

Course Overview

Cutting-edge research will be presented on the varied connections between positive psychology and mental health. By examining the neuroscience, evolutionary, and genetic roots of both positive and negative states of being and their influence on mental health, the presenters will discuss prosocial strategies such as resilience, mindfulness, optimism, and compassion. These factors facilitate healthier states of being, as well as effectiveness in combating stress, trauma, and in enhancing wellness.

Course Objectives

1. Explain and define the key evolutionarily adaptive prosocial tendencies known to influence happiness and social well-being.
2. Identify common myths and barriers to experiencing and expressing our core prosocial potential.
3. Survey state-of-the-field concepts regarding biological origins and consequences of trauma, stress and illness vs. prosociality and well-being.
4. Understand how the varieties of prosociality: compassion, kindness, gratitude, awe, afford emotional agility, resilience to trauma, and overarching happiness in life.
5. Practice using empirically tested techniques, found in studies of mindfulness, narrative and perspective, for managing stressful experiences by exercising prosociality oneself.
6. Understand effective strategies for fostering prosociality amongst groups, as leaders or members of organizations.

History and Legacy

In 1995, the Calciano family lost Jon, their 23-year-old son, and brother, to suicide. After two years of collaboration with the Dominican Hospital Foundation, the family inaugurated the Jon E. Nadherny/Calciano Memorial Youth Symposium to strengthen adolescent behavioral health resources in our community. These annual symposia enable local families, educators, and mental and medical health professionals to hear and interact with renowned specialists in a wide range of timely topics. Over the past twenty years, areas of focus have ranged from suicide to bullying, ADHD, substance abuse, and gender identity.

The Calciano family is grateful for the hundreds of symposia participants who work tirelessly to improve the mental health and coping abilities of adolescents in our community. We welcome you to join us at our 20th anniversary event.

Please visit: calcianoyouthsymposium.org

Symposium Advisory Committee

We are excited to be celebrating our 20th year of providing high-quality, in-depth presentations of adolescent and young adult topics of clinical relevance. Our committee is a multidisciplinary team representing key professions and organizations in our community. We are dedicated to bringing timely topics from nationally renowned speakers.

Karen Gosling, MPT
Committee Chair
Paul Bellina, MFT
Carol F. Berman, LCSW
Diane Bridgeman, PhD
Linda Calciano, PhD
Stan Einhorn, PhD
Kathy Gonzales

George Jarrow, RN
Deborah Joy, DDS
Alicia Nájera, LCSW
Josh Nadherny-Calciano, RN
Suzanne Nicholas, PhD
Samantha Polizzi
Bob Semas
Freddie Weinstein, MD



**Dominican Hospital
Foundation.**

A Dignity Health Member

Those wishing to support the Symposium, may make a gift online at: supportdominican.org



Celebrating 20th Annual



EXPERTS FROM THE UC BERKELEY

GREATER GOOD SCIENCE CENTER

Dr. Dacher Keltner and Dr. Emiliana Simon-Thomas

PRESENT:

**Enhancing Mental Health:
Prosocial Strategies for Addressing
Trauma and Strengthening Resilience**

Friday, March 2, 2018

8:45 am – 3:45 pm

**Santa Cruz Beach Boardwalk
Cocoanut Grove Grand Ballroom**

Presenters

Dacher Keltner Ph.D.

Dr. Dacher Keltner is a Professor of Psychology at the University of California at Berkeley, Director of the Berkeley Social Interaction Lab, and serves as the Faculty Director of the Berkeley Greater Good Science Center. His research focuses on the biological and evolutionary origins of compassion, awe, love, and beauty, as well as power, social class, and inequality. Dr. Keltner is the author of *The Power Paradox*, as well as the best-seller *Born to Be Good: The Science of a Meaningful Life and The Compassionate Instinct*. He has published over 190 scientific articles, including seminal works on the psychology of awe (Keltner & Haidt, 2003) and is the co-author of two textbooks. He has written for the *New York Times Magazine*, *London Times*, and *Utne Reader*, and his research has been covered in *Time*, *Newsweek*, the *Wall Street Journal*, the *New York Times*, *CNN*, *NPR*, and the *BBC* as well as many other outlets. In addition to his university work and research, Dacher Keltner has collaborated on projects at Facebook and Google. Most recently, Keltner was the scientific consultant for Pixar's highly acclaimed film *Inside Out*, for which he helped revise the story emphasizing the neuropsychological findings that human emotions are mirrored in interpersonal relationships and can be significantly moderated by them. He has twice presented his research to His Holiness the Dalai Lama as part of a continuing dialogue between the Dalai Lama and scientists. He has received outstanding teacher and research mentor awards from UC Berkeley, and he has seen 20 of his PhD students and post-doctoral fellows become professors.

Emiliana Simon-Thomas, Ph.D.

Dr. Emiliana Simon-Thomas is the Science Director at the Greater Good Science Center at UC Berkeley, where she oversees its research fellowship program, supports key scientific initiatives like *Expanding the Science and Practice of Gratitude*, and co-instructs the Massive Open Online Course (MOOC) GG101X: *The Science of Happiness*. She earned her doctorate in Cognition, Brain, and Behavior at UC Berkeley, examining how emotions influence thinking, and which biological systems fuel prosocial states like compassion or the urge to cooperate. As GGSC Science Director, Dr. Simon-Thomas serves as an expert voice on foundational as well as emerging scientific research on prosociality, as well as evidence-based programs geared toward fostering a kinder, more compassionate world. She also writes, teaches and lectures widely about the measurable benefits of human prosociality and how to strengthen it to improve health, well-being, social life, and work. In addition to her academic and popular publications, Dr. Simon-Thomas recently served as co-editor of the 2017 *Oxford Handbook of Compassion Science*, a transdisciplinary compendium of empirically rich articles from world-class experts. She also provides consultation to organizations aiming to create products with more prosocial impact, or enhance levels of trust and teamwork amongst the culture within. Overall, Dr. Simon-Thomas' work spotlights the science that connects health and happiness to social connection, care giving, and collaborative relationships, as she continues to examine the potential for—as well as the benefits of—living a more meaningful life.

Program Schedule

Friday, March 2, 2018

8:00 – 8:45 am	Registration
8:45 – 9:00 am	Welcome and Introduction
9:00 – 10:30 am	Dr. Dacher Keltner Presentation: "Stress and survival of the kindest, how did we get here?"
10:30 – 10:45 am	Break
10:45 – Noon	Dr. Emiliana Simon-Thomas Presentation: "The landscape and promise of prosociality."
Noon – 1:00 pm	Lunch & Networking
1:00 – 2:15 pm	Interactive Session Led by Presenters
2:15 – 2:30 pm	Break
2:30 – 3:30 pm	Panel Discussion and Q&A Moderated by Dr. Freddie Weinstein, Chief Medical Officer, Dominican Hospital.
3:30 – 4:00 pm	Course Evaluation and Conclusion
4:00 – 5:00 pm	Book Signing

Seating is on a first-come, first-served basis. Please plan to arrive at least 30 minutes before the program starts.

Cost

Registration is \$75.

Fee includes lunch and complimentary parking, with validation.

Registration

Online

This educational event is expected to sell out, and space is limited. Reservations may be made through advance secure online registration. Log on to:

supportdominican.org/symposium

For more information about current or past symposia please visit:

calcianoyouthsymposium.org

Mail

A registration form is available on the website. Please mail or fax to 831.462.7608.

For Questions

Please contact Crystal Olson.

phone: 831.457.7070

email: nadhernycalcianosymposium@gmail.com

Course Credit

California Registered Nurses: This course is provider-approved by the California Board of Registered Nursing #881 for 5 contact hours.

Physical Therapists: This course has been approved for 0.5 CEU's by Dominican Hospital. Dominican Hospital is an agency recognized by the Physical Therapy Board of California to approve courses for continuing education units (CEU's).

CPA Accredited: Santa Cruz County Behavioral Health (SCCBH) is approved by the California Psychological Association (CPA) to provide continuing professional education for psychologists. The California Board of Behavioral Sciences (BBS) now recognizes CPA continuing education credit for license renewal for LCSW's, MFT's and LPCC's. SCCBH maintains responsibility for this program and its contents. Provider number SAN121, 5.0 hours.

Drug & Alcohol Counselors: Provider is the County of Santa Cruz Health Services Agency, approved for 5 CE hours by CAADAC. Provider No. 4S-99-419-0613

Physicians: This Live activity, *Enhancing Mental Health: Strategies for Addressing Trauma and Strengthening Resilience*, with a beginning date of 03/02/2018, has been reviewed and is acceptable for up to 5 Prescribed credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PLEASE NOTE: Certificate processing may take up to 6-8 weeks.

PARTIAL CREDIT WILL NOT BE GIVEN: To receive course credit, one must stay to the end of the program, complete and turn-in the course evaluation.

Cancellation Policy

Requests for refunds made at least five days before the start of the class will be granted. We reserve the right to cancel any class within five days prior to the class start date with a full refund to participants. We reserve the right to make program changes in the event of speaker illness, natural, or unforeseen disaster. No refunds will be made if the registrant does not attend the conference.