

Family Action Network (FAN), The Family Institute at Northwestern University's Mindfulness and Behavior Therapies Program (MBTP), Northwestern Integrative Medicine (NIM), New Trier High School D203, and Karen Malkin Health Counseling proudly present:

Richard J. Davidson, Ph.D.

Vilas Professor of Psychology and Psychiatry, University of Wisconsin-Madison; Founder and Director, Center for Investigating Healthy Minds

Thursday, April 25, 2013

4:00 PM (of interest to educators and clinicians):

**Mindfulness and Education:
Cultivating Emotional Intelligence**

6:30 PM (community):

**Do Well While Doing Good:
Emotions, Leadership, and the Neuroscience of Mindfulness**

6:30 PM Discussants:

Carter Cast, Kellogg School of Management, Northwestern University; Venture Partner, New World Ventures
Eric Langshur, Co-Founder, Abundant Venture Partners

New Trier HS/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield

Free and open to the public. CPDUs available.

INFO: familyactionnetwork.net





FOR IMMEDIATE RELEASE

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Thursday, April 25, 2013, Do Well While Doing Good: Emotions, Leadership, and the Neuroscience of Mindfulness, 6:30 PM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., 60093. In his best-selling 2012 book *The Emotional Life of Your Brain*, Richard J. Davidson, Ph.D., Vilas Professor of Psychology and Psychiatry at the University of Wisconsin-Madison, describes his initiation into vipassana meditation as a young Harvard graduate student living in India in the early 1970s: “I had directly experienced a tectonic change in how I perceived the world, shaking off the concept of pain as if it were no more than a speck of lint on my shirt, and cultivating a deep and lasting sense of contentment in the moment.” With this realization nearly 40 years ago, Dr. Davidson, a pioneer in the field of affective neuroscience studying emotion and emotion regulation, set his feet to the path of linking mindfulness to science.

Today, the term “mindfulness” is everywhere, in the pages of the *Wall Street Journal* and *The New Yorker*, and imbedded in modern cultural memes – wellness, sustainability, integrative medicine, leadership ecosystems, “awake” engagement. “Third Wave” evidence-based therapies such as mindfulness based cognitive behavioral therapy, mindfulness based stress reduction, acceptance and commitment therapy, dialectical behavior therapy, and metacognitive therapy all promote “mindful awareness” and the primacy of being effective and skillful over being right. This keeps the focus on precisely managing intense emotionality, anxiety, and problem behaviors. Dr. Davidson’s identification of the neural bases of emotion and emotional styles, along with his development of the hot new hybrid discipline of contemplative neuroscience, places him squarely at the “**Center for Investigating Healthy Minds**,” which is the name of his UW research facility, the first research facility in the world to house both a brain imaging lab and meditation space under one roof. CIHM opened in 2010, blessed and funded by His Holiness the 14th Dalai Lama.

Joining Dr. Davidson on stage after his presentation will be **Carter Cast**, venture partner at **New World Ventures**, and a clinical professor teaching innovation and entrepreneurship at **Northwestern University’s Kellogg School of Management**, and **Eric Langshur**, co-founder of **Abundant Venture Partners**, a purpose-based incubator with a core belief that it is possible to “do well while doing good.”

BONUS PROGRAM FOR EDUCATORS AND CLINICIANS! Thursday, April 25, 2013, **Mindfulness and Education: Cultivating Emotional Intelligence**, 4:00 PM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., 60093. Dr. Davidson’s work on the brain mechanisms underpinning compassion, empathy, and altruism has led to groundbreaking forays into “kindness curriculum” research and development. His work is at the leading investigative edge of using mental training to lessen emotional reactivity while enhancing attention and pro-social behavior. A must-see event for educators and clinicians interested in the intersection of education, mindfulness, and science.

These programs are sponsored by the Family Action Network (FAN), The Family Institute at Northwestern University’s Mindfulness and Behavioral Therapies Program (MBTP), Northwestern Integrative Medicine (NIM), New Trier High School D203, and Karen Malkin Health Counseling. **FAN is celebrating its 30th anniversary year**, and is grateful for its 2012-13 sponsors **Compass Health Center**, **North Shore Community Bank**, **The Book Stall at Chestnut Court**, **the Martin & Mary L. Boyer Foundation**, and **Tina & Byron Trott**. CPDUs available for education professionals at all FAN events; no pre-registration required. This program is free and open to the public. Visit www.familyactionnetwork.net for more information.

