

**EXPLORING THE SEEDS OF COMPASSION
 DAY ONE - APRIL 11, 2008
 SPEAKER OVERVIEWS**



Morning Panel Session 9:00 – 11:00 AM

Expert Moderator: Daniel Goleman (<http://www.danielgoleman.info/blog/>)

PRESENTER	FOCUS	RELEVANT WEBSITE(S)	KEY DISCUSSION POINTS
Andrew Meltzoff		http://ilabs.washington.edu/meltzoff/	<ul style="list-style-type: none"> • Infants are born learning and are social by nature. • Infants learn by observation and imitation. We are their best role models and mentors. • Recent discoveries have identified brain pathways or patterns that contain the human desire to empathize with (emotions) and imitate (actions) another.
Alicia Lieberman	The emotional environment	http://psych.ucsf.edu/faculty.aspx?id=322	<ul style="list-style-type: none"> • Seeds of compassion are sown and grow in the first months and years of life. • Babies, from the moment they're born, are profoundly shaped by how they are treated and by what they see, hear and experience through their senses. • Positive and negative experiences are translated into a child's behavior. Kind and productive behavior vs. aggression or withdrawal.



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Morning Panel Session (continued)

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Richard Davidson	Experience shapes the brain	http://psyphz.psych.wisc.edu/web/personnel/director.html http://psych.wisc.edu/faculty/bio/davidson.html	<ul style="list-style-type: none"> • Brains change in response to experience • Exposure to negative experiences and emotions interferes with a child's ability to think and reason. • Social emotional learning leads to beneficial brain changes.
Daniel Siegel	Communication, empathy and compassion	http://drdanielSiegel.com/	<ul style="list-style-type: none"> • Know yourself – so you can better raise your child. • To help a child feel safe, secure and seen, we must relate to their inner world. • Learning from your mistakes and apologizing to children is an important part of developing emotional and social intelligence.



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Afternoon Panel Session 12:30 – 2:30 PM

Expert Moderator: Mark Greenberg (<http://www.childrenofthecode.org/interviews/greenberg.htm>)

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John Gottman	Bringing baby home	http://www.gottman.com/ http://www.talaris.org/spotlight_gottman_bio.htm	<ul style="list-style-type: none"> • Healthy communication between parent(s) or primary caregivers is critical for the healthy development of a child. • All parents, caregivers and educators need to be emotion coaches. • Children teach their caregivers just as caregivers teach the children.
Bob Marvin	Circle of Security	http://128.121.62.12/Marvin_Evid_Tx.htm	<ul style="list-style-type: none"> • Early bonding is a function of taking delight in your child and in yourselves as parents. • It is important to understand and react to the inner life and motivations of a child rather than reacting to overt behaviors. • Through talking, parents can help their child learn effective ways to manage feelings and behavior.



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 Afternoon Session (continued)

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Karen Gordon	Child International	http://www.wholechild.org/home.html http://members.forbes.com/global/2007/0212/070.html http://www.youtube.com/watch?v=P6xry5DO2Ys	<ul style="list-style-type: none"> • A secure emotional connection between caregiver and child leads to a positive outcomes in physical, social, emotional and cognitive development. • Everyday childcare routines (feeding, bathing, diapering) provide opportunities for emotionally rich experiences. • Consistency in care giving is very important.
Mary Gordon	Roots of Empathy	http://www.rootsofempathy.org/Mary.html http://www.pbs.org/kcet/globaltribe/voices/voi_gordon.html http://ashoka.org/node/3005	<ul style="list-style-type: none"> • Love grows brains. Experiences are embedded biologically. • Be compassionate with yourself and your child. Compassion begets compassion. • Empathy and understanding precede compassion and action.
Roger Weissberg	Collaborative for Academic, Social and Emotional Learning (CASEL)	http://www.uic.edu/depts/psch/weiss-1.html	<ul style="list-style-type: none"> • Well designed and implemented, teacher taught social and emotional learning (SEL) programs can promote healthy development and positive social behavior. • Students are likely to score higher on assessment tests when they have received a balance of SEL and academic learning. • Effective SEL programming by school personnel must be supported by coordinated state and educational policies, leadership and training.

