Our ground-breaking three-day immersion into Relationships and the Health-promoting Power of Connection brings together leading relationship specialists from Europe and the United States, as we collaboratively explore relationships through the interdisciplinary framework of Interpersonal Neurobiology, drawing upon the spectrum of scientific disciplines such as developmental neuroscience and attachment research and the crucial role that attachment plays in shaping the neural and relational aspects of mind.
Diane Ackerman, PhD is the author of two-dozen award-winning works of poetry and nonfiction, including the New York Times bestsellers The Zookeeper’s Wife, A Natural History of the Senses, and The Human Age. She has been researching and writing on “nature and human nature” and has been a finalist for the Pulitzer Prize for Nonfiction in addition to many other awards and recognitions for her work. dianeackerman.com

Ellyn Bader, PhD is co-founder and co-director of The Couples Institute in Menlo Park. As a therapist, workshop leader, author, and speaker, she is dedicated to helping couples create extraordinary relationships. She is co-author of The Quest of Mythical Mate. couplesinstitute.com.

Lou Cozolino, PhD specializes in the areas of neuroscience and attachment; holds degrees in philosophy, theology, and clinical psychology; and maintains a clinical and consulting practice in Los Angeles and New York. He is the author of “The Healthy Aging Brain.

Antonio Damasio, MD is founder and director of the USC Brain and Creativity Institute, which draws on partners across academic disciplines to use the explosion of new neuroscience results to tackle issues from mental health to societal and global change. Damasio is the author of The Strange Order of Things: Life, Feeling, and the Making of Cultures and Self Comes to Mind: Constructing the Conscious Brain which was adapted into a musical composition performed by Yo-Yo Ma. dornsife.usc.edu/bci/

Linda Ercoli, PhD is a clinical psychologist with expertise in geriatrics, dementia, cognition in cancer, the neuropsychology of aging, and the use of neuropsychological tests and brain imaging for early detection and prediction of dementia. uclahealth.org/linda-ercoli

John Foreyt, PhD is a Professor in the Departments of Medicine and Psychiatry and Behavioral Sciences at Baylor College of Medicine. He also is Director of the DeBakey Heart Center’s Behavioral Medicine Research Center; Adjunct Professor, Department of Health and Human Performance at the University of Houston; and Clinical Professor, Department of Family Medicine, at the University of Nevada School of Medicine, Las Vegas.

Diana Fosha, PhD is the developer of AEDP (Accelerated Experiential-Dynamic Psychotherapy), and founder and current director of the AEDP Institute, an internationally recognized school that specializes in training therapists in a healing-oriented transformational approach to the treatment of attachment trauma. She is the co-author of The Transforming Power of Affect and co-editor of The Healing Power of Emotion: Affective Neuroscience, Development & Clinical Practice. aedpinstitute.org

Bonnie Goldstein, PhD is Director of Lifespan Psychological Services; Adjunct Professor, USC School of Social Work; Outreach Director, Lifespan Learning Institute; co-editor, Handbook of Infant, Child, and Adolescent Psychotherapy: A Guide to Diagnosis and Treatment, Vols. I & II; and co-author of numerous papers integrating Sensorimotor Psychotherapy and Embedded Relational Mindfulness. drbonniegoldstein.com

Lee Hausner, PhD is an internationally recognized clinical psychologist who focuses on the challenges of affluence in multigenerational families as well as families in business. Her publications include: Children of Paradise: Successful Parenting for Prosperous Families, Homework without Tears, The Legacy Family, A Founders Guide to Creating a Family Foundation, and Hats Off To You: Finding Success in Family Business Succession


Helen LaKelly Hunt, PhD is the co-founder of Imago Relationships and has been active within the women’s movement for the past eighteen years. She is founder and president of The Sister Fund, a private women’s fund dedicated to the social, political, economic, and spiritual empowerment of women and girls. Helen has helped to create a number of other women’s funding institutions, including the Dallas Women’s Foundation, the New York Women’s Foundation, and the Women’s Funding Network. harvilleandhelen.com, imagorelationships.org, relationshipsfirst.org

Rhonda V. Magee, MA, JD is Professor of Law at the University of San Francisco, a teacher of Mindfulness-Based Stress Reduction, and a student of Buddhism. She is a facilitator of mindful and compassionate communication. She sees mindfulness and compassion practices as integral to social justice work.
Pat Ogden, PhD is Founder and Education Director of the Sensorimotor Psychotherapy Institute, an internationally recognized school specializing in Somatic Psychotherapy and treatment approaches integrating Embedded Relational Mindfulness. Dr. Ogden is co-founder of the Hakomi Institute, past faculty of Naropa University, an international lecturer and first-author of two ground-breaking books on Sensorimotor Psychotherapy. sensorimotorpsychotherapy.org

Peter Pearson, PhD is co-founder and co-director of The Couples Institute in Menlo Park and has over 30 years of experience in full-time practice specializing with couples. He has taught and trained therapists in the Developmental Model of Couples Therapy. couplesinstitute.com

Esther Perel, MA is faculty of the family studies unit, Department of Psychiatry, New York University Medical Center, the International Trauma Studies Program, the Ackerman Institute for the Family, and the Scandinavian Institute for Expressive Arts Therapy; Esther is an AASECT-certified sex therapy supervisor, a member of the American Family Therapy Association, the International Society for Sex Therapy and Research and she is the author of Mating in Captivity and The State of Affairs. estherperel.com

Daniel Siegel, MD is a Clinical Professor of Psychiatry at the David Geffen School of Medicine at UCLA; founding co-director of the Mindful Awareness Research Center at UCLA; Executive Director of the Mindsight Institute; Medical Director of the Lifespan Learning Institute; author of The Mindful Brain, The Developing Mind, and many others; and founding editor for the Norton Professional Series on Interpersonal Neurobiology. drdansiegel.com, www.mindsightinstitute.com

Gary Small, MD is Professor of Psychiatry and Parlow-Solomon Professor on Aging at the David Geffen School of Medicine at UCLA and Director of both the Division of Geriatric Psychiatry and the UCLA Longevity Center. He leads a research team focusing on the early detection and treatment of Alzheimer’s disease and age-related cognitive decline and has authored numerous books on these topics, including the New York Times best seller, The Memory Bible. drgarysmall.com

Marion Solomon, PhD Co-Founder and Director of Clinical Training, Lifespan Learning Institute; Clinical Faculty, David Geffen School of Medicine at UCLA; author; Narcissism and Intimacy and Lean on Me; co-author, Love and War in Intimate Relationships; co-editor, The Healing Power of Emotion; Countertransference in Couples Therapy, Healing Trauma, Healing Moments in Psychotherapy and How People Change; Play and Creativity in Psychotherapy. drmarionsolomon.com

Stan Tatkin, PsyD, MFT is a clinician, researcher, teacher, and developer of A Psychobiological Approach to Couple Therapy® (PACT). He has a clinical practice in Calabasas, CA, where he has specialized for the last 15 years in working with couples and individuals who wish to be in relationships. He teaches and supervises first- through third-year family medicine residents at Kaiser Permanente, Woodland Hills, CA, and is an assistant clinical professor at the David Geffen School of Medicine at UCLA, Department of Family Medicine. stantatkin.com, thepactinstitute.com

Ed Tronick, PhD is a developmental and clinical psychologist and is recognized internationally as a researcher focused on social-emotional development and self-regulatory processes in normal and compromised infants and young children and the effects of stress on infants and parents. He developed the Still-Face Paradigm and the Model of Mutual Regulation. Dr. Tronick’s current research with his research team focuses on the area of Relational Psychophysiology. He has co-authored and authored more than 200 scientific papers and chapters. umb.edu/academics/cla/faculty/edward_tronick

Ruby Wax, OBE & Ed Bye mental health campaigner, lecturer, author, actress and visiting professor in mental health nursing at the University of Surrey. She developed an online series on mental health issues for the BBC and has worked with mental health charities for which she was awarded the OBE and is an ambassador for MIND and SANE. Her books include How Do You Want Me, Sane World: Taming the Mind and A Mindfulness Guide for the Frazzled. rubywax.net

Ed Bye is an award-winning TV and film producer and director known for Red Dwarf, Kevin and Perry Go Large, Eddie Izzard: Definite Article and French and Saunders among many others. He works together with his wife, Ruby Wax, discussing how mental illness impacts family relationships from a first person perspective.

Disclosure: The Lifespan Learning Institute and UCLA Longevity Center have implemented a process where everyone who is in a position to control the content of any educational activity must disclose any potentially relevant financial relationship with a commercial interest. The presenters listed above have been determined to be free of conflict for the purposes of this conference.
Objectives

Friday, March 16, 2018

The Social Brain and The Embodied Relational Mind / Connection, Community & Compassion (6.5 CE Hours)

- Discuss four elements in neuroscience research that show the role emotions play in social cognition and relationships.
- Explain how the mind-body-brain lens can foster transformational moments of insight and understanding within relationships.
- Distinguish mind, nervous system, and relationships, and discuss four empirical findings that reveal the power of relationships to promote well-being.
- Summarize five ways that understanding the science of personal transformation through “Mindsight” can change our minds, brains, and have a positive effect on relationships.
- Discuss five “Safe Conversations” techniques that are designed to empower people to speak without criticism, listen without judgement and connect through their differences.
- Identify four barriers to inclusive, compassionate communication and discuss four ways to engage in mindfulness-based practices to foster mutual understanding when working with cultural and/or racial differences.
- Discuss four ways to view love, in the aftermath of traumatic experiences such as post-Holocaust relationships.

Saturday, March 17, 2018

Relationships in Psychotherapy (6.5 CE Hours)

- Describe two types of arrested couples development, and illustrate three ways to address relationship challenges.
- Using the four features of the developmental model of couples therapy, outline six diagnostic criteria identifying what’s wrong in relationship in order to identify the developmental arrest and use the impasse to build connection.
- Discuss barriers to healthy attachment and identify three components that strengthen attachment.
- Illustrate five ways Sensorimotor Psychotherapy uses non-verbal communication to identify body-based, implicit “somatic narrative” within relationships.
- Explore four body-based, implicit, nonverbal behaviors (movements, gestures, posture, etc.) that foster treatment of dyadic relationships.
- Identify four characteristics of successful multigenerational families that enhance communication so that past experiences don’t become present relationship roadblocks.
Lifespan offers a three-day immersion into Interpersonal Neurobiology, drawing on the spectrum of scientific disciplines such as developmental neuroscience and attachment research to clarify the crucial role that attachment plays in shaping the neural and relational aspects of mind. Neuroscience research has demonstrated that all mammals connect through various aspects of the cortex, limbic system, and brain stem. Thoughts impact cells, and trauma and stress affect our bodies. Our focus during this immersive weekend is on various ways to repair stress and trauma-induced physical and psychological disorders through the power of strong relationships and deepened connections.

This conference will discuss the research showing that one of the most health and life-promoting activities of all mammals, including humans, is connection and a sense of togetherness. There is considerable evidence, which will be reviewed, that intimate connections—whether marriage, deep friendships, psychotherapy, or groups working toward a common goal—lead to healthier and longer lifespans. The speakers will present a range of effective methods to achieve the betterment of relationships as well as ways of talking and listening, all of which facilitate connection and the experience of joyful aliveness.

We look forward to seeing you at this immersion in what it means to be human!

Coordinators: Marion Solomon, PhD, Bonnie Goldstein, PhD, Daniel Siegel, MD

Welcome to The Annual Interpersonal Neurobiology Conference

Sunday, March 18, 2018

How Personal Relationships Impact The Whole of Our Lifespan (6.5 CE Hours)

• Summarize the “Big Five” personality dimensions and outline how therapy and self-help strategies can change personality.
• Summarize five new scientific findings reflecting possibilities of shifting personality towards enhanced well-being.
• Examine four solutions to overcoming the challenges in family caregiver relationships.
• Explain the theory of the evolution of the social brain and summarize five social determinants that guide healthy aging.
• List five characteristics of a secure-functioning relationship and implement three interventions for reducing threat between partners.
• Summarize the long-term data on the health effects of behavioral interventions and discuss effective counseling strategies for improving healthy lifestyles.
• Identify five factors of mental illness impinging long-term commitment within relationships.

This conference offers up to 19.5 CE Hours, divided into 3 sessions.
You must attend the full session each day you are registered to receive CE credit for the session.

APA: Lifespan Learning Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Lifespan Learning Institute maintains responsibility for this conference and its content. This conference offers up to 19.5 hours of CE credit.

CAMFT: Lifespan Learning Institute is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, & LEPs. Lifespan Learning Institute maintains responsibility for this program/course and its content. (provider # 050085)

BRN: Lifespan Learning Institute is approved by the California Board of Registered Nursing (provider #3524) to offer this activity for up to 19.5 contact hours.

IMQ/CMA: The Lifespan Learning Institute is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.
The Lifespan Learning Institute designates this live activity for a maximum of 19.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NBCC: Lifespan Learning Institute and UCLA Longevity Center are co-sponsors of this program. This co-sponsorship has been approved by NBCC. Lifespan Learning Institute is an NBCC Approved Continuing Education Provider, ACEP No. 5981. The ACEP solely is responsible for this program, including the awarding of NBCC credit.
Conference Schedule

Friday, March 16, 2018

The Social Brain and The Embodied Relational Mind
9:00~9:15am Introduction: Marion Solomon
9:15~10:15am Understanding the Inner Workings of Affect Antonio Damasio
10:15~10:30am Break
10:30~11:15am The Social Brain and The Embodied Relational Mind Daniel Siegel
11:15~12:00pm Discussion Antonio Damasio and Daniel Siegel
12:00~1:30pm Lunch

Connection, Community & Compassion
1:30~2:45pm Safe Conversations: Getting the Love You Want and Keeping the Love You Find Helen Hunt & Harville Hendrix
2:45~3:30pm Mindfulness and Inclusive Compassionate Communication Rhonda Magee
3:30~3:45pm Break
3:45~4:30pm The Zookeepers Wife and The Importance Of Community Dianne Ackerman
4:30~5:30pm Panel: How Therapist’ Relationships Inform Their Theories – with Founding Members of Relationship First: Harville Hendrix, Helen Hunt, Marion Solomon, Matthew Solomon, Ellyn Bader, Peter Pearson, Stan Tatkin, and Tracy Bolderman-Tatkin, Dan Siegel and Caroline Welsh

Saturday, March 17, 2018

Relationships in Psychotherapy
9:00~9:15am Introduction: Marion Solomon
9:15~10:30am State of Affairs Esther Perel
10:30~10:45am Break
10:45~12:00pm Building Couples’ Attachment Through Teamwork: Using Developmental Diagnosis with Couples to Build Connection Ellyn Bader & Peter Pearson
12:00~1:30pm Lunch
12:00 – 12:30pm (optional) Vocal Immersion Sound Bath Geeta Novotny
1:30~2:45pm When the Past Intrudes on the Present: Addressing Relationship Challenges Through the Lens of Sensorimotor Psychotherapy Pat Ogden & Bonnie Goldstein
2:45~3:30pm The Messy Nature of Relationships and Breaking the Connection Ed Tronick
3:30~3:45pm Break
3:45~4:30pm Emergence of Threat as an Expected Challenge in Adult Romantic Relationships: A Psychobiological Approach to Couple Therapy and Secure Functioning Stan Tatkin
4:30~5:30pm Panel: Relationships in Psychotherapy: Rhonda Magee, Diane Ackerman, Esther Perel, Pat Ogden, Bonnie Goldstein, Ed Tronick, and Stan Tatkin

Sunday, March 18, 2018

How Personal Relationships Impact The Whole of Our Lifespan
9:00~9:15am Introduction: Bonnie Goldstein
9:15~10:00am Can Personality Change Improve Relationships at Any Age? Gary Small
10:00~10:45am Sustaining and Redefining Relationships between Caregivers and Care Recipients Linda Ercoli
10:45~11:00am Break
11:00~11:45am Timeless : Our Journey from Attachment to Compassion and Wisdom Lou Cozolino
11:45~12:30pm Achieving Multi-generational Connectivity Lee Hausner
12:30~2:00pm Lunch
12:30 – 12:50 Book Signing
2:00~2:45pm The Power of Relationships for Improving Healthy Lifestyles John Foreyt
2:45~3:30pm How to Be a Transformational Therapist: Harnessing the Innate Healing Affects To Re-Wire Experience and Accelerate Transformation Diana Fosha
3:30~3:45pm Break
3:45~4:30pm Mindfulness for the Frazzled Ruby Wax & Ed Bye
4:30~5:30pm Panel Relationships through the Lifespan: Gary Small, Linda Ercoli, Lou Cozolino, Lee Hausner, John Foreyt and Diana Fosha
Conference Packages

1 Day: $175.00 through 2/28/18 (after 2/28, $195.00)

2 Days: $340.00 through 2/28 ($360.00 after 2/28)

3 Days: $495.00 through 2/28 ($515.00 after 2/28)

Register online at lifespanlearn.org/ipnb2018 or call (310) 474-2505

Location: Ackerman Grand Ballroom, UCLA - 308 Westwood Plaza, Los Angeles, CA 90095.

Hotel: There are several Hotels within walking distance of the conference and many more in the surrounding area. Hotel Angeleno is offering a conference rate of $189 per night for reservations made by March 1. Reserve online: http://tinyurl.com/Lifespan-Learning-Block or call 310-476-6411 and mention you are part of the Lifespan Learning call-in block group. Hotel Angeleno is about 6 minutes by car. The Luskin Conference Center Hotel is located on campus just a short walk to the conference.

Parking: Lots 4, 8 and 9 are the closest.

Lunch: There will be morning and afternoon refreshments, however, lunch is NOT included. There are several concessions on the first floor and A Level of Ackerman.

Attire: Dress comfortably. If you are sensitive to room climate, consider wearing layers.

Tech Courtesy: Please turn off your phone while in the conference room. Personal video and/or audio recording in the conference room is not permitted. Recordings of the conference will be made available for purchase at a special conference attendee rate. You may take photos and video in the common areas, but please obtain direct permission before videoing or photographing presenters or other students.

Communications: All pre-conference and post-conference communications will be via email. This includes but is not limited to: Registration confirmation, digital syllabus, CE certificates, etc. Please add registration@lifespanlearn.org and info@lifespanlearn.org to your email program’s trusted senders list to assure that you receive all the program information.

Cancellations and Refunds: If Lifespan Learning Institute cancels or postpones a program, a full refund will be issued. If you need to cancel: Cancellation must be made in writing (by mail or by email) and received in our offices at least 10 days prior to the first date of the program. All cancellations are subject to a 20% cancellation fee. No requests for refund will be honored after March 6, 2018. The cancellation fee is applicable even if you selected “pay later” and have not yet paid.

Continuing Education Credit: We are approved by APA, BRN, CAMFT, IMQ and NBCC to offer Continuing Education Credit for our programs. Your eligibility for CE Credit is based solely on the information contained on your sign-in/out form. Each day of the program is a single session of 6.5 CE Hours. You must attend the full day to receive credit for that session. It is your responsibility to verify that your licensing board that they will accept CE credit we offer. CE certificates will be emailed the week of April 1 after the close of the evaluation submission period.

Grievance Policy: Lifespan Learning Institute is fully committed to conducting all activities in strict conformance with the Ethical Principles of the APA, BBS, BRN, IMQ/ CMA and NBCC. Lifespan Learning Institute complies with all legal and ethical responsibilities to be non-discriminatory in promotional activities, program content and in the treatment of program participants. The monitoring and assessment of compliance with these standards is the responsibility of the Education Chair in consultation with the members of the continuing education committee and the program Chairperson. When a participant, either orally or in written format, files a grievance and expects action on the complaint, specific actions will be taken. The full policy and filing procedure are available at: https://www.lifespanlearn.org/gp

Students with Disabilities: In accordance with the American with Disability Act (ADA), please contact our office (310.474.2505) at least two weeks before the program if you need special accommodations.
2018 Annual Interpersonal Neurobiology Conference

Relationships and the Health-Promoting Power of Connection Across the Lifespan

March 16–18, 2018
UCLA Ackerman Grand Ballroom

Our ground-breaking three-day immersion into Relationships and the Health-promoting Power of Connection brings together leading relationship specialists from Europe and the United States, as we collaboratively explore relationships through the interdisciplinary framework of Interpersonal Neurobiology, drawing upon the spectrum of scientific disciplines such as developmental neuroscience and attachment research and the crucial role that attachment plays in shaping the neural and relational aspects of mind.

Visit lifespanlearn.org/ipnb2018 to register or call 310-474-2505

We are going paperless and will no longer print and mail our annual conference brochure.