







2017-2018 Synthesis Unit

The Art and Science of Happiness

Speaker Biographies

Monday, January 29, 2018







<p>8:00 am</p> 	<p>Caitlin Taylor, PhD, Postdoctoral Fellow, Psychological & Brain Sciences, UC Santa Barbara <i>The Brain Basis of Happiness</i> Caitlin earned her PhD in Neuroscience from Georgetown University, in Washington, DC, and her BS in Psychology from Indiana University, Bloomington. Currently, she is a postdoctoral fellow at UCSB where her research focuses on investigating the neurocognitive effects of oral contraceptive use. Caitlin is also passionate about science outreach. You can find her at local elementary schools as part of the UCSB Brainiacs, or at local science events as the founder of the 500 Women Scientists Santa Barbara chapter.</p>
<p>9:00 am</p> 	<p>Dr. Andrew Binder, Board Certified Sleep Specialist <i>What Parents, Teenagers, Teachers, and Doctors Don't Know about Sleep...but Should</i> Andrew received his undergrad degree from Williams College, Massachusetts and went on to get his MD degree from Harvard Medical School. He has been practicing sleep medicine since 1989 and was the medical director and founder of The Sleep Disorders Center of Santa Barbara. After practicing Pulmonary and Critical Care medicine from 1978 through 1998, he focused his practice on sleep medicine and now serves as the Medical Director of the Ventura Sleep Disorder Center and Director of Medical Physiology for Ventura Advanced Surgical Associates, in Ventura, California where he provides cardiopulmonary and sleep medicine evaluation on obese patients who are considering bariatric surgery for treatment of their obesity.</p>
<p>10:00 am</p> 	<p>Erika Graves, Senior Manager, Blue Zones Project <i>Blue Zones Project: Creating Environments to Improve Health and Happiness</i> Erika holds a Master's in Public Health with a focus in Health Policy and Management from UCLA and a Bachelor's in Public Policy Analysis and Biology from Pomona College. In her current role with Blue Zones Project, she works with public and private entities interested in improving the health and well-being of their communities. Erika manages relationships with sponsors at all stages of Blue Zones Project - from business development through implementation and sustainability planning. She has played a key role in expanding Blue Zones Project from 19 communities in 2013 to 42 communities across 9 states in 2017.</p>
<p>11:00 am</p> 	<p>Tim Cloherty, MD, Pathology <i>Hands on the Brain</i> Tim presented during our 2003 Synthesis Unit: <i>The Brain</i>, and we are happy to have him return. Tim received his medical degree from the Robert Larner, M.D. College of Medicine at The University of Vermont. He has been an Anatomic Pathologist for 20 years and has worked at Cottage Hospital for 15 years. Tim's daily work is using light microscopy to identify tumors in humans and then classifying them to direct clinical treatment. Tim believes the most interesting tumor is the Teratoma.</p>
<p>1:00 pm</p> 	<p>Zev Nathan, MD, PhD, Psychiatry <i>The Science of Happiness</i> Zev received his BA degree from Harvard University and his MA, PhD and MD degrees from the University of Cincinnati. He has held various teaching and supervisory positions at UCLA, been a consultant to CALM and Ventura County Family Practice Program in Child/Adolescent Psychiatry and since 1999 has run his private practice in Child/Adolescent Psychiatry in Santa Barbara, CA.</p>
<p>2:00 pm</p> 	<p>Elissa Ashwood, Transformational Consumer Programs Expert, founder of Calendaring Happiness <i>Happiness through Hard Times</i> Elissa has been building transformational consumer programs for twenty years for clients including leadership programs, productivity apps, and career exploration tools. Her current program is Calendaring Happiness. Elissa has been a leader at Citibank, AIG, Price Waterhouse, American Express, McKinsey & Co. Her clients have included public schools and the Bill and Melinda Gates Foundation, ThinkShift, AARP and Red Hat. Her technical books on motivation include <i>Managing Motivation</i> and <i>Evidence-Based Productivity Improvement</i> published by Taylor & Francis.</p>

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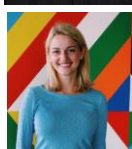



<p>8:00 am</p> 	<p>Kyle Wells, PhD, Lead Pastor, Christ Presbyterian Church and Adjunct Professor, Westmont College <i>The Illusive Pursuit of Happiness</i></p> <p>Kyle hails from Memphis, TN—the birthplace of Rock and Roll, home of the Blues, where Elvis is King, Jesus is Lord, and Barbecue is spicy. This upbringing has deeply influenced this love of food, music, and Jesus. He is author of <i>Grace and Agency in Paul and Second Temple Judaism</i> (Brill, 2015), for which he was awarded the 2016 Manfred Lautenschlaeger Award for Theological Promise. His most shining accomplishment, however, is getting his wife Pam to say “yes.” They have one daughter, Niamh (pronounced Neeve), whose looks and personality bear an uncanny resemblance to her father, which makes him as scared as it does proud.</p>
<p>9:00 am</p> 	<p>Pravrajika Vrajaprana, Writer and nun at the Vedanta Society of Southern California's Sarada Convent <i>Finding Happiness through the Divine</i></p> <p>Vrajaprana has been a nun at the Sarada Convent of the Vedanta Society of Southern California since 1977, taking her final vows of monasticism or sannyasa in 1988. Vrajaprana is the author of <i>Vedanta: A Simple Introduction</i> as well as other books on Hinduism and Vedanta. She is also a well-known speaker and scholar on Hinduism and has given talks at several universities and interfaith gatherings.</p>
<p>10:00 am</p> 	<p>Emily Esfahani Smith, journalist and the author of <i>The Power of Meaning: Finding Fulfillment in a World Obsessed with Happiness – via skype</i> <i>Q&A: The Power of Meaning: Finding Fulfillment in a World Obsessed with Happiness</i></p> <p>Anacapa students had the pleasure of attending Emily’s Arts & Lectures event in November. Emily is a journalist and author of <i>The Power of Meaning: Finding Fulfillment in a World Obsessed with Happiness</i>. Her articles and essays have appeared in the <i>Wall Street Journal</i>, <i>New York Times</i>, <i>The Atlantic</i>, <i>The New Criterion</i>, and other publications. She was born in Zurich, Switzerland, and grew up in Montreal, Canada. She now lives in Washington DC with her husband, Charlie.</p>
<p>10:45 am</p> 	<p>Maddie Foster, Ed.S., M.S., STEM Career Counselor, UC Santa Barbara <i>Utilizing Your Strengths</i></p> <p>In a 6th grade classroom, the teacher naturally posed the question, "What do you want to be when you grow up?" Some children starting shouting answers such as "teacher," "doctor," "firefighter." Maddie stood and proudly said, "CFO at Disney." Although she is still a fan of catchy tunes, park rides, and animated movies; Maddie’s love stems from Walt Disney’s unique way to turn ideas into reality. As a career counselor at UC Santa Barbara, her goal is to help students do exactly that; turn ideas into careers.</p>
<p>1:00 pm</p> 	<p>Josette Tkacik, Santa Barbara Local Hero - Dance Fitness Instructor - Dancer - Zumba presenter <i>The True Power of Joy</i></p> <p>Josette has been dancing since she was three years old. In 2012, when she was told by doctors she would never dance again, Josette created the largest daily attended Dance Fitness class ever, ANYWHERE. She made history in her home state of California, home of Jane Fonda and Richards Simmons – achieving over 1000 customers a week in only six classes. People travel from all points of the world to experience Josette’s signature soul-full class. Over six years of unprecedented numbers, joy and sweat continue in an unprecedented phenomenon.</p>
<p>2:00 pm</p> 	<p>Shem Brown, General Manager and Lead Trainer, Jenny Shatzle Program <i>The Power of Perseverance</i></p> <p>Shem is a professional fitness trainer and leader in the fitness and wellness industry. Utilizing his numerous certifications Shem empowers his clients with his belief that the road to achieving your fitness and wellness goals should be fun, exhilarating, and life-changing. His passion and dedication has impacted thousands of people of all ages, and led to the position of lead trainer of the Jenny Schatzle Program. This Program has created a supportive community that is committed to not only changing their own bodies and their own lives, but also encouraging those around them to do the same.</p>

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<p>8:00 am</p> 	<p>Sonja Lyubomirsky, PhD, Professor of Psychology, UC Riverside – <i>via pre-recorded video</i> <i>The How of Happiness: Boosting Well-Being Through Kindness, Gratitude, and Optimism</i> Originally from Russia, she received her A.B., <i>summa cum laude</i>, from Harvard University and her Ph.D. in Social/Personality Psychology from Stanford University. Sonja's teaching and mentoring of students have been recognized with the Faculty of the Year and Faculty Mentor of the Year Awards and her research—on the possibility of permanently increasing happiness—has been honored with a John Templeton Foundation grant, a Science of Generosity grant, a Templeton Positive Psychology Prize, and a million-dollar grant (with Ken Sheldon) from the National Institute of Mental Health.</p>
<p>9:00 am</p> 	<p>Molly Steen, Career Counselor, UC Santa Barbara <i>The Role of Values in Finding Meaningful Work</i> After over a decade working in real estate finance, Molly found that her work had no meaning for her. In her quest to find work that matched her values she found career counseling, and therefore pursued a master's degree in Career Counseling from CSU Northridge. Since then, she has found joy and meaning in helping others to find their career path through counseling and teaching career planning classes.</p>
<p>10:00 am</p>  	<p>Dr. Collie Conoley, Professor, Dept. of Counseling, Clinical & School Psychology, UC Santa Barbara Meg Boyer, M.A. Doctoral Student in Counseling Psychology, UC Santa Barbara <i>Life Goals for Happiness & Self-Compassion</i> Collie has worked in community mental health, university counseling center and independent practice. He has over 150 written and presented works. His last co-authored book was the first book using positive psychology in a comprehensive theory of psychotherapy and his previous book was the first to apply positive psychology in family therapy. Collie is a Fellow of the American Psychological Association and received the Distinguished Psychologist Award for Contributions to Positive Psychology. Meg is a third year doctoral student in counseling psychology at the UC, Santa Barbara. She is currently an advanced practicum clinician at the Counseling and Psychological Services Center and Career Services at UCSB, as well as a fellow of the Carol Ackerman Positive Psychology Center.</p>
<p>11:00 am</p> 	<p>Alexx Temeña, Community Creator, Project Wayfinder – <i>via skype</i> <i>Wayfinding Our Purpose</i> Alexx graduated from Brown University with Bachelor degrees in both Cognitive Neuroscience and Contemplative Psychology. She blends curriculum design, art, and wellbeing practice to mentor youth and create transformative community experiences. She draws from her study and practice of mindfulness, training in the performing arts, and her deep exploration of her identity as a Filipina. Her current projects include working with Feminist Camp, Grace Weber's Music Lab, as well as serving as Community Creator for Project Wayfinder.</p>
<p>1:00 pm</p> 	<p>Dave Mochel, Well-being Coach and Consultant <i>Good Life Practice: Training Your Brain for a Peaceful and Powerful Life</i> For more than twenty years Dave taught courses in well-being, leadership, neuroscience, and physics in independent schools. He then founded Applied Attention Coaching and Consulting to help individuals, teams, and organizations focus their attention and energy where it will make the greatest positive difference. Using principles drawn from modern research and enduring wisdom, Dave offers practices that foster peaceful and powerful lives, relationships, and cultures. Dave has degrees in biology and geology from Williams College, a Master's in Humanistic and Multicultural Education from SUNY New Paltz, and a clinical internship in Mindfulness Based Stress Reduction (MBSR) at the University of Massachusetts Medical Center.</p>
<p>2:00 pm</p> 	<p>Radheya Jegatheva, Australian Filmmaker – <i>via skype</i> <i>Q&A: iRony</i> Radheya is a Perth based Australian filmmaker who was born in Johor, Malaysia to parents of South Korean and Malaysian ancestry. His skill set cuts across a number of creative areas and he has won prizes for his creations in the fields of writing, poetry, art and film making, among others. His most recent film, iRony, that Anacapa students will watch today, has won 44 awards and counting in film festivals from all over the globe, including the Raw Science Film Festival.</p>