



ELISSA EPEL

Professor of Psychiatry and Psychology at University of California

Elissa studies psychological, behavioral factors that impact cellular aging and is also focusing on climate wellness.

Presenting on Day 2 (July 18) in the 9.00 am session on
Effects of Trauma on the Mind & Body

Elissa studies how practices such as meditation and positive stress can promote psychological and physiological thriving, and is interested in large scale interventions for communal well being and health equity. She and her colleagues have a series of clinical trials testing mindfulness and mindful eating interventions for metabolic health.

She co-leads an NIH stress network and emotional well being network. She helped co-create the global [Big Joy](#) citizen science project that aims to enroll one million participants. She co-wrote the New York Times best seller “The Telomere Effect: A revolutionary approach to living younger, longer” with Nobel Laureate Elizabeth Blackburn (translated into 30 languages) and the new “[Stress Prescription](#),” an independent bookstore best seller. She enjoys leading science-based meditation retreats.

She is a member of the National Academy of Medicine, past President of the Academy of Behavioral Medicine Research, and co-chair of the Mind & Life Institute Steering Council. Epel’s research has been featured in venues such as TEDMED, Wisdom 2.0, NBC’s Today Show, CBS’s Morning Show, 60 minutes, National Public Radio, New York Times, Wall Street Journal, and science documentaries. In 2022, she was named as one of the [top 1% of researchers globally](#) (based on publication impact). Her website is www.elissaepel.co



LAURIE FAITH

Assistant Professor, University of Toronto, and Co-Chair of U of T's
Masters in Child Study in Education Program

Co-Author of the book, [*Executive Function Skills in the Classroom:
Overcoming Barriers, Building Strategies*](#)

Presenting on Day 1 (July 17) in the 11:55 am session on Education

Laurie's work is grounded in 17 years of practical classroom experience and 10 years of collaboration with school boards. She is fortunate to have partnered with Carol-Anne Bush and Peg Dawson to publish the classroom resource, *Executive Function Skills in the Classroom: Overcoming Barriers, Building Strategies* (Guilford Press, 2022). Using case studies from 30 practicing teachers & administrators and plenty of research, the book shows educators from kindergarten through Grade 8 how to teach children to manage executive functions (EFs) such as attention, time management, and organization.

Laurie's website, www.activatedlearning.org, is an interactive storehouse of research and resources for EF-oriented teachers, and functions closely alongside its partner website www.EFS2theRescue.com. These websites provide a space for teachers around the world to become "EF-Literate," share resources, and learn; in addition to resources in French and Spanish, the site now features a set of playful EF posters that are translated into Dutch!

She is currently writing another teacher-facing work with Adele Diamond and Carol-Anne Bush – a highly practical resource for early years' teachers who wish to integrate foundational EF support into their daily pedagogy. Organized around 10 playful characters, it should support students' development of EFs, self-awareness, self-compassion, and a capable and strategic mindset. For teachers and parents, it should provide slow, steady, applied learning about how to assist the development of strong EFs in the early years.

Laurie is a frequent presenter at community events, including schools and school boards, teaching conferences, and meetings of the Council for Exceptional Children and the Learning Disabilities Association of Ontario. She is also the Associate Editor of the *Laidlaw Forum*, a peer-reviewed journal she founded to mobilize research for front-line teachers.

VALTER FERNANDES

Unfinished; writing in progress



ERICA FRANK

Professor of Medicine at University of British Columbia
Tier 1 Canada Research Chair in Preventive Medicine and Population Health
Past President (2008) of Physicians for Social Responsibility,

Erica leads global research initiatives aimed at understanding and improving physicians' health practices to improve their patients' health

Presenting on Day 4 (July 20) in the 11.40 am session
Redressing Social Injustices

As principal investigator of the Canadian Physician Health Study, Erica collected and analyzed data from 3,213 physicians, it was the first large scale study of this type in our country. Such data has proved invaluable to the profession at large, to our Faculties and Schools of Medicine, and to our Physician Health Programs.

Erica is dedicated to addressing critical public health issues such as the lack of sustainable large-scale urban housing. This has created a fourth initiative that is expected to become part of her population health research program: developing and researching the world's leading example of socially, environmentally and financially sustainable (**triple bottom-line**) large scale urban housing. She is leading a UBC group to address this globally-critical challenge, and contribute to UBC's goals to become the world's leader in designing, implementing, and testing sustainable cities, and answering UBC's development mandates.

Erica creates and studies the democratization of education (especially in healthcare, public health, STEM, and substance use disorders, and is the Founder/Inventor (in 2001) of NextGenU.org with learners registered in every country for free education and certificates, such as Emergency Medicine for Senior Medical Students; Climate Change and Health course

ELLEN GALINSKY

Unfinished; writing in progress



MARY GORDON

Founder and President, [*Roots of Empathy*](#)

Canada's 1st [Ashoka Fellow](#), for being one of the world's leading social entrepreneurs, championing innovative new ideas that transform society

Winner of the Innovation Award from Canada's Governor General (the Queen's representative in Canada) given to those whose innovations are truly exceptional, transformative, and positive in their impact on life in Canada

Presenting on Day 3 (July 19) in the 6:45 pm session on Social-Emotional Development #2

A proud Newfoundlander, Mary's story started in a multigenerational, laughter-filled household in Newfoundland. Her work with empathy over the last several decades is informed by her mother's quiet & joyful way of sharing resources. She organized food, clothing, & coal for those who did not "land lucky." This upbringing taught Mary that we are all human & equal regardless of our differences. In a family where her father advocated for social injustice & her mother delivered it every day, empathy was a core value.

Mary developed the Roots of Empathy program in 1996, followed by Seeds of Compassion, to break intergenerational cycles of violence & poor parenting. Using a baby as the teacher, these programs foster the development of empathy, & thus more respectful & caring relationships & greater inclusion, & reduce aggression, including bullying. Roots of Empathy was honored this year by being inducted into the [HundrED Hall of Fame](#) for educational innovation that has demonstrated sustained growth of impact & scalability. HundrED is a Finnish global education organization working with top educators & scientists worldwide to identify, amplify, & facilitate the implementation of impactful & scalable education innovations.

Mary is a lifelong social entrepreneur whose work breaks rules & disrupts the status quo. With the help of her first Board, which included Drs. Fraser Mustard & Dan Offord, she set out a research plan with Clyde Hertzman, who later joined the Roots of Empathy Board. It was through Clyde that Mary met Adele. Clyde insisted that Mary & Adele must meet & of course when they did it was as if they had always known one another.



ALISON GRANGER-BROWN

For 22 years has supported the transformational learning, growth, & development of people in prison as a

Therapeutic Recreation Partner, focused on understanding human development within complex, & often toxic, systems like prison

Works in partnership with First Nations, Metis, & Inuit people

Presenting on Day 2 (July 18) Restoring Justice to Criminal Justice at 10:10

Alison's work, nurturing hope for life beyond the negative influences of complex childhood trauma & mental health issues that often bring people into addiction & prison, takes place in a system that is complex & toxic, within which the pursuit of healing, health, & wholeness is especially difficult. With each client, she sees her therapeutic practice as a journey.

Although not of Aboriginal or Metis descent, Alison has worked extensively with the First Peoples of Canada and has deeply studied Indigenous wisdom and knowledge of healing, human growth, & resiliency and the multi-generational impacts of trauma from the colonial history of destruction of First Peoples' spirituality, culture, and family life. Her particular area of interest and expertise is the development of projects founded on and commensurate with Indigenous research practices and principles. Alison is committed to research that is transformative for those engaging with a project and that seeks to achieve a social justice goal.

Alison dedicated her Master's & PhD studies to understanding human development within the context of various dehumanizing systems people must navigate. She has developed individualized interventions to support healing for people in prison, holding onto hope for their future before they can embrace that hope themselves.

Most recently, she has been writing life histories and trauma reports for people accused of crime in Nunavut, where she and colleagues have been successful in advocating for treatment, instead of incarceration, and she has been involved in projects related to violence in the workplace and the associated stress and burnout. She is also working with the Canadian Human Rights Commission on trauma-sensitive advocacy work.

JUDY GRAVES

Unfinished; writing in progress



MARK GREENBERG

The very first Bennett Chair of Prevention Science, Penn State Founding Director, Edna Bennett Pierce Prevention Res. Centre, Penn State Co-Creator, the PATHS® Curriculum for promoting emotional and social competencies and reducing aggression and behavior problems
Chair of CREATE for Education, a non-profit organization that promotes caring and compassion in education.

Presenting on Day 3 (July 19) in the 2:50 pm session on Social-Emotional Development

Mark is a Founding Board Member of the Collaborative for Academic, Social, & Emotional Learning ([CASEL](#)) & currently its Interim Vice President for Policy. CASEL envisions all children & adults as self-aware, caring, responsible, engaged, & lifelong learners who work together to achieve their goals & create a more inclusive, just world. It is committed to making social & emotional learning part of a high-quality & equitable education for all.

Mark not only helped author the PATHS® curriculum, but has conducted research on its impact since 1981. He supports training & quality implementation of the PATHS® curriculum in the US & >20 countries thru his work with [SEL Worldwide](#).

He is a senior investigator on national & international research projects including Fast Track, PROSPER, & CARE for Teachers. [CREATE](#), which he chairs, stands for Creating Resilience for Educators, Administrators & Teachers; it's a non-profit devoted to improving the quality of schooling and lives of teachers & students

Mark has also served on the Board of Mind & Life and remains a Core member of its Research Network.

Mark has authored >350 journal articles & book chapters. He's received numerous awards including the Urie Bronfenbrenner Award for Lifetime Contributions to Developmental Psychology in the Service of Science & Society from the APA, the SRCD Distinguished Contributions to Public Policy for Children Award, & the Presidential Award from the Society for Prevention Research in 2013. One of his current interests is how to help nurture awareness & compassion in our society.



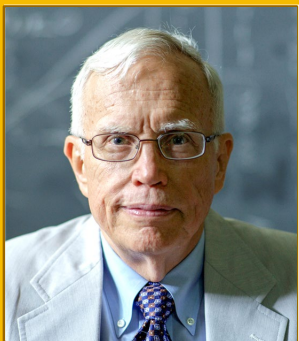
HAYES GREENFIELD

Award-winning musician, composer, sound artist, and educator
His innovative projects “Creative Sound Play,” “Music for a Green Planet,”
“Jazz-A-Ma-Tazz,” and “For the Children” have provided enriched
opportunities and access for young people of all ages

Presenting on Day 1 (July 17) in the 11:55 am session on Education

Hayes is the founder of [Creative Sound Play \(CSP\)](#) and has been working with young people since 1993. CSP is an interconnected, play-based, collaborative learning system for Pre-K in which children make sound and silence—NOT music. CSP helps children develop their SEL, EF, active listening skills, mindfulness, eye-hand coordination, take agency, be more independent, and raise their self-esteem. In 2011, Hayes heard neuroscientist Clancy Blair on NPR discussing *Tools of the Mind* and contacted him. This led Clancy and Cybele Raver to introduce Hayes to the Lenox Hill Neighborhood House Family Center, where he worked for six years. In 2014, Hayes heard Adele Diamond on NPR's program, *Fresh Air*, and called her. Adele, Clancy and Cybele's mentorship helped Hayes codify and create his method book which he turned into a video curriculum. Hayes' course “Effective Transitions for Classrooms” is offered on the National Head Start Association's website for professional development.

Hayes has presented at NHTA Conferences in Dallas (Parent and Family; 2022); National Conferences, Baltimore (2022); San Antonio (2019); and Anaheim (2018). He presented at NAEYC National Conference in Washington D.C. (2022), and the Next Wave Center for Artistry and Scholarship Conference in Boston (2019). In 2022 and 2023 he participated in the NHTA-sponsored Webinar “Tackling Challenging Behaviors.” Hayes created a three-year pilot program for PNC Bank's Grow Up Great Initiative for Detroit Public Schools (2010-13). He consulted at Bank Street Head Start, developed and presented professional development workshops for general and special needs teachers in NYC, taught Applied Saxophone at Teachers College, and Improv Camp at Lehman College. Hayes has recorded several critically acclaimed and award-winning CDs, toured the US and Europe with his own bands, and has scored countless films.



JAMES HECKMAN

Awarded the Nobel Prize in Economics

Ranked the second-most influential economist in the world today
His research shows that high-quality birth-to-5 programs for disadvantaged
children can deliver a whopping 13% per year return on investment

Presenting on Day 4 (July 20) in the 10:00 am session on Life Cycle Benefits
of Early Childhood Programs

Jim is the Henry Schultz Distinguished Service Professor in Economics at the University of Chicago and Professor of Law in the Law School. He was one of the founders of the Harris School of Public Policy, where he is also a professor. He founded & directs, the [Center for the Economics of Human Development \(CEHD\)](#) & the [Human Capital and Economic Opportunity \(HCEO\) Global Working Group](#), which connects experts across fields to advance innovative thinking & approaches to inequality & human capital development research designed to improve individual opportunity worldwide.

Jim has devoted his professional life to understanding the origins of major social & economic problems, such as inequality, social mobility, & discrimination, & to devising & evaluating alternative strategies for addressing those problems. He fervently believes that to develop a strong theory of human flourishing, a strong interdisciplinary effort is required. Although Jim's own work is rooted in economics, he actively collaborates across disciplines, drawing on psychology, biology, genetics, epidemiology, neuroscience, sociology, etc. to examine the origins of inequality, determinants of social mobility, & the efficacy of various intervention strategies to foster human skills & capacities & remediate disadvantages.

Jim has shown that while a high IQ improves an individual's chances of financial success by 1-2%, conscientiousness, diligence, perseverance & self-discipline are what really drive success. His recent research looks at life outcomes of those who attended Perry Preschool, as well as outcomes of their children. His research shows that starting earlier produces the biggest bang for the buck, yielding significantly better outcomes in education, health, social behaviors, & employment.



KATHY HIRSH-PASEK

Professor of Psychology, Temple University

A “scientific entrepreneur” and founding member of the Latin American School for Educational and Cognitive Neuroscience

Her initiative, [Playful Learning Landscapes](#) re-imagines cities and public squares as places with science-infused designs, enhancing academic and social opportunities.

Presenting on Day 3 (July 19) in the 12:10 session on Early Child Development

Kathy, a senior fellow at the Brookings Institution, has written 16 books and 250+ publications, has served as President of the International Congress for Infant Studies, was on the Governing Board of the Society for Research in Child Development, and is on the board of Zero to Three. Her *Einstein Never Used Flashcards* won the Book for a Better Life Award in 2003 with her *Becoming Brilliant* (2016) reaching the NY Times Best Sellers List in education. Her newest book *Making Schools Work* came out in November of 2022. Kathy won awards from every psychological and educational society for her basic science and translational work designed to bridge basic science and educational impact. Co-founder of the global Learning Science Exchange Fellowship, she brings together scientists, journalists, policy makers and entertainers, to put learning science in the hands of educators. In 2021, she was elected as a member of the National Academy of Education. Kathy frequently comments for the press (e.g. NPR, NYT) and blogs for the Brookings Institution.



LESLEY HORTON

Family Doctor, B.Sc, MD, CCFP

Studies Environmental Medicine, focusing on the bioaccumulation of environmental chemicals and its impact on mental health, with particular emphasis on ADHD and impaired executive function

Presenting on Day 2 (July 18) at 6:45 pm in the Cabaret setting

Lesley, a family doctor with a special interest in Environmental Medicine, will present a case study to demonstrate how our genes and our environment can interact to cause acquired ADHD with impaired executive functions. This case study highlights a patient who, because of genetic SNPs or mutations in key detoxification pathways, developed a high body burden of multiple neurotoxic chemicals. This was discovered after he developed ADHD-like symptoms with executive function impairment at age 9. While this patient is a canary in the coal mine because of his genetics, in truth, this patient is a warning bell for us all. You’ll never look at a rubber ducky or a container of RoundUp for those pesky weeds the same way again.

In 2005, a ground-breaking study of newborns found 287 chemicals in their blood; 217 of these were toxic to the brain and nervous system and 180 were carcinogenic or cancer-causing. Many chemicals bioaccumulate over time. That study only showed what was in newborns. What levels of chemicals are in us by age 10? 20? 50? 80? With alarming trends of exponential growth in autism, ADHD, anxiety, depression, cancer and Alzheimer’s over the past few decades, a curious mind has to wonder. Our genome has not changed in the last 50 years, so something else must be at work.



TREVOR HURWITZ

Medical Director, BC Neuropsychiatry Program; Clinical Professor,
Department of Psychiatry, University of British Columbia

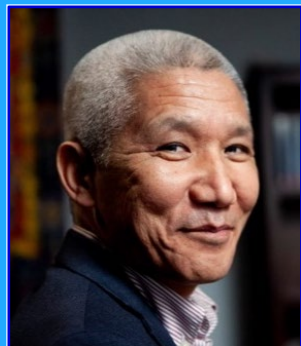
Focused on bedside neurocognitive assessments and the treatment of
traumatic brain injury, psychiatric disorders, and Somatic Symptom
disorders.

Presenting on Day 2 (July 18) in the 7 pm short talks session

Trevor completed his medical degree in Pretoria, South Africa followed by an internship in Johannesburg and a senior housemanship in Cape Town. He continued his studies in London, England and obtained certification in Internal Medicine. He completed a residency in Psychiatry at the University of British Columbia in 1980 and a residency in Neurology at Boston University in 1982.

As well as his current work at the University of British Columbia, Trevor is the Chief-of-Service of West-1 at UBC Hospital, Vancouver. Trevor has a joint appointment in the Department of Medicine, Division of Neurology, and practices as a clinical neurologist in addition to his primary commitment to inpatient and outpatient Neuropsychiatry.

Trevor's work is mostly devoted to clinical practice, teaching, and the promotion of the discipline of Neuropsychiatry.



THUPTEN JINPA

a former Tibetan monk, holds the *Geshe Lharam* degree

Principal English Translator for His Holiness the Dalai Lama for almost 40 years

Main Author, [Compassion Cultivation Training](#), designed at Stanford
University, delivered around the world

Author of several books including, several books, including [A Fearless Heart:
How the Courage to be Compassionate Can Transform Our Lives](#)

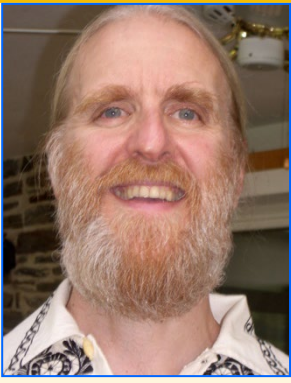
Presenting on Day 2 (July 18) in the 11:40 am session on Social-Emotional Development and
Plasticity: Compassion and Empathy #1

Jinpa fled Tibet with his family & received his early education and training as a monk at Zongkar Choede Monastery in Hunsur, Karnataka, South India. He also holds a BA in Philosophy & PhD in religious studies from Cambridge University.

Jinpa has translated and edited numerous books by His Holiness the Dalai Lama, including New York Times bestsellers [Ethics for the New Millennium](#) and [The Art of Happiness](#), and [Beyond Religion: Ethics for a Whole World](#). Jinpa's own publications include works in Tibetan, English translations of classical Tibetan texts, and several books written in English, including *A Fearless Heart*. He is a noted speaker on secular adaptations of mindfulness and compassion.

Jinpa is the principle architect of (Compassion Cultivation Training (CCT), an 8-week program developed at Stanford, which builds on insights & techniques from psychology, neuroscience, & contemplative practice. CCT helps with well-being, response to suffering of oneself & others, burnout, your relation to work, & treatment of clinical disorders such as anxiety.

Jinpa established the [Institute of Tibetan Classics](#) in Montreal, a non-profit educational organization dedicated to the preservation, revitalization, & dissemination of classical Tibetan thought, culture, & literary heritage. He serves as President & Editor-in-Chief of the Institute's translation series, *Classics in Tibet*. He also serves as Chair of the [Mind and Life Institute](#), dedicated to fostering creative dialogue between the Buddhist tradition and Western science.



TEDD JUDD

Tedd is a cross-cultural clinical and forensic neuropsychologist with 40 years of experience. He has worked with clients from 90 countries and taught neuropsychology in 27 countries. Tedd works on developing culturally appropriate neuropsychology in low- and middle-income countries.

Presenting on Day 4 (July 20) in the 11:40 am session on Redressing Social Justice
Presenting on Day 1 (July 17) in the 11:55 am session on Education

Tedd Judd is an expert in the development of culturally appropriate neuropsychology as a tool for advancing social justice for people affected by brain disabilities, in the context of their families, communities, and society. Tedd has held a Fulbright Senior Lectureship in Spain, spent two years teaching and living in Costa Rica, taught in 15 Latin American countries, and recently taught in southern Africa. From his experiences in rehabilitation and psychosocial treatments he has written a book on *Neuropsychotherapy and Community Integration: Brain Illness, Emotions, Behavior*.

Tedd is past President of the Hispanic Neuropsychological Society and a recipient of their Mentoring in Cultural Neuropsychology Award. He teaches a practicum in non-English cross-cultural psychology. He is Distinguished Professor and academic co-director of Central America's first Master's degree in neuropsychology at the Universidad del Valle, Guatemala. He teaches neuropsychological assessment at Seattle Pacific University. He is an instructor in UCLA's postdoctoral fellowship in Social Justice in Criminal Neuropsychology. He is board certified in clinical neuropsychology and is a Fellow of the National Academy of Neuropsychology.

Tedd has published over 20 book chapters and articles. He received his BA from Princeton, his PhD from Cornell, training in neuropsychology at the Boston VA hospital, and his postdoctoral training in neuropsychology at the University of Washington.



GILLES JULIEN

Founded the sub-specialty of [Community Social Pediatrics](#) because socio-economic adversity often lies at the root of children's health problems
Founding Director, Fondation pour la Promotion de la Pédiatrie Sociale
(now [Fondation Dr Julien](#)), Montréal

Author of [A Different Kind of Doctor: Seeking Social Justice through Medicine](#)

Member, Ordre du Canada, & Commander, Ordre de Montréal

Presenting on Day 3 (July 19) in 9:40 am session on Social Determinants of Health; Social Justice

Recognizing that, when dealing the most vulnerable and disadvantaged children, one cannot separate health status from socioeconomic status, family background, and living conditions, Gilles fundamentally redesigned the profession of Pediatrics, transforming the way healthcare is provided to the neediest children. He is renowned for a pediatric approach that is based on respect and creates a safe circle around patients. Characterized by inclusiveness, it uses a network within the community to empower children and their families (bringing together parents, extended family, friends, neighbors, teachers, social workers, police, and anyone else relevant to a child's mental and physical health). Stated differently, Gilles mobilizes different sectors (health, education, social services, youth protection, law, media, and business) to work together to sustain children in need (no child should fall through the cracks). Thus, Gilles' community social pediatrics connects traditional population health approaches (social determinants of health) to traditional primary care.

In 1991, Gilles started meeting children in their own living milieu, at home, at school, etc. This new way of practicing pediatrics attracted the attention of [Ashoka](#), the prestigious community of social entrepreneurs. Gilles became the 1st Ashoka Fellow in Québec. What started as the small project of one pediatrician to better serve under-served children has become an innovative, global movement for developing services to address children's needs & rights, with the active participation of families & communities. Indeed, all pediatric residents at all major universities in Montréal are required to do a rotation in social pediatrics with Gilles, a professor in the medical faculties of both McGill & the University of Montréal.

NATASHA KIRKHAM

Unfinished; writing in progress

TORKEL KLINGBERG

Unfinished; writing in progress



PATRICIA KUHL

Professor of Speech and Hearing Sciences at the University of Washington in Seattle

Bezos Family Foundation Endowed Chair in Early Childhood Learning
Co-Director of the UW Institute for Learning and Brain Sciences
Focused on early language and brain development

Presenting on Day 1 (July 17) in the 2:50 pm session on Cognitive Science
& Developmental Cognitive Neuroscience

Patricia is internationally recognized for her research on early language learning and bilingual brain development, for pioneering brain measures on young children, and for studies that show how young children learn. She presented her work at three White House conferences (Clinton White House in 1997, Bush White House in 2001, and Obama White House in 2014), and is a member of the National Academy of Sciences, the American Academy of Arts and Sciences, the Rodin Academy, the Norwegian Academy of Science and Letters, and Fellow of the American Association for the Advancement of Science, the Acoustical Society of America, the American Psychological Society, and the Cognitive Science Society.

Patricia was awarded the Silver and Gold Medals of the Acoustical Society of America, the IPSEN Foundation's Jean-Louis Signoret Neuropsychology Prize, the William James Lifetime Achievement Award, the George A. Miller Prize in Cognitive Neuroscience, the American Psychological Association's Distinguished Scientific Contributions Award, and the Karl Spencer Lashley Award from the American Philosophical Society. In her talk, Dr. Kuhl will focus on early language and brain development, highlighting the developmental transition in phonetic perception in the first year of life and new multimodal brain imaging results.