7th Annual Compassion & Wisdom Conference: A Special Focus on Resilience
March 7-9, 2019
Hyatt Regency Mission Bay, San Diego, CA

Thursday, March 7, 2019 (5.0 CE’s)
8:30-9:00 am Mindful Breath & Movement with Joe Eiben
9:30-11:30 am The Science of Resilience Emiliana Simon-Thomas, PhD
Emiliana is the Science Director at UC Berkeley’s Greater Good Science Center. She serves as an expert voice on human pro-sociality, as well as empirically-supported approaches to fostering a kinder, more compassionate society, worldwide. Alongside her academic and popular publications, Emiliana co-edited the 2017 Oxford Handbook of Compassion Science, a transdisciplinary compendium of articles from world-class researchers.

This presentation will survey the scientific perspective on resilience, including its origins, biological underpinnings, factors that reliably shape it, and the behaviors and practices that have been shown to influence it. Covering topics like the vagal system mediated slow-breath path to stress-recovery, the importance of being willing to seek and embrace social support, and key mental habits that affect resilience, this presentation will offer a thorough, science-backed understanding of what resilience is, where it comes from, and how to enhance and utilize it within ourselves and others.

Learning Objectives:
1. Discuss the scientific perspective on defining resilience as well as the key factors that influence resilience,
2. Explain the advantages of resilience,
3. Describe the key biological systems involved in resilience,
4. List behaviors, activities, and practices that can boost resilience.

Afternoon Workshops:
1:00-2:30 pm
• Inner and Interpersonal Strategies for Strengthening Resilience Emiliana Simon-Thomas, PhD

This workshop will guide participants through a self-assessment of personal resilience, then share a series of specific practices that have been shown to strengthen resilience, considering both what individuals can do on their own, and what people can do in social interactions. The workshop will offer a more in-depth practical experience with skills like mindfulness, exploring appraisals and attributions about personal setbacks and failures, expressing authenticity and vulnerability, and harnessing self-compassion.

Learning Objectives:
1. Review validated measure(s) for assessing resilience,
2. Discuss ways to foster resilience through individual practices,
3. Discuss techniques for boosting resilience in interpersonal contexts

- **Resilience in Couples**
  Stan Tatkin, PsyD
  Clinician, author, PACT developer, and co-founder of the PACT Institute. Dr. Tatkin is an assistant clinical professor at UCLA, David Geffen School of Medicine. He maintains a private practice in Southern California and leads PACT programs in the US and internationally. He is the author of *Wired for Dating, Wired for Love, Your Brain on Love, Relationship RX, We Do*, and co-author of *Love and War in Intimate Relationships*.

  Human beings are wired to connect to other human beings. But not all connections are healing. In order to be joyfully alive, adult primary attachment relationships must be secure functioning. Only a secure functioning relationship can provide partners with an ecosystem that is fair, just, and sensitive. Partners within a secure functioning relationship, by definition, have more resources available to develop personally, to be successful, and to become better citizens than those partners operating according to insecure models – in other words, they are more resilient. This presentation will define and describe the term secure functioning as attitudinal and behavioral, and not characterological. Because the concept of secure functioning is principle based and not personality based, the success of secure functioning relationships does not depend upon attachment orientation. The presentation will endeavor to establish the validity of this approach and will encourage all attending therapists to incorporate secure functioning principles into their therapeutic stance. PACT views relationships as essential to human health and connecting with others as healing.

  Learning objectives:
  1. List at least five characteristics of a secure-functioning relationship,
  2. Describe at least three interventions for moving couples toward secure functioning,
  3. Explain how to differentiate and describe the difference between secure attachment and secure-functioning relationships.

3:00-4:30 pm-Workshops

- **Threat Reduction and Resilience**
  Stan Tatkin, PsyD

  A Psychobiological Approach to Couple Therapy® (PACT) is a capacity model based on developmental neuroscience, arousal regulation, and attachment theories. One of the central tenets of PACT is the matter of interpersonal threat and the ease with which threat perception, as a common psychobiological issue, can undermine love relationships and general physical and mental health. This workshop focuses on the human psychological (brain and body) threat process and how to prevent it from spinning out of control.

  Learning objectives:
  1. List at least three neurobiological consequences to threat.
2. Discuss at least three interventions for reducing threat in couple therapy.
3. Differentiate and describe the brain’s thought and error correcting systems from recognition systems.

- **Resilience Strategies for Kids**  
  Emiliana Simon-Thomas, PhD

What can parents, and other adults who work with young people, do to help kids tap into, and strengthen their own sense of resilience? This workshop will explore key opportunities for parents and adults who work with youth to model, teach, and enable behaviors that are tied to healthier responses to daily hassles, setbacks, challenges, and downright failures. From scaffolding emotional literacy to prioritizing time with peers to establishing a solid foundation of happiness to bounce back to, this workshop will offer parents practical insights for fostering resilience in kids.

**Learning objectives**

1. Discuss the palette of human emotional experience, the importance of emotional diversity, and the inherent value of accurately naming feelings, to resilience in kids (and adults!),
2. Describe how harnessing kids’ innate tendency towards kind and cooperative behaviors bestows lifelong resilience,
3. List three specific techniques for fostering sustained happiness in kids that lessen the magnitude and duration of distress in response to life’s inevitable difficulties.

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**Friday, March 8, 2019 (5.0 CE's)**  
**Rick Hanson, Ph.D.**

8:30-9:00 am  
**Mindful Breath & Movement with Joe Eiben**

**Rick Hanson, Ph.D.,** is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. He’s been an invited speaker at NASA, Oxford, Stanford, Harvard, and other major universities, and taught in meditation centers worldwide.

**The Unshakable Core: Growing Embodied Resilience in a Turbulent World**

9:30-11:30 am  
**Feeling Safe in Your Core**

The brain evolved through its reptilian, mammalian, and primate/human stages in order to meet our fundamental needs for safety, satisfaction, and connection. When these needs don’t feel sufficiently met, the brain goes into its fight-flight-freeze “red zone” setting that causes so much suffering and conflict. So, we’ll explore effective methods for replacing anxiety, anger, and helplessness with calm capability, self-compassion, and sense of agency – based on lasting changes in the body.

1:00-2:30 pm  
**Feeling Satisfied in Your Core**

Repeatedly internalizing authentic experiences of mental resources gradually weaves these inner strengths into the fabric of the nervous system. We’ll explore effective methods for replacing frustration, drivenness, and depression with a durable sense of
gratitude, accomplishment, awe, and sweet joy. Then we can meet the next moment – moment after moment – feeling already full, already at ease.

3:00-4:30 pm  Feeling Connected in Your Core

The evolution of the “social brain” has brought great gifts such as compassion and community, but it also makes us vulnerable to feeling rejected, inadequate, and vengeful. We'll explore effective methods for replacing loneliness, shame, and resentment with self-worth, forgiveness for others and oneself, and a widening circle of “us” to include all of “them.”

Learning Objectives
1. Describe the three fundamental human needs
2. Describe the neural aspects of the stress response to experiencing needs insufficiently met
3. Describe the hormonal aspects of the stress response, including effects on the brain
4. Describe the parasympathetic and sympathetic branches of the autonomic nervous system and how they interact with each other
5. Describe the two-stage process of learning – including somatic, emotional, motivational, and social learning
6. Teach people the four HEAL steps of deliberately internalizing beneficial experiences to grow mental resources
7. Identify two mental resources for each fundamental need
8. Teach clients how to experience and internalize self-compassion
9. Teach clients how to experience and internalize gratitude
10. Teach clients how to experience and internalize forgiveness

Friday Evening (Optional +1.0 CE)
7:00-8:30 pm  Sitting in the Fire: Using Mindfulness to Increase Distress Tolerance

Ann Marie Chiasson, MD, MPH and Mark Pirtle, DPT

Dr Ann Marie Chiasson is Co-Director of the Fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine. Dr Mark Pirtle is a filmmaker, Stress-Illness Specialist and Meditation Teacher.

Watch a sneak preview of the new feature documentary film Is Your Story Making You Sick? And learn from the transformative experiences shown on screen in a live workshop with the filmmakers! Mindfulness allows a person to work with pain and negative feelings by turning inwards and opening up to their story. Join Dr’s Chiasson and Pirtle and learn unique awareness skills that will enable your clients to sit in the fire of life’s distress with more equanimity.

Learning Objectives:
1. Identify the roles attention and awareness play in stress related illness, and ways to change our clients focus,
2. List three mindfulness-based attunement practices that can help increase awareness for positive growth,
3. Denify th role of narrative revision practices to create new narratives that lead our clients to emotional healing.
Dr. Ronald D. Siegel is Assistant Professor of Psychology, part time, Harvard Medical School; serves on the Board of Directors and faculty, Institute for Meditation and Psychotherapy; is author of *The Mindfulness Solution: Everyday Practices for Everyday Problems*; coauthor of *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*; and coeditor of *Mindfulness and Psychotherapy, 2nd Edition* and *Wisdom and Compassion in Psychotherapy: Deepening Mindfulness in Clinical Practice*.

### 9:30 – 11:30  Mindfulness & Compassion in Psychotherapy: Cultivating Freedom and Resilience

Why does one person recover quickly from adversity, while another gets derailed? Can we cultivate this capacity for resilience even if we’ve had a rough attachment history? This presentation will explore how mindfulness and compassion practices can help both us and our clients bounce back from painful experiences and engage more fully in our lives.

**Learning Objectives:**
- Identify the natural factors that contribute to psychological resilience
- Describe the core mechanisms by which mindfulness and compassion practices can foster resilience
- Specify how mindful awareness, compassion, and equanimity practices work together to help us recover from adverse experiences

### 1:00 – 2:30 Developing Resilient Intimate Relationships

Ever notice how challenging it can be to get along with other people? How easily intimate relationships break down? Mindfulness and compassion practices can help. We’ll explore how these techniques can help our clients and us develop greater affect tolerance and the capacity to be with and understand others—critical element in successful romantic, parent-child, and therapeutic relationships.

**Learning Objectives:**
- Describe the key dynamics creating distrust and disharmony in intimate relationships
- Specify how mindfulness and compassion practice can increase affect tolerance and interpersonal presence
- Identify how therapists can use mindfulness and compassion practices to establish more effective therapeutic relationships

### Afternoon Workshop—your choice

- **3:00 – 4:30 Fostering Resilience in the Zone of Tolerance**

  Mindfulness practices increase our capacity to bear emotional and physical pain while also softening the repression barrier—allowing difficult feelings, thoughts, and memories to come into consciousness. Unfortunately, they don’t always do both at the same pace. Resilience requires us to operate in a zone of...
tolerance—to be able to feel some painful feelings but also to be able to put aside particularly difficult ones in order to function. Mindfulness practices that take us out of the zone of tolerance can actually be destructive. This presentation will show you how to creatively adapt practices to meet the needs of both hearty and fragile individuals, helping all of your clients to be more resilient in the face of adversity.

Learning Objectives:

- Describe core clinical decisions for safely introducing mindfulness practices into psychotherapy
- Identify possible adverse effects of mindfulness practices and how to recognize them
- Specify how mindfulness practices can be tailored to the needs of particular types of clients