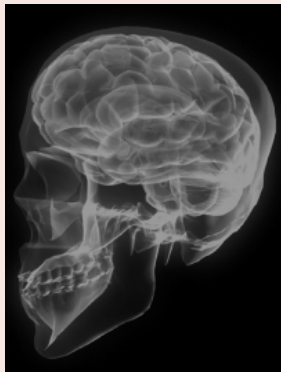


# UCSF Osher Center for Integrative Medicine Mini Medical School for the Public

## SCIENCE OF THE MIND: HOW THE BRAIN WORKS TO REGULATE MOOD, EMOTION, STRESS, AND SLEEP



Tuesday evenings, October 13 - November 17  
7:00 to 8:45 p.m., 513 Parnassus Avenue

Scientific understanding of the brain is increasing at a dramatic rate but how can we use this information to improve our psychological wellness? This course features outstanding speakers and researchers in the field of mental health and psychiatry. We will discuss how to reduce stress, improve mood, and decrease the risk of mental illness across the lifespan. You will also learn the latest innovations to improve your sleep as well as your ability to discern if someone is lying. Come gain insight into the biological basis of the brain and behavior and how recent scientific discoveries can help us to take better care of ourselves and our minds.

**COURSE CHAIR:**

Descartes Li, MD, Associate Professor Psychiatry; Director of UCSF Bipolar Disorder Program

**October 13**

**The Biology of Depression: How Stress Affects the Brain and the Body**

Owen Wolkowitz, MD, Professor of Psychiatry; Director of the Psychopharmacology Assessment Clinic

**October 20**

**Maintaining Mood in Late Life**

Craig Nelson, MD, Professor of Psychiatry; Leon J. Epstein Chair of Geriatric Psychiatry

**October 27**

**Sleep: How Much Do You Really Need? How to Get What You Really Need!**

Allison Harvey, PhD, Associate Professor, Psychology Department, UC Berkeley

**November 3**

**What Emerging Antidepressant Treatments Tell Us About the Brain**

Descartes Li, MD, Associate Professor Psychiatry; Director of UCSF Bipolar Disorder Program

**November 10**

**Reading Facial Expressions: the Science Behind the Hit TV Show "Lie to Me"**

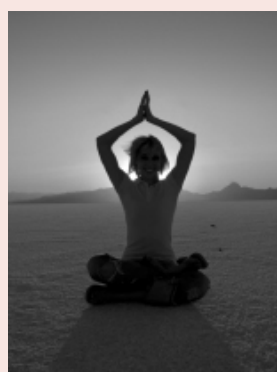
Paul Ekman, PhD, Professor Emeritus

**November 17**

**Staying in the Now: Maintaining Mental Health Through Mindfulness**

Stuart Eisendrath, MD, Professor of Clinical Psychiatry; Director, The UCSF Depression Center

## MIND AND BODY: HOW ONE LEARNS FROM THE OTHER, AND HOW YOU CAN BENEFIT



Wednesday evenings, October 14 - December 2  
7:00 to 8:45 p.m., 513 Parnassus Avenue

Mind-Body medicine uses the power of thought and emotion to promote health and healing. More and more evidence shows how our emotional state influences our physical body—endocrine and immune function, susceptibility to infections, the development and progression of coronary artery disease, and many others. Evidence also mounts for the effectiveness of mind-body approaches in improving health, including: diabetes, arthritis, migraines, and cancer care. Join us to learn more about how we can benefit from this connection, with surprising results!

**COURSE CHAIR:**

Rick McKinney, MD, Integrative Medicine Physician, UCSF Osher Center for Integrative Medicine, Associate Professor, Family and Community Medicine

**October 14**

**The Art & Science of Mind-Body Medicine**

Kevin Barrows, MD, Interim Director of Clinical Programs, UCSF Osher Center for Integrative Medicine; Associate Clinical Professor, Family and Community Medicine

**October 21**

**Expanding Creativity and Effectiveness: Reducing the Impact of Stress on our Cognitive Functioning**

Rick McKinney, MD, Associate Clinical Professor, Family and Community Medicine and the UCSF Osher Center for Integrative Medicine

**October 28**

**Positive Emotion in the Midst of Stress: It's Not Crazy, it's Adaptive!**

Judy Moskowitz, PhD, MPH, Associate Professor, UCSF Osher Center and the Department of Medicine

**November 4**

**The Science of Healthy Aging: Living Better, Not Just Longer**

Ellen Hughes, MD, PhD, Professor of Medicine; Former Director of Education, Osher Center for Integrative Medicine

**November 18**

**Worrying Well: How Your Brain Can Turn Anxiety and Stress Into Calmness and Confidence**

Martin L. Rossman, MD, Assistant Professor, Family Health Care Nursing; Member, Educational Advisory Board, UCSF Osher Center; Founder, The Healing Mind

**December 2**

**Body, Breath, and Psyche: Tapping into the Transformative Power of Yoga**

Sudha Prathikanti, MD, Associate Clinical Professor of Psychiatry, UCSF Osher Center for Integrative Medicine

## FROM INTERNATIONAL TO GLOBAL HEALTH: WHY HEALTH AROUND THE WORLD CONCERNS US ALL



Thursday evenings, October 15 - November 19  
7:00 to 8:45 p.m., 513 Parnassus Avenue

The shift from the term "International Health" to "Global Health" reflects the fact that many health problems in "developing" countries with limited resources also affect "developed" countries with abundant resources. This course presents a framework for understanding complex global health problems, and highlights how some of these problems are understood and confronted by those seeking to alleviate them. Topics include emerging infections such as H1N1 (swine flu) and SARS; the epidemic of HIV/AIDS; the fight against malaria; and health as a human right. For each topic, implications for us (and the US), and how we all might get involved to help address these issues is discussed.

**COURSE CHAIR:**

Christopher C. Stewart, MD, Associate Clinical Professor of Pediatrics; Director, Child Abuse Evaluation and Management, San Francisco General Hospital

**October 15**

**Global Health: Past to Present, Struggles and Successes**

Christopher C. Stewart, MD, Associate Clinical Professor of Pediatrics, UCSF; Director, Global Health Pathways to Discovery

**October 22**

**Living with Smoke: Global Health Impact of Air Pollution from Household Cooking Fires**

Lisa M. Thompson, FNP, MS, PhD, Assistant Professor, Family Health Care Nursing

**October 29**

**Shrinking the Malaria Map**

Sir Richard Feachem, DSc, PhD, Professor, Global Health

**November 5**

**Health as a Human Right**

Madhavi Dandu, MD, MPH, Assistant Professor of Medicine, Division of Hospital Medicine  
Sheri Weiser, MD, MPH, Assistant Adjunct Professor of Medicine, Positive Health Program

**November 12**

**HIV and the Epidemic in Africa**

Craig R. Cohen, MD, MPH, Professor, Department of Obstetrics, Gynecology and Reproductive Sciences

**November 19**

**Avian Flu, Swine Flu and Global Health**

Susan E. Fernyak, MD, MPH, Director, Communicable Disease Control and Prevention Section San Francisco Department of Public Health

**REGISTER ONLINE:**

[www.minimedicalschool.ucsf.edu](http://www.minimedicalschool.ucsf.edu)

**REGISTRATION FORM**

Name: (Dr - Mr - Ms - Mrs) \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Month & day of birth: \_\_\_\_/\_\_\_\_

Do you want to be on our priority email list?  YES  NO

Select course by checking box(es):

Tuesday evenings, October 13 - November 17

MLL10001 **Science of the Mind**

Wednesday evenings, October 14 - December 2

MLL10002 **Mind and Body**

Thursday evenings, October 15 - November 19

MLL10003 **Global Health**

Please charge my  Visa  MasterCard  American Express

No. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Exp. Date \_\_\_\_\_ Authorized Signature \_\_\_\_\_

**FOUR EASY WAYS TO REGISTER:**

**Online:** Register at [minimedicalschool.ucsf.edu](http://minimedicalschool.ucsf.edu)

**Phone:** Call 415/476-5808. Please have your Visa, MasterCard or Amex ready.

**Fax:** Send completed form to 415/502-1795.

Include your credit card number and expiration date.

**Mail:** Send the registration form and your check payable to "UC Regents" to UCSF, P.O. Box 45368, San Francisco, CA 94145-0368.

For information, call 415/476-4251.

COURSE FEES	
ONE Course	\$75
TWO Courses	\$130
THREE Courses	\$185



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Registration and Financial Manager, Office of Continuing  
Medical Education, School of Medicine

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Integrative Medicine

Leslie Aguayo  
Acting Director, Office of Academic Affairs, School of  
Medicine

Assistant Professor, Department of Cellular and Molecular  
Pharmacology; Co-director, Postdoctoral Teaching  
Fellowship Program

Associate Professor, Family & Community Medicine;  
Integrative Medicine Physician, UCSF Osher Center for  
Integrative Medicine

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DIRECTOR

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FALL 2009  
COURSE CATALOG

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