***The Science and Practice of Mindfulness, Compassion and Communication***

The goal of this experiential and didactic workshop is to introduce specific intrapersonal and interpersonal skills to enhance psychological flexibility, self-regulation and well-being. We will engage in a variety of contemplative practices aimed at illuminating attention regulation, emotional awareness, emotion regulation, empathic listening, equanimity and common humanity through a series of mindfulness and compassion practices (individual, dyadic, group) infused with current scientific evidence from neuroscience and psychology to support the understanding of how, why, and when to implement these tools at home and work, as well as with ourselves and others.

**Objectives**:

* Participants will understand and practice implementing a set of skills that are meant to contribute to greater effectiveness in communication, team interaction, teaching, and leadership.

* Participants will be introduced to neuroscience and psychological scientific evidence that delineates the mechanisms by which these skills work.

* Participants will have a structure to understand and explain to others how attention, emotion, emotion regulation and self-views interact and influence behavior.

Cost: FREE

Sponsored by the Betty Irene Moore School of Nursing

Location: UC Davis MIND Institute Auditorium

Date: Saturday April 23rd

Time: 8:30am breakfast; 9-noon workshop

Facilitator: Philippe Goldin, PhD

Register at: http://ucdavis.co1.qualtrics.com/SE/?SID=SV_5n0d3FyofSIoBIF

## Philippe Goldin, Ph.D.

Philippe Goldin earned a Ph.D. in Psychology at Rutgers University, directed the Clinically Applied Affective Neuroscience laboratory at Stanford University for a decade, co-created the Search Inside Yourself mindfulness and emotional intelligence program at Google, and is now an assistant professor and founding faculty in the Betty Irene Moore School of Nursing at the University of California Davis Health System. His NIH-funded clinical research focuses on functional neuroimaging of emotion regulation mechanisms of mindfulness meditation, compassion meditation, cognitive-behavioral therapy and aerobic exercise in adults with anxiety, mood, and chronic pain disorders.