

Seeds of Compassion Workshops Listing for Health Clinicians

FINAL

Friday, April 11, Day of Review and Learning

9:00am-11:00am **The Scientific Basis for Compassion: What We Know**
Richard Davidson, Director, Laboratory of Affective Neuroscience
Alicia Lieberman, President, Board of Directors, Zero to Three
Daniel J Seigel, Author of “The Mindful Brain” and “Parenting from the Inside Out”
Andrew Meltzoff, Co-Director, UW Institute for Learning and Brain Sciences
Moderated by Daniel Goleman, author of “Emotional Intelligence”

His Holiness the Dalai Lama is joined by a panel of leading researchers to discuss the quantitative benefits of compassion.

12:30pm-2:30pm **From Knowledge to Compassion Action: What We All Can Do**
John Gottman, Author of "How to Raise an Emotionally Intelligent Child"
Mary Gordon, Roots of Empathy
Roger Weissberg, President of the Collaborative for Academic, Social, and Emotional Learning (CASEL)
Karen Gordon, Whole Child International
Bob Marvin, Co-Originator, Circle of Security
Moderated by Mark Greenberg, Director of Prevention Research Center for the Promotion of Human Development at Penn State

His Holiness the Dalai Lama will be joined by leaders in the area of compassion and empathy for a wide ranging discussion of how parents and educators can bring compassion into the lives of children and families.

Saturday, April 12, Public Gathering: Compassion in Action

11:00am-12:30pm

WaMu Theater

Compassion at Home, in Schools and the Community

Panelists:

Dan Siegel, M.D., Author of “The Mindful Brain”

Mary Gordon, Roots of Empathy

Ed Taylor, Vice Provost and Dean of Undergraduate Academic Affairs, University of Washington

Leading experts discuss compassion’s role in the home, school, and community.

1:30pm-3:00pm

WaMu Theater

Main Event: Compassion in Action at Qwest Field

Join His Holiness the Dalai Lama and other luminaries at Qwest Field for a celebration of Compassion in action.

Communities are invited to join at QWEST field for a celebration of compassion. Experience a full day of compassionate activities including wide array of cultural expressions of compassion through the words of His Holiness the Dalai Lama, music, art, dance, spoken word, and movement. This is a day of connection, education and sharing with others to broaden our understanding of compassion and gathering the tools to share it with others.

Sunday, April 13, Workshops and Presentations

10:00am-11:30am

Rainier Room

Loving Couples, Loving Children: A Community Based Program for Maintaining Intimacy between Parents

Julie Gottman, PhD, John Gottman, PhD

Explore a research-based way to restore and strengthen the emotional cradle that holds the child: the parental couple's relationship.

10:00am-11:30am

Lopez Room

Compassionate Health Care for Children and Families

Jill Sells, MD, Docs for Tots Washington State; Reach Out and Read Washington State

Ben Danielson, MD, Odessa Brown Children’s Clinic

Mary Ann Woodruff, MD, Pediatrics Northwest, PS;

Patty Hayes, RN, MN, WithinReach

Learn how children, families and nurturing parent-child relationships can be promoted through health care services that focus on the emotional, social and academic development of the child.

- 12:00-1:30pm**
Shaw Room
Yoga for a Healthy Body and a Kind Heart
Meg Agnew, Seattle Yoga Arts
For children ages 6-10 and their parents or care-givers: play games, listen to stories and practice yoga postures while learning how to benefit the body, mind, and heart.
- 12:00pm-1:30pm**
Olympic Room
Promoting First Relationships: Nurturing Parents to Nurture Their Children
Jean F. Kelly, PhD, University of Washington
Learn about ways to promote trust and security in infancy and healthy development of self during toddlerhood.
- 12:00-1:30pm**
Fidalgo Room
Teaching Compassion When Little Children Face Adult Size Challenges
Betty Emarita; Development and Training Resources
Yvonne Cheek, Millennium Consulting Group
Explore the commonalities and differences across cultures in raising compassionate, resilient and strong children.
- 12:00pm-1:30pm**
Rainier Room
The Group Experience as an Inroad towards Integrating the Mind, Body, Spirit and Soul
Bonnie Goldstein, USC School of Social Work
Join together in a journey addressing the ways in which children and adolescents can use internal reflection to become mindful of their thoughts and feelings, the way the body influences the mind, and the causative factors in our motivation.
- 2:00pm-3:30pm**
Olympic Room
Positive Native Parenting
Jillene Joseph, Native Wellness Institute
Join an interactive workshop intended for Native people or those who work with or who are connected to Native families to discuss positive parenting and how to show, give, accept and teach compassion to our children and others.
- 2:00pm-3:30pm**
Fidalgo Room
Kindred Spirits: Families Caring for Family
Lynn Biggs, Moderator, Casey Family Program, Yakima
Jenece Howe, Yakima parent
Kristie Lund, Seattle parent
Hear from child welfare professionals and actual relative caregivers as they share of the progress elevating Kinship Care, and their personal experiences in raising children of their relatives.
- 2:00pm-3:30pm**
Shaw Room
Cultivating Compassionate Children
Paula Steinke, Lisa Conley, Deadru Hilliard, Child Care Resources
Mercedes Cordova-Hakim, SOAR, helping kids reach for the sky
Marcy Miller, Jon Whalen, Neighborhood House

Hueiling Chan, Chinese Information & Service Center
Kathleen To, Swedish Medical Center
Gina Lewis, Early Childhood Consultant
Tim Ryan, Ryan Educational Resources
Cultivate compassion in your child with resources to sustain you as a parent, grandparent, auntie or uncle, and with new knowledge about community resources such as Play & Learn groups. Presenters speak English, Spanish, Mandarin & Cantonese.

2:00pm-3:30pm

Rainier Room

Touchpoints' Role in Breaking the Cycle of Poverty

Joshua D. Sparrow, MD, co-author with Dr. T. Berry Brazelton of six books including "Touchpoints Three to Six: Your Child's Emotional and Behavioral Development"

Learn about the skills and capacities nurtured in early adult caregiver-child interactions that can break the cycle of poverty.

4:00pm-5:30pm

Lopez Room

Parents and Providers: Partners for Encouraging Compassion in Children

Moderator: Nina Auerbach, Child Care Resources

Faye Melton, Child Care Resources

Nan Stephens, Nan's Preschool

Molly Hanlon, Seattle Parent

Parents are the child's first teachers but they often have partners in their child care providers. Explore strategies and challenges in building strong communication between parents and providers.

4:00pm-5:30pm

Olympic Room

Attachment and the Human Condition: A Circle of Security Perspective

Dr. Kent T. Hoffman, Marycliff Institute

Learn how to approach life with a sense of security and trust; explore how to help others do the same.

4:00pm-5:30pm

Rainier Room

Leaving the Gang Behind

Moderator: Lieutenant John F. Hayes Jr., Seattle Police Department

Panel of 5 former gang members

The opportunity to leave a bad situation behind happens regularly for youth involved in gangs. Hear five former gang members tell why gangs are not for them and why gangs should not be for anyone. What does it mean for you if everyone you know is involved in a gang, and you stand alone -- because you want out?

4:00pm-5:30pm
Fidalgo Room

Parenting Counts, a Program of Talaris Insitute: Lessons from the Field

Terrence Meersman, Talaris Institute

Ann Marie Ward, Lakeland Public Television

Learn how new Parenting Counts toolkits for parents of infants, toddlers and preschoolers enhance outreach and education programs.

6:00pm-7:30pm
Rainier Room

The Three C's supporting the Parent-Teen Relationship: Compassion, Connection and Cooperation

Laura Kastner, PhD, University of Washington

Learn realistic expectations of your teen, how to offer compassion, establish positive connections and inspire cooperation.

6:00pm-7:30pm
Lopez Room

Tuning In to Kids: Emotionally Intelligent Parenting

Sophie Havighurst, PhD, University of Melbourne

Explore how "tuning in" to children's feelings can teach children important lessons about their emotional experience and helps parents to be closer to their children.

Monday, April 14, Workshops and Presentations

10:00-11:30am
Rainier Room

Beyond Behavior Management: The Six Life Skills Kids Need to Thrive in Today's World

Jenna Bilmes, Kids From the Inside Out

Learn how to model skills that give children social and emotional choices they will use for the rest of their lives.

10:00am-11:30am
Bagley Wright Theater

Emotional Communication and Children

Carolyn Pirak, LCSW, Bringing Baby Home

Learn how to use listening and empathizing to help your child develop a range of emotional experiences; learn to choose responses to particular emotional situations.

10:00am-11:30am
Olympic Room

The Medicine of Compassion, Integrative Medicine panel organized by Bastyr University

Moderator: Chris Adams, MD, One Sky Wellness Associates

Tracy McDaniel, ND, LM, Seattle Natural Family Medicine

Anjana Kundu, MD, Children's Hospital and Regional Medical Center;

Christopher Huson, Licensed Acupuncturist, Capitol Hill Neighborhood Acupuncture.

Explore how to help children connect with their whole selves and the web of life that supports them. Medicine is one of the ways we teach compassion, through listening, kindness and respect.

- 10:00-11:30am**
Leo K Theater
- Developing Communities with Compassion**
Moderator: Jeanne Anderson, Foundation for Early Learning
Teresita Batayola, International Community Health
J. David Hawkins, PhD, University of Washington
Stella Chao, Department of Neighborhoods
Community leaders will discuss their work, in a variety of different local and national settings, to create successful, caring, community-wide initiatives that are inclusive and respectful of everyone's perspective.
- 10:00-11:30am**
Lopez Room
- Conscious Fathering: Raising Kindheartedness in the Age of Over-Parenting**
Bernie Dorsey, Parent Trust for Washington Children
Discover ways to bring kindheartedness to your child and to encourage it in others through everyday interactions.
- 10:00am-11:30am**
Fidalgo Room
- Parenting Counts, a Program of Talaris Insitute: Lessons from the Field** (repeated)
Terrence Meersman, Talaris Institute
Ann Marie Ward, Lakeland Public Television
Learn how new Parenting Counts toolkits for parents of infants, toddlers and preschoolers enhance outreach and education programs.
- 12:00pm-1:30pm**
Leo K Theater
- Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children**
Linda Lantieri, The Inner Resilience Program
Explore how the adults in children's lives can cultivate the habits of mind, body, and heart it will take to continually relieve the pressure that children face.
- 12:00pm-1:30pm**
Fidalgo Room
- Justice and Equity for the Children including Children of Color**
Ron Murphy: Moderator, Casey Family Programs Washington State
Judge Patricia Clark
Malcolm Hightower
Donald Felder
Hear about local and regional initiatives that have made significant strides in mitigating disproportionality and the impacts of institutional racism on our children.

- 12:00-1:30pm** **Lovingkindness Meditation** (repeated)
Bagley Wright Theater Sharon Salzberg, Insight Meditation Society
Lovingkindness meditation is a process that emphasizes compassion for ourselves and others as a way to learn and develop self-awareness and an ethical relationship to the world.
- 12:00pm-1:30pm** **Raising Healthy Children: Building Strong Connections between Children, Families & Schools**
Rainier Room J. David Hawkins, PhD, Kevin P. Haggerty, MSW, University of Washington
Learn about Raising Healthy Children, a school-based program that empowers teachers, parents and young people to work together to develop children's cognitive and social, emotional skills at school and at home during the elementary grades.
- 12:00pm-1:30pm** **Strengthening Families through Early Child Care & Education**
Olympic Room Robin Higa, Jean McIntosh, National Alliance of Children's Trust & Prevention Funds
Teresa Rafael, Center for Social Policy
Joan Sharp, Children's Trust Fund of Washington
Learn about innovative models and key levers of change to strengthen parents' abilities to nurture social and emotional health and care for their children.
- 2:00pm-3:30pm** **Early Brainworks: The Development and Function of Compassionate Brains**
Lopez Room Frank Vincenzi, PhD, University of Washington
Susan Fox, OTR, Pediatric Therapy
Discover how emotional connections are established through experiences in early childhood which form the foundation for all future relationships, friendships, cooperation, empathy and compassion.
- 2:00pm-3:30pm** **Living in Balance: Mindfulness, Compassion, and Stress Mastery**
Bagley Wright Theater Joel and Michelle Levey, InnerWork Technologies, Inc.
Learn life-affirming meditation practices for cultivating inner peace, awakening wisdom, opening the heart and mastering stress.
- 2:00pm-3:30pm** **Mindful Parenting**
Leo K Theater Moderator: Larissa G. Duncan, PhD, Osher Center for Integrative Medicine, University of California San Francisco
Margaret Bergmann-Ness, Listening Mothers
Betsy Rose, Spirit Rock Meditation Center
Nancy Bardacke, CNM, MA, Mindfulness-Based Childbirth and Parenting (MBCP)

Be inspired by the research on the use of mindfulness and compassion to promote family health and well-being.

4:00pm-5:30pm
Olympic Room

Parenting from the Heart

Jody McVittie, MD, Encouraging Solutions, Sound Discipline and Positive Discipline

Simple, respectful parenting tools that will help us parent more from the "heart" and less from the "hip." Teach our children with kindness and firmness; sow seeds of compassion in our own families.

6:00pm-7:30pm
Lopez Room

Putting Compassion into Action with Original Play

J. Insui Giehl & Alina Rossano, Original Play Specialists, Original Play Northwest

Find out how relearning the loving kindness we received as children can help us thrive in a world of fear.

6:00pm-7:30pm
Leo K Theater

Preventing Bullying by Building a School Culture of Caring and Respect

Joan Duffell, Committee for Children

Teresa Iyall, Tulalip Elementary School

Learn how teaching social skills improves student behavior, reduces bullying and strengthens the school-wide learning environment.

6:00pm-7:30pm
Rainier Room

Tuning In to Kids: A Parenting Program Targeting Preschool Children's Emotional Competence

Sophie Havighurst, PhD, University of Melbourne

The foundations for becoming a compassionate human being lie in the development of social and emotional competence in childhood. Experience the strategies to help parents and caregivers teach their children emotional competence.

6:00-7:30pm
Olympic Room

Using Your Mind and Body to Cultivate Compassion

Claudia Finkelstein, MDCM, Harborview Medical Center

Cora Collette Breuner, MD, MPH, Childrens Hospital & Regional Medical Center, Department of Adolescent Medicine.

Learn how compassion for ourselves can help us navigate the stressful times we live in and extend true compassion to others.