

# Psychologists Study Mindfulness



A Series on Recent Research

**3 Tuesday Evenings, 7:30 pm to 9:00 pm  
October 14, 21 & 28, 2008**

- October 14    Philippe Goldin  
*Neural Bases of Mindfulness Meditation in Social Anxiety*
- October 21    Wiveka Ramel  
*Mindfulness, Depression, and Cognitive Processes*
- October 28    John Astin  
*The Role of Mindfulness in Relapse Prevention for Addictive Disorders*

*See the reverse side for speakers' biographies.*

WHERE:        Edwards Hall of St Timothy's  
                  2094 Grant Road  
                  Mountain View, 94040

FOR INFORMATION: Contact Jennifer at (650)965-7049, [jdungan@pacbell.net](mailto:jdungan@pacbell.net)

EVERYONE IS WELCOME. Chairs are provided. Bring a cushion if you prefer to sit on the floor.

NO REGISTRATION REQUIRED

*Donations are gratefully accepted to support the teacher and organizational expenses.*

Presented by

**Insight Meditation South Bay**  
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## Speaker Biographies

**October 14, 2008**

**Philippe Goldin**

***Neural Bases of Mindfulness Meditation in Social Anxiety***

Dr. Goldin spent 6 years in Asia studying Buddhist philosophy and debate, and serving as an interpreter for various Tibetan Buddhist teachers. After returning to the U.S., he completed a Ph.D. in Psychology at Rutgers University, and now leads the Clinically Applied Affective Neuroscience laboratory in the Department of Psychology at Stanford University. His NIH-funded clinical research focuses on (a) neural mechanisms of emotional reactivity and regulation, (b) effects of mindfulness meditation and cognitive-behavioral therapy for anxiety disorders on brain systems related to self and emotional processes, and (c) how mindfulness training for families influences cognitive-affective processes.

**October 21, 2008**

**Wiveka Ramel**

***Mindfulness, Depression, and Cognitive Processes***

Wiveka Ramel completed her Bachelor of Social Science degree at Lund University in Sweden, her Ph.D. degree in Clinical Psychology at the University of California San Diego and San Diego State University, and her clinical psychology internship at the Veterans Affairs Palo Alto Health Care System, California. She is currently a postdoctoral researcher at the Departments of Psychology and Psychiatry at Stanford University. Her clinical and research interests are focused on (a) vulnerability and resilience to emotion dysregulation and affective disorders, (b) neurobiological correlates of emotion-cognition interactions, and (c) mechanisms of change in clinical interventions such as acceptance and commitment therapy, mindfulness meditation, and cognitive behavioral therapy.

**October 28, 2008**

**John Astin**

***The Role of Mindfulness in Relapse Prevention for Addictive Disorders***

John Astin holds a Ph.D. in psychology from the University of California, Irvine. He is a nationally recognized researcher in the field of mind-body medicine. Prior to his current position as a Research Scientist at the California Pacific Medical Center in San Francisco, he was a fellow at Stanford University and a professor in the School of Medicine at the University of Maryland's Center for Integrative Medicine. He lectures widely on the topics of stress and health and the applications of meditation in medical training and practice. He has published over 50 scientific papers in the areas of stress reduction and mind-body medicine, and is the coauthor of the book *Control Therapy: An Integrated Approach to Psychotherapy, Health & Healing*. His scientific work has been featured on CNN, Fox News, and a host of other local and national media. He is also the author of two books of poetry and prose reflections on the non-dual nature of awareness, *Too Intimate for Words* and *This Is Always Enough*.

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