Tuesday, 13 January 2009

Lectures and Seminars

Friday, January 16, 2009
Center for Obesity Assessment, Study and Treatment (COAST)

Alcohol and Smoking Addiction: Similarities to Food Dependence?

Laura Schmidt, PhD, MSW, MPH
Associate Professor
University California at San Francisco

Timothy C. Durazzo, PhD
Assistant Adjunct Professor
Center for Imaging of Neurodegenerative Diseases
San Francisco VA Medical Center

Discussant: Rob Lustig, MD
Professor of Clinical Pediatrics, Division of Endocrinology
Director of the Weight Assessment for Teen and Child Health Program (WATCH)
University California at San Francisco

12:00 - 1:30 pm
UCSF Laurel Heights Campus
3333 California Street, Room 474

Contact: Marin Thompson, COAST Program Coordinator at COAST@chc.ucsf.edu

Wednesday, January 21, 2009
Center on Social Disparities in Health Seminar Series

Heart Disease in Young and Middle-Aged Adults

Kirsten Bibbins-Domingo, PhD, MD
Assistant Professor of Medicine and of Epidemiology and Biostatistics
Co-Director, Center for Vulnerable Populations
University of California, San Francisco

12:00 - 1:30 pm
UCSF Laurel Heights Campus,
Conference Room 376

Contact: Rebecca A. Wilson-Loots at 415-476-6839 or wilsonlootsr@fcm.ucsf.edu
Tuesday, January 20, 2009
Postdoctoral Seminar in Psychology and Medicine

Mental Health in Infancy and Early Childhood: Evidence-based Intervention

Alicia Lieberman, PhD
Department of Psychiatry, UCSF

8:30 - 10:00 am
UCSF Laurel Heights Campus
Conference Room 474

Contact: 476-7285 or HealthPsychology@ucsf.edu

Monday, January 19, 2009
UCSF Osher Center for Integrative Medicine

Mindfulness-Based Eating Awareness Training (MB-EAT):
An Introduction to Theory and Application

Mindfulness-Based Eating Awareness Training (MB-EAT) offers promise for helping individuals create healthier balance in their food intake, body image, and emotional well-being. This workshop will introduce the conceptual background, research evidence and treatment components of MB-EAT, as currently applied to obesity and binge eating. This introductory seminar is designed for mindfulness teachers as well as therapists and other health care professionals who are interested in exploring how to apply mindfulness to eating problems.

$125 (includes buffet lunch)
Interactive Workshop
1701 Divisadero Street, Suite 150 at Sutter Street
8:30 am to 4:30 pm

Learn from a leading expert on mindful eating, Jean L. Kristeller, PhD. Dr. Kristeller created the MB-EAT program, and her NIH-funded research on it suggests considerable promise for the treatment of binge eating disorder and obesity. Dr. Kristeller is Professor of Psychology at Indiana State University and the Co-founder of the Center for Mindful Eating. She received her PhD in clinical psychology from Yale University and completed post-doctoral training in eating disorders at McLean Hospital and in Behavioral Medicine and Epidemiology at the University of Massachusetts Medical School.

Information or to register, call 415-353-7795 or shine@ocim.ucsf.edu

To remove your name from our CHC Community Listserv email list, click here.
Questions or comments? E-mail us at chc@chc.ucsf.edu or call 415-476-7408