Interdisciplinary Symposium on Empathy, Contemplative Practice and Pedagogy, the Humanities, and the Sciences

Friday, September 26th and Saturday, September 27th, 2014
Officers’ Club, Fort Douglas, University of Utah

9:00 AM – 6:00 PM

Note: For presenter biographies, please visit our symposium web site:
http://languages.utah.edu/events/index.php

Fri., Sept. 26th 2014:

9:00-10:35: **Panel 1: Empathy, Contemplative Practice, Humanities, and Sciences – Opening Thoughts**

1. Robert Newman, Dean of College of Humanities and Associate Vice President for Interdisciplinary Studies, University of Utah: **Opening Remarks**
2. Joseph Metz, Prof. of German and Comparative Literary and Cultural Studies, University of Utah: **Opening Remarks**
3. Wayne Samuelson, Vice Dean of Education, University of Utah Medical School: “Can Physicians Teach (or Learn) Empathy?”
4. Sara Lazar, Prof. of Psychology, Harvard Medical School and Massachusetts General Hospital: “**Meditation, the Brain, and Cognition**”
5. Marco Iacoboni, Prof. of Psychiatry and Director, Transcranial Magnetic Stimulation Lab, UCLA (via Skype): “**Neural Mechanisms of Empathy**”
**Moderator:** David Vago, Psychologist, Functional Neuroimaging Laboratory, Brigham and Women’s Hospital, and Instructor, Harvard Medical School

10:35-10:55: Snacks, break, and sitting meditation led by Alfred Kaszniak, Soto Zen teacher
Friday, continued:

11:00-12:30: **Panel 2: Empathy and Pedagogy**

1. Alfred Kaszniak, Prof. of Psychology and Director, Neuropsychology, Emotion, and Meditation Lab, University of Arizona; Soto Zen teacher: “Science and Contemplative Practice in a Course on Empathy and Compassion”
2. Allison Pingree, Director of Professional Pedagogy, Harvard University Kennedy School of Government: “Knowing the World as Best We Can: Empathy and Contemplative Practice in Teaching (and Learning)”
3. David Derezotes, Prof. of Social Work and Director, Peace and Conflict Studies, University of Utah: “The Role of Mindfulness in Dialogue Practice”
4. Tahmina Martelly, Prof. in College of Health and Director, Cultural Aspects of Food: “Human Reciprocity: Exploring the Meaning of Food Cultures around the World”

**Moderator:** Joseph Metz, Prof. of German and Comparative Literary and Cultural Studies, University of Utah

12:30-1:50: Catered lunch and free time

2:00-3:30: **Panel 3: Literature, Empathy, and Contemplation**

1. Suzanne Keen, Thomas H. Broadus Prof. of English and Dean, Washington and Lee University: “Immersion Reading and Narrative Empathy”
3. Katherine Coles, Prof. of English and former Utah Poet Laureate: “The Poem as a Shared Space”
4. Scott Black, Prof. of English, University of Utah: “Literature, Reading, Attention”

**Moderator:** Esther Rashkin, Prof. of French and Comparative Literary and Cultural Studies, University of Utah, and a psychotherapist in Salt Lake City

3:30-3:55: Snacks, break, and contemplative practice led by Charlotte Bell, Yoga instructor

4:00-5:30: **Panel 4: Empathy, Contemplation, and the Arts**

1. Audrey Thompson, Prof. of Education, Culture, and Society, University of Utah: “Labora-Stories and the Art of Trauma”
2. Alf Seegert, Prof. of English, University of Utah: “Pixels and Pathos: Empathy and Video Games”
3. Phillip Bimstein, Composer / Musician, Red Rock Rondo: “Expressing the Brahma Viharas in Music and Practice”
4. Charlotte Bell, Musician (Red Rock Rondo) and Yoga Teacher: “Cultivating Lovingkindness”

**Moderator:** Katherine Coles, Prof. of English and former Utah Poet Laureate

5:30-6:00 (approx.): Processing of day, facilitated by Allison Pingree, Harvard Kennedy School of Government
Sat., Sept. 27th:

9:00-10:15: **Panel 1: Focus on Contemplative Practice**

1. Michael Johnson, Prof., College of Nursing, University of Utah: “The Neuromagnetic Correlates of Induced Compassion in Advanced Soto Zen Meditation Practitioners”
2. David Vago, Psychologist, Functional Neuroimaging Laboratory, Brigham and Women’s Hospital, and Instructor, Harvard Medical School: “Self-Awareness, Self-Regulation, and Self-Transcendence: How Contemplative Practice Influences the Neurobiology of Self-Processing”
3. Lama Thupten Dorje Gyaltsen Rinpoche (Jerry Gardner), Urgyen Samten Ling Gonpa and Prof. of Theater, University of Utah: “Meditation and its Various Approaches”

**Moderator:** Alfred Kaszniak, Prof. of Psychology and Director, Neuropsychology, Emotion, and Meditation Lab, University of Arizona; Soto Zen teacher

10:15-10:40: Snacks, break, and sitting meditation led by Lama Thupten Dorje Gyaltsen Rinpoche

10:45-12:15: **Panel 2: Empathy in History and Action**

1. Margaret Toscano, Prof. of Classics and Comparative Literary and Cultural Studies, University of Utah: “Empathy for the Enemy: The Place of the Trojans in Homer’s Greek Iliad”
2. Tobias Wilke, Prof. of German, Columbia University: “Empathy as Metaphor”
3. Yoshio Nakamura, Research Psychologist, Pain Research Center, University of Utah School of Medicine: “Making Sense of How Placebos Work: A Potential Bridge Between the Humanities and Sciences”
4. Shoji Azuma, Prof. of Japanese, University of Utah: “Solidarity and Empathy on Japanese Earthquake Slogans”

**Moderator:** Joseph Metz, Prof. of German and Comparative Literary and Cultural Studies, University of Utah

12:15-1:25 Catered lunch and free time

1:30-3:00: **Panel 3: From Disconnection to Empathy**

1. Sheena Steckl, PhD student in Comparative Literary and Cultural Studies, University of Utah: “Mahmoud Darwish: Empathy in Exile and Occupation”
2. Nick Shifrar, Honors College graduate in Psychology, University of Utah: “Keeping the Heart of Compassion Beating in Medicine”
3. Patricia Rohrer, Prof., Honors College, University of Utah: “The Tyranny of Irony: Infinite Jest and Kierkegaard’s Leap of Faith”
4. Nan Ellin, Chair, Dept. of City and Metropolitan Planning, University of Utah: “From Empathy-Deficit Disorder to the Age of Empathy”

**Moderator:** Joseph Metz, Prof. of German and Comparative Literary and Cultural Studies, University of Utah

3:00-3:15: Snacks and break
Saturday, continued:

Open exchange session and research working group.