criteria for RMAT Certification and is approved for 20.25 CE credits.

LCP: The activity has been planned and implemented in accordance with the AHRQ’s criteria for RMAT Certification and is approved for 20.25 CE credits.

CE credit.

UCLA Extension is approved by the California Board of Registered Nursing, California Medical Association (MD/DO) and a cosponsor of this event/program. Lifespan Learning Institute may award CE credit. Review the CE hours available for each conference enrollment option before registering.

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

Friday Only (6.75 CE credits)

Reg# 252480DM $515 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is $455 after 2/6)
Reg# 252467DM $515 (CE credit for psychologists; fee is $455 after 2/6)

Reg# 252463DM $325 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is $245 after 2/7)

Reg# 252462DM $325 (CE credit for psychologists; fee is $245 after 2/7)

Saturday Only (13.5 CE credits)

Reg# 252460DM $455 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is $345 after 2/6)
Reg# 252006DM $455 (CE credit for psychologists; fee is $345 after 2/6)

Reg# 252700DM $455 (CE credit for psychologists; fee is $345 after 2/6)

Registration

All material will be shared with Lifespan Learning Institute.

Online Registration will be closed 24 hours prior to the conference.

Phone and In-Person Registration

UCLA Extension Westwood/Extension Building 10202 Le Conte Ave, First Floor

Registration/Cashier’s Office

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

Late-door registration—Only available if space permits (payment by check or credit card only, please call (310) 825-7851 on Friday or Saturday only). Late-door registration is not available on Sat, Mar 7.

Call (310) 794-7509 for more information. For refund situations, call (310) 825-7990 or visit uclalifelearning.edu

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

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

Friday Only (6.75 CE credits)

Reg# 252480DM $515 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is $455 after 2/6)
Reg# 252467DM $515 (CE credit for psychologists; fee is $455 after 2/6)

Reg# 252463DM $325 (BRN, CMA, MFT/LCSW, NBCC CE credit; fee is $245 after 2/7)

Reg# 252462DM $325 (CE credit for psychologists; fee is $245 after 2/7)

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Reg# 252700DM $455 (CE credit for psychologists; fee is $345 after 2/6)

Registration

About Lifespan Learning Institute

UCLA Extension is a regional center for ACEP™ and a cosponsor of this event/program. Lifespan Learning Institute may award CE credit.

About UCLA Extension

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

mentalhealth@uclalifelong.edu (310) 393-7003 | uclalifelong.edu/attendit
Continuing Education (CE) Credits: Review the CE types chart on our conference eventpage or contact registration.

API: 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 Board of Registered Nursing for 3-Day, 2-Day, and 1-Day CE credit.

CE credit: Lifespan Learning Institute sponsors CE programs for mental health professionals and offers a variety of services to assist with your CE needs. Lifespan Learning Institute is approved by the American Psychological Association, APA, to sponsor continuing education for psychologists, and is eligible for Category 1 Credit(s)™ (CE) and accredited by the American Academy of footsteps in science, AAFTS, and by the American Medical Association, AMA, for 20.25 hours of Credit(s)™ (CE). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CCHP: Lifespan Learning Institute is an approved provider by the California Medical Association (CMA) through the providership of Lifespan Learning Institute. The Lifespan Learning Institute is accredited by the CA Medical Board (CMB) through the providership of Lifespan Learning Institute. The CMB is an approved provider of CE credit.

NBCC: Lifespan Learning Institute is an approved provider by the National Board of Certified Counselors for 20.25 hours of continuing education for counselors. Contact the NBCC to request the CE certificate.

Society for the Advancement of Engineering Education (SAE): Lifespan Learning Institute is accredited by the National Society for Engineering Education as an approved provider of continuing engineering education. The SAE credits correspond to these CE credits.

Students with Disabilities: Arrangements for audiovisual aids 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) 205-7811 or (310) 825-9971 for more information. For refund information, contact refunds@uclaextension.edu.

Travel: Participants needing to make travel arrangements may contact Susan Lanson of New Act Travel at dominion@aol.com, (310) 201-4808 or (310) 304-4160. For information on transportation to and from the Conference, please contact transportation.ucla.edu.

About UCLA Extension: University extension programs are sponsored by the UCLA Extension Department of Professional Education and offer a wide range of courses and programs. Many of the courses for credit are cross-listed with courses offered by UCLA. Information about our programs can be found at uclaextension.edu. 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) 335-7063 | uclaextension.edu/attach88
3-Day Conference Schedule

UCLA Ackerman Grand Ballroom

FRIDAY, MARCH 7 • Play and Connectivity

9:00-9:45am Introduction

9:45-10:45am Project Joy

10:40-10:55am Break

10:55-11:40am Panel Discussion: Movement, Integration and Therapeutic Creativity

11:40am-12:15pm Lunch

12:15-1:30pm TheraPlay – Playing with Someone Who Loves You: Theresa Kestly, PhD

1:30-2:15pm A Cross Cultural Perspective

2:15-3:00pm Break

3:00-3:15pm Kevin Davis, MD

3:45-4:30pm Marion Solomon, PhD

4:30-4:45pm Break

4:45-5:30pm Steve Gross, MSW

This conference meets the qualifications for up to 20.25 hours of continuing education, call (310) 825-7093 or visit uclaextension.edu/attachBR and select Request a Refund.

—Available 24 hours a day at (310) 825-9971.

or

call 800-445-1400 and select Request a Refund.

or

—Available 24 hours a day at (310) 825-9971.

or

—Available 24 hours a day at (310) 825-9971.

SUNDAY, MARCH 9 • Cultivating Well-Being and Resilience

9:00-9:15am Introduction

9:15-10:00am Awakening Resilience, Lovingkindness and Compassion with Mindfulness

10:00-10:15am Break

10:15-11:00am Panel Discussion: Reflection, Resilience and Possibility

11:00-11:15am Lunch

11:15-12:00pm Panel Discussion: Resilience, Compassion and Possibility

12:00-1:30pm Lunch

1:30-2:15pm Kevin Davis, MD

2:15-3:00pm Jon Kabat-Zinn, PhD

3:00-3:15pm Break

3:45-4:30pm Steve Gross, MSW

4:30-4:45pm Break

4:45-5:30pm Panel Discussion: Synthesizing Disparate Elements: Integration and Clinical Treatment

SUNDAY, MARCH 9 • 7

Allan Schore, PhD

Right Brain in Play, Creativity and Connection

Bonnie Goldstein, PhD

Right Brain in Play, Creativity and Connection

Phyllis Booth

Panelists: Lou Cozolino, Stuart Brown, Theresa Kestly, and Barbara Fredrickson

Moderators: Bonnie Goldstein and Daniel Siegel

Break

Theraplay – Playing with Someone Who Loves You:

Theresa Kestly, PhD

A Cross Cultural Perspective

Stuart Brown, MD

The Power of Play

Kyra Haglund, MSW)

(12:15-12:45pm – Mind, Body, Breath Awareness, Lunch)

The Process of Creative Expression

Marion Solomon, PhD

Welcome

SUNDAY, MARCH 9 • 8

Jonathan Lynn, MA and Rita Lynn, PsyD

Lunch

Break

Victoria Stevens, Sharon Salzberg, and Barbara Fredrickson

Panelists: Jonathan Lynn, Rita Lynn, Mihaly Csikszentmihalyi, and Terry Marks-Tarlow

Integration for Clinical Treatment

Panel Discussion: Synthesizing Disparate Elements: Integration and Clinical Treatment

Terry Marks-Tarlow, PhD

Awakening Clinical Intuition: Creativity and Play

Bessel van der Kolk, MD

Its Restoration with Focused Play, Theater and Trauma’s Devastating Impact on Imagination and Break

Playful and Traumatized Brains – The Search for Natural Antidotes

Jaak Panksepp, PhD

Break

Kevin Davis, MD

The Healing Power of Play

Paula Thomson, PhD

Trauma, Attachment and Creativity

Paula Thomson, PhD

Mental Health and Mental Health Paraprofessionals

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

Friday Only (6.75 CE credits)

Reg# 252480DM $515 (BRN, CMA, MFTCSW, NBCC CE credit; fee is $525 after 2/6)

Reg# 252481DM $515 (CE credit for psychologists; fee is $525 after 2/6)

Reg# 252482DM (CE credit for psychiatrists; fee is $525 after 2/6)

Reg# 252483DM $945 (BRN, CMA, MFTCSW, NBCC CE credit; fee is $955 after 2/6)

Reg# 252700DM $945 (CE credit for psychologists; fee is $955 after 2/6)

Reg# 252701DM $945 (CE credit for psychiatrists; fee is $955 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

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 Women’s Extension Building

10043 Los Angeles Ave, First Floor

Registration/Cashier’s Office

Regular Hours: Mon-Thru 8am-4pm, Fri 8am-3pm

Phone: (310) 825-9971

All-the-door registration—Only available if space permits. Payment by credit card or check only, no cash (on Friday or Saturday only. All-the-door registration is not available on Sat, Sun, or Mon. Call (310) 825-7503 for more information. For refund situations, contact refunds@uclaextension.edu, call (310) 825-9971, or visit uclaextension.edu, click on My Extension and select Request a Refund.

Lunch

Morning break and afternoon refreshments are served; however, lunch is NOT included. Guests are encouraged to bring lunch boxes to avoid delays at concessions stands.

Travel

The conference takes place in the Ackerman Union Grand Ballroom. Parking is available in UCLA Lot 4, which is an underground parking structure, accessible on Sunset Blvd. The parking fee is $13 per day. Do not park without a permit, 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) 825-7561 (voice) or TTY.

Notes

For questions regarding parking or alternative to driving in to campus, please contact UCLA Transportation at (310) 825-1437 or visit uctransport.ucla.edu.

For more information, email lamishaw@aol.com.

Registration/Cashier’s Office

Phone: (310) 825-9971

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 or (310) 935-7063

UCLA Extension is an NBCC-Approved Continuing Education Provider (CEP #15140), through the California Board of Psychology.

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 the content and conduct of its programs.

MFT/LCSW: This course meets the state of California requirements for education credit for LMFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Science.

ACEP maintains responsibility for the content of this event. This course meets the NBCC-approved clock hours for events or programs that meet NBCC requirements. The Lifespan Learning Institute designates this live activity for a maximum of 20.25 CE hours.

IRE: Credits: UCLA UCLa Extension is approved by the California Board of Registered Nursing, provider #CEP 11250, to offer the activity for up to 20.25 CEU hours.

WMA: This activity has been planned and implemented in accordance with the standards of the Commission on Accreditation of Dance Education Organizations (CMDAO) through the presidency of Lifespan Learning Institute. The Lifespan Learning Institute is accredited by CMDAO through recognition by California Philharmonic, one of the largest American musical organizations, to offer the activity for CEU hours.

BRN: Lifespan Learning Institute sponsors CE programs for mental health professionals and offers continuing education credits through the California Board of Psychology.

Lifespan Learning Institute designates this live activity for a maximum of 20.25 APA PCE/Certificate of Completion.

MMH: This course meets the requirements and policies of the Institute for Medical Quality/California Medical Association (IMQ/CMAMA) through the presidency of Lifespan Learning Institute. The Lifespan Learning Institute is accredited by IMQ/CMAMA through recognition by California Philharmonic, one of the largest American musical organizations, to offer the activity for CEU hours.

Mind, Body, Breath Awareness, Lunch

Compassion with Mindfulness

Sharon Salzberg, PhD

David Siegel

Andrew副 Professor

Leah D. M. McCall

Project Joy

The Musical Dialogue: Combinatory Play, The Creative Process and Improvisation

Terry Marks-Tarlow, PhD

Victoria Stevens, PhD and Ryan Pozner (California Philharmonics)

Jennifer (Yamah piano courtesy of Yamaha Corporation of America)
3-Day Conference Schedule

UCLA Ackerman Grand Ballroom

FRIDAY, MARCH 4 – Play and Creativity

9:00-9:10am Project Joy
Project Joy
Steve Gross, MSW

9:10-10:45am Break

10:45-11:00am Panel Discussion: Movement, Identification and Therapeutic Creativity
Moderators: Bonnie Goldstein with Daniel Siegal
Panelists: Allan Schore, Steve Gross, and Paul Thomson

11:00-12:15pm Lunch

12:15-1:30pm Break

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
Jaak Panksepp, PhD

3:00-3:15pm Break

3:15-4:45pm Trauma: Developing Impact on Imagination and its Restoration with Focused Play, Theater and Rhythmical Engagement
Bessel van der Kolk, MD

4:45-6:30pm Panel Discussion: Focused Movement and Play and the Right Brain
Moderators: Marion Solomon with Daniel Siegal
Panelists: Pat Ogden, Jaak Panksepp, Bessel van der Kolk, and Terry Marks-Tarlow

SATURDAY, MARCH 5 – Play, Spontaneity and Connection

9:00-9:10am Introduction
Bonnie Goldstein, PhD

9:10-10:45am Rising Resilience, Lovingkindness and Compassion with Mindfulness
Sharon Salzberg, PhD

10:45-12:10pm Break

12:10-1:30pm Lunch

1:30-2:15pm Panel Discussion: The Science and Art of Movement
Moderators: Bonnie Goldstein with Daniel Siegal
Panelists: Louis Cordaro, Steven Prawda, Theresa Kanty, and Robert Alpert

SATURDAY, MARCH 7 – Play, Spontaneity and Connection

9:00-9:10am Right Brain in Play, Creativity and Connection
Allan Schore, PhD

9:10-9:55am Break

9:55-10:40am Project Joy
Project Joy
Steve Gross, MSW

10:40-10:55am Trauma, Attachment and Creativity
Paul Thomson, PhD

11:00-12:15pm Panel Discussion: Movement, Identification and Therapeutic Creativity
Moderators: Bonnie Goldstein with Daniel Siegal
Panelists: Allan Schore, Steve Gross, and Paul Thomson

12:15-1:30pm Lunch

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
Jaak Panksepp, PhD

3:00-3:15pm Break

3:15-4:45pm Trauma: Developing Impact on Imagination and its Restoration with Focused Play, Theater and Rhythmical Engagement
Bessel van der Kolk, MD

4:45-6:30pm Panel Discussion: Focused Movement and Play and the Right Brain
Moderators: Marion Solomon with Daniel Siegal
Panelists: Pat Ogden, Jaak Panksepp, Bessel van der Kolk, and Terry Marks-Tarlow

SUNDAY, MARCH 6 – Culture, Well-Being and Developing Resilience

9:00-9:10am Introduction
Bonnie Goldstein, PhD

9:10-10:45am Awakening Resilience, Lovingkindness and Compassion with Mindfulness
Sharon Salzberg, PhD

10:45-12:10pm Lunch

12:10-1:30pm Panel Discussion: The Science and Art of Movement
Moderators: Bonnie Goldstein with Daniel Siegal
Panelists: Louis Cordaro, Steven Prawda, Theresa Kanty, and Robert Alpert

SUNDAY, MARCH 6 (continued)

2:00-2:15pm Healed, Hymn McCarty-Cohenstein, MD

Victoria Steven, PhD, and Ryan Pizzorno (CaliforniaPhilanthroMics)

4:15-5:00pm Panel Discussion: Synthesizing Disparate Elements: Integration of Clinical Treatment
Moderator: Marion Solomon with Daniel Siegal
Panelists: Jonathan Lynn, Ryan L. McCarty, Hymn McCarty-Cohenstein, Victoria Steven, Sheldon Sadberg, and Barbara Fredrickson

General Information

Continuing Education (CE) Credits:

Review the CE forms for the conference or conference equivalent 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. Lifespan Learning Institute is an approved provider #19-11902 of ACEP™, a cosponsor of this event/program. Lifespan Learning Institute may award NBCC: 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. Lifespan Learning Institute is an approved provider #19-11902 of ACEP™, a cosponsor of this event/program. Lifespan Learning Institute may award NBCC:

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For those who have 50 credits or more, Lifespan Learning Institute awards an honorary certificate for completing the conference.

Students with Disabilities:

Arrangements for any 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) 825-7961 or visit uclaextension.edu/services/disabilities

Travel:

Participants needing to make travel arrangements may contact Susan Lamishaw of New Act Office of Services for Students with Disabilities at least 5 days prior to the program. Call (310) 825-7961 or visit transportation.ucla.edu

If you need any parking citations, you can email info@lifespanlearn.org to have them removed.

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 $13 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.

Registration:

Registration will be shared with Lifespan Learning Institute. Online Registration with a Credit Card: Available 24 hours a day at uclaextension.edu/refunds@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.
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

Phyllis Booth, MA, LPC/P, LMT, BFFT, Play therapist
Stuart Brown, MD, Founder and President of the National Institute for Play
Louis Cozolino, PhD, Professor of Psychology, Pepperdine University; author, The Neuroscience of Emotion: Optimizing Affecting-Learning in the Classroom
Betty Crewe, Coach, Integr8

Mhary Colnisschatka, PhD, Professor of Psychology and Management
Director of the Quality of Life Research Center; Graduate School University
Barbara Fredrickson, PhD; Senior Distinguished Professor of Psychology and Principal Investigator at Positive Emotions and Psychophysiology Lab at UNC, Chapel Hill

Steve Gross, MSW, Chief Playmaker and Founder; Life is Good Foundation

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Steve Gross, MSW, Chief Playmaker and Founder; Life is Good Foundation

Theresa Keelby, PhD, Psychologist, educator, consultant and a registered play therapist with the Association for Play Therapy

Daniel Leiser, founder and director of LIFE. Movement

Jonathan Lyons, MA, Film, TV and Theatre writer; author, director. Cute, Fists On The Aisle, My Crooked Way, The Exiled Gardeners, The Urban Wine Needs, etc. CreaVision BCB TV series Fox Miller’s TV: Prime Minister

Rita Lynn, PsyD, Psychotherapist, performer, author, Run, My Cousin Vinny, The Distinguished Gentleman, The Whole Nine Yards

Jonathan Lynn, MA; Rita Lynn, PsyD; Terry Marks-Thompson, PhD, Teaching Faculty, Rice Dana Child Study Center;

Research Associate, Institute for Pracial Research, Kassel, Germany; author, Awakening Clinical Intuition

Atsuko Morimoto, Singer/Songwriter, author

Peti Opeljen, PhD, Founder and Director; Sensory Motor Psychotherapy Institute; Co-Founder, Hakomi Institute; Faculty, Naropa University; international author; author, Trauma and the Body

Josh Parkoski, PhD, Body Eisteddfod Chair, 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: The Art of Meditating for Happiness

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, Mindful: The New Science of Person Transformation

Bonnie Stevens, PhD, Director of the Steinway Creativity, Imagination and Leadership Training, with Bryan Prusse

Paula Thompson, PhD; Professor and Dance Coordinator, Department of Kinesiology, UCLA; kinesiology; dance and certificed Sport Psychologist

Benos 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

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UCLA Ackerman Grand Ballroom

Join Us!

Throughout the day, 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 children 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 creativity, resilience 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 resonant 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 asked to:

Identify specific factors that enhance or inhibit play and creativity

Compare the roles of the right and left brain in regulation theory

Discuss 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

Devise 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:

Marc Solomons, PhD, Director of Clinical Training, Lifespan Learning Institute; in private practice working with individuals, couples, and group psychotherapy; author, Holocaust and History Review; Love in the Aftermath; Loss and Healing; Interpersonal/Attachment; co-editor, The Healing Power of Emotions; Countertransference in Couple Therapy

Brenda Goldstein, PhD, Director of Lifespan Wellness Center for Psychological Services; Adjunct Professor, USC School of Social Work; Psychology Consultant, Lifespan Learning months; author, I’ll Know What to Do; co-editor, Handbook of Intent, CIAM and Adolescent Psychotherapy: A Guide to Diagnosis and Treatment; Vols. 1, 2 & V

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

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A Phyllis Booth, MA; Stuart Brown, MD; Louis Cozolino, PhD; Zoe Galvez; Steve Gross, MSW; Theresa Kestly, PhD; Jonathan Lynn, MA; Rita Lynn, PsyD; Terry Marks-Thompson, 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.

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

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Betsy Crouch, Coach, ImprovHD  
Mihaly Csikszentmihalyi, PhD, Professor of Psychology and Management and Director of the Quality of Life Research Center; Cranbrook Graduate University  
Barbara Fredrickson, PhD; Senior Distinguished Professor of Psychology and Principal Investigator at Positive Emotions and Psychophysiology Lab at UNC, Chapel Hill  
Zoe Gross, Transformative Education Specialist, ImprovHD  
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Daniel Leven, founder and director of LIFE. Movement  
Jonathan Lyons, MA, Film, TV and theater writer; author, director, Clue, Fugs On the Air, My-Adwoe-Villy, The Distinguished Gardishensohn, The Upho Wine Winds, etc.; Created/Hosted BBC TV series The Minister/The Prime Minister  
Rita Lynn, PsyD, Teaching Faculty, Reiss Daan Child Study Center; Research Associate, Institute for Pracial Research, Kassel, Germany; author, Awakening Clinical Intuition  
Atanas Momentski, Singer/Songwriter, author  
Pat Otpjen, PhD, Founder and Director; Senegemya Psychotherapy Institute; Co-Founder, Hakimi Institute; Faculty, Nampya University; international lecturer; author, Trauma and the Body  
Josh Packouz, PhD, Body Endowed Chimp, Animal Well-Being Science, WSU College of Veterinary Medicine; author, The Anthology of Mind: Neurovocology Origins of Human Emotions  
Sharon Salzberg, PhD, co-founder, Insight Meditation Society; author, Real Happiness At Work: Mindfulness for Accomplishment, Achievement, and Peace  
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