



AN ATLAS OF EMOTION WITH GUEST SPEAKERS DR. PAUL EKMAN & DR. EVE EKMAN

JULY 16, 2016 – 11am-1pm

Mitchell Park Community Center, Palo Alto

A presentation on the Atlas of Emotion, a project that arose from the friendship between Dr. Paul Ekman and the Dalai Lama. The Atlas aims to increase our understanding of the subtleties and complexities of emotional life.

Discussion will also focus on emotional awareness-based cultural phenomena, such as the film *Inside Out*, and the importance of emotional awareness for the well-being of children and adults.

**Brought to you by
PAU's Child and
Family Emphasis
Group (CAFE) &
Compassion
Training Initiative**



**Mitchell Park
Community Center
El Palo Alto Room
3700 Middlefield
Road, Palo Alto,
CA, 94303**

PAUL EKMAN, PH.D.

- Professor Emeritus in Psychology at UCSF
- Renowned researcher and author on the universality of facial expressions
- Scientific advisor for Pixar's *Inside Out*

EVE EKMAN, PH.D.

- Post-Doc Scholar at UCFS's Osher Center for Integrative Medicine
- Researcher and training coordinator in the areas of meaning, empathy, and emotional awareness