THE CULTURAL LENS IN PSYCHOTHERAPY
Identity, Empowerment, and Context

March 4 – 6, 2016
UCLA Ackerman Grand Ballroom
Culture is a potential source of both stress and well-being, informing behavior often without conscious awareness. Internalized in our identity, it can influence how the therapeutic relationship develops. It also impacts the effectiveness of interventions. As clinicians are called upon to understand the diverse historical, social, and economic backgrounds of clients, they need specific tools to help integrate culture and context throughout the process of treatment. In a thought-provoking conference, UCLA Extension and Lifespan Learning will host a series of distinguished researchers and clinicians who will explore the greater impact of the cultural mind in psychotherapy.

Over the course of three days, experts will consider how cultural messages indoctrinate therapists to particular world views, and how these impact the practice of psychotherapy. A clear focus will help therapists understand how diverse populations view mental health, and the related challenges this can present in therapy. Participants will receive specific strategies they can utilize to integrate culture and context into their practice more effectively, allowing them to further connect with and empower clients. Mental health practitioners, including psychologists, marriage and family therapists, clinical social workers, psychiatrists, counselors, and others, will benefit from this intermediate-level presentation of new research, discussion of clinical applications, and dialogue between researchers and clinicians.

At the conclusion of this conference, participants are able to:

- Explore 5 elements of our social environment impact on the development of mind and well-being.
- Elucidate 6 ways the human mind is strongly influenced by early childhood experiences and attachment with parents and other significant figures in our lives.
- Consider the significance of cultural messages as they indoctrinate us to particular ways of viewing the world.
- Contrast 3 ways the human mind may be revealing the overarching implications of identity formation and shifts in culture over the past five decades.
- Outline 4 features of the therapeutic relationship that can be understood through the lens of culture and diversity.
- Indicate how enhanced understanding of the mind as a self-organizing, emergent process that regulates the flow of energy and information illuminates the importance of integration at the heart of well-being.
- Name 5 ways that culture informs both our stress and well-being as it defines our sense of self and others and contributes to a sense of belonging.

For a full listing of objectives, please visit uclaextension.edu/IPNBr.

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
Speakers  (For complete speaker/coordinator bios visit uclaextension.edu/IPNBbr.)

Amy Banks, MD, Director of Advanced Training at the Jean Baker Miller Training Institute (JBMTI), founding member of Relationships First

Medria Connolly, PhD, Clinical Psychologist in private practice, Santa Monica, CA

Louis Cozolino, PhD, Professor, Graduate School of Education and Psychology, Pepperdine University

Vittorio Gallese, MD, Professor, Department of Neuroscience, The University of Parma, Italy

Paul Gilbert, OBE, PhD, Professor, Clinical Psychology, University of Derby; founder of Compassion Focused Therapy (CFT) and Compassionate Mind Training (CMT)

Shelly P. Harrell, PhD, Professor, Graduate School of Education and Psychology, Pepperdine University; Licensed Clinical Psychologist

Lawrence Hedges, PhD, PsyD, ABPP; Psychologist-Psychoanalyst in private practice; Director, The Listening Perspectives Study Center; Founding Director, Newport Psychoanalytic Institute

Melvin Konner, MD, PhD, Samuel Candler Dobbs Professor, Department of Anthropology, Emory University; field researcher, Kung San (Bushman) hunter-gatherers of the Kalahari in Botswana

Robert Lemelson, PhD, Associate Adjunct Professor, Department of Anthropology, UCLA; Research Anthropologist, Semel Institute of Neuroscience, UCLA; Founder & President, The Foundation for Psychocultural Research

Steven R. Lopez, PhD, Professor, Department of Psychology and School of Social Work, USC; Director of Clinical Training, Department of Psychology, USC; Science Editor, Surgeon General’s Report on Mental Health: Culture, Race and Ethnicity

Darcia Narvaez, PhD, Professor, Department of Psychology, University of Notre Dame; Executive Editor, Journal of Moral Education; Writer, Psychology Today’s Moral Landscapes blog

Pat Ogden, PhD, Founder & Educational Director, Sensorimotor Psychotherapy Institute; Co-Founder, Hakomi Institute

Allan N. Schore, PhD, Associate Clinical Professor, David Geffen School of Medicine and Center for Culture, Brain, and Development, UCLA

Daniel J. Siegel, MD, Executive Director, Mindsight Institute; Founding Co-Director, The Mindful Awareness Research Center

Marion Solomon, PhD, Director of Clinical Training, Lifespan Learning Institute; Licensed Psychologist in private practice

David Spiegel, MD, Willson Professor & Associate Chair of Psychiatry and Behavioral Sciences, Stanford University School of Medicine

Stephen J. Suomi, PhD, Chief of the Laboratory of Comparative Ethology at NICHD; research professorship, University of Virginia, University of Maryland, College Park, and Johns Hopkins

Disclosure: The Lifespan Learning Institute and UCLA Extension have implemented a process where everyone who is in a position to control the content of any educational activity must disclose any relevant financial relationship with a commercial interest. The speakers, presenters and planning committee members for this educational activity disclose that they have no relevant financial relationships with commercial interests.
# Speaker Schedule

**UCLA Ackerman Grand Ballroom**

**FRIDAY, MARCH 4 – BRAIN, MIND, AND CULTURAL FOUNDATIONS OF OUR SOCIAL LIVES**

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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9:00-9:15am</td>
<td>Welcome</td>
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<tr>
<td></td>
<td>Wayne Smutz, Dean of Continuing Education and UCLA Extension</td>
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<td></td>
<td><strong>Introduction</strong></td>
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<td></td>
<td>Marion Solomon, PhD</td>
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<tr>
<td>9:15-10:15am</td>
<td><strong>Primate Culture</strong></td>
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<td>Stephen J. Suomi, PhD</td>
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<tr>
<td>10:15-11:15am</td>
<td><strong>From Neurobiology to Culture: Fostering Sustainable Wisdom</strong></td>
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<td>Darcia Narvaez, PhD</td>
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<td>11:15-11:30am</td>
<td><strong>Break</strong></td>
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<tr>
<td>11:30-12:30pm</td>
<td><strong>What Mirror Neuron Research Tells Us About How Brains Influence Each Other</strong></td>
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<td>Vittorio Gallese, MD</td>
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<td>12:30-1:45pm</td>
<td><strong>Lunch</strong></td>
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<td>(12:15-12:45pm – Mind, Body, Breath Awareness, Kyra Haglund, MSW)</td>
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<td>1:45-2:45pm</td>
<td><strong>The Social Brain, Mind, and Culture</strong></td>
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<td>Louis Cozolino, PhD</td>
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<td>2:45-3:00pm</td>
<td><strong>Break</strong></td>
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<td>3:00-4:30pm</td>
<td><strong>Mental Illness in Indonesia: Outcome and Recovery in a Cultural Context</strong></td>
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<td>Robert Lemelson, PhD</td>
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<td>4:30-5:30pm</td>
<td><strong>Panel Discussion</strong></td>
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<td></td>
<td>Daniel J. Siegel, Stephen J. Suomi, Darcia Narvaez, Vittorio Gallese, Lou Cozolino, Robert Lemelson</td>
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<td>Moderator: Bonnie Goldstein</td>
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**SATURDAY, MARCH 5 – IDENTITY, POWER, AND DIVERSITY IN A CHANGING WORLD**

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<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9:00-9:10am</td>
<td><strong>Introduction</strong></td>
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<td></td>
<td>Bonnie Goldstein, PhD</td>
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<tr>
<td>9:10-10:10am</td>
<td><strong>How Culture Affects Modern Relationships</strong></td>
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<td>Marion Solomon, PhD</td>
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<td>10:10-11:10am</td>
<td><strong>Powershift: Sex, Evolution, and the End of Male Supremacy</strong></td>
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<td>Melvin Konner, MD, PhD</td>
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<td>11:10-11:25am</td>
<td><strong>Break</strong></td>
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This program is being videotaped and photographed. If you do not wish to appear on video, please submit your questions in writing prior to panel discussion.
SATURDAY, MARCH 5
11:25-12:25pm  Culture and Psychopathology, Assessment, and Intervention: A Focus on the Growing Latino Community
Steven R. Lopez, PhD

12:25-1:40pm Lunch
(12:15-12:45pm – Mindfulness & Movement, Julian Walker)

1:40-2:40pm The Early Development of the Cultural Unconscious Mind
Allan N. Schore, PhD

2:40-2:55pm Break

2:55-4:25pm The Implicit Influence of Culture in Psychotherapy: What the Body Knows, How the Body Speaks
Pat Ogden, PhD & Medria Connolly, PhD

4:25-5:30pm Panel Discussion
Marion Solomon, Melvin Konner, Steven R. Lopez, Pat Ogden, Medria Connolly, Allan N. Schore, and Daniel Siegel
Moderator: Bonnie Goldstein

SUNDAY, MARCH 6 – COMPASSION AND CULTURAL EVOLUTION
9:00-9:10am Review and Introduction
Bonnie Goldstein, PhD

9:10-10:10am Healing Cultures: How Cancer Support Groups Affect Mood, Coping and Disease Progression
David Spiegel, MD

10:10-11:10am Evolution, Culture, and Compassion-Focused Therapy
Paul Gilbert, OBE, PhD

11:10-11:25am Break

11:25-12:20pm Practicing “PEaCE”: Culture, Community and Psychotherapy
Shelly P. Harrell, PhD

12:20pm-1:30pm Lunch

1:30-2:25pm The Impact of Power Over Cultures on Your Brain and Relationships: Lessons Learned from the LGBTQI Movement
Amy Banks, MD

2:25-3:20pm The Sexualization of Otherness: Transference and Countertransference
Lawrence Hedges, PhD

3:20-3:35pm Break

3:35-4:30pm Interpersonal Neurobiology and Culture
Daniel J. Siegel, MD

4:30-5:30pm Panel Discussion
David Spiegel, Paul Gilbert, Shelly P. Harrell, Amy Banks, Lawrence Hedges, Daniel J. Siegel
Moderator: Bonnie Goldstein

Conference schedule subject to update. Visit our website for up-to-date schedule information at uclaextension.edu/IPNBbr.
Continuing Education (CE) Credits
Review the CE hours available for each conference enrollment option before registering.

IMQ/CMA: This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association’s CME Accreditation Standards (IMQ/CMA) through the Joint Sponsorship of Lifespan Learning Institute and UCLA Extension. 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 20.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists: 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.

LMFT/LCSW/LEP/LPCC: Lifespan Learning Institute is approved by California Board of Behavioral Sciences (BBS) to provide continuing education for MFTs, LCSWs, LPCCs and LEPs (provider #PCE 21). This conference meets the qualifications for up to 20.25 hours of continuing education credit for MFTs, LCSWs, LPCCs, and LEPs as required by the California BBS.

NBCC: Lifespan Learning Institute and UCLA Extension are cosponsors of this program. This cosponsorship 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.

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.

Conference Information, CE Credits, and Fees
Early registration is recommended. Pre-registration closes on March 2, or when registration capacity is met. There are 3 registration options, all packages include CE credits listed.

You must attend the full program for which you are registered, as verified by your sign-in/out sheets, in order to receive CE credit.

3-Day – March 4, 5 & 6, 2016
Psychologist CE Credit (20.25 CE credits)
Reg# 248555 Through Feb 4: $495 / After: $515
BRN, CMA, LMFT, LCSW, LPCC, LEP, NBCC CE Credit (20.25 CE credits)
Reg# 262250 Through Feb 4: $495 / After: $515

2-Day – March 5 & 6, 2016
Psychologists CE Credit (13.5 CE credits)
Reg# 262254 Through Feb 4: $325 / After: $345
BRN, CMA, LMFT, LCSW, LPCC, LEP, NBCC CE Credit (13.5 CE credits)
Reg# 262256 Through Feb 4: $325 / After: $345

1-Day – Friday Only, March 4, 2016
Psychologists CE Credit (6.75 CE credits)
Reg# 262251 Through Feb 4: $185 / After: $205
BRN, CMA, LMFT, LCSW, LPCC, LEP, NBCC CE Credit (6.75 CE credits)
Reg# 262253 Through Feb 4: $185 / After: $205
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), and will be accommodated no later than 10am on Friday and Saturday only. **At-the-door registration is not available on Sun, Mar 6.** Call (310) 825-7093 for more information. For refund information, email 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 alternatives to driving 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, (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

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For grievance policy, please visit [uclaextension.edu](http://uclaextension.edu).