

The Institute for the Advancement of Human Behavior

presents

The First Annual Northern California Conference on



The Psychology of Health Care:
The Role of Individual Responsibility

TAKING CHARGE OF YOUR OWN LIFE

HOW TO DO IT

HOW TO TEACH IT

- *Overcoming shyness*
- *Biofeedback*
- *Stress and tension management*
- *Barriers to change*
- *Paradoxes of freedom*
- *Sexuality and intimacy*
- *Meditation*
- *Multimodal growth*



A WEEKEND CONFERENCE
WITH PRACTICAL WORKSHOPS

Stanford University
Palo Alto, California

October 21 - 23, 1977

ROLLO MAY
ALBERT ELLIS
ARNOLD A. LAZARUS
PHILIP G. ZIMBARDO
BARBARA BROWN
MEYER FRIEDMAN
GERALD W. PIAGET
DEANE SHAPIRO

9:00 AM

SELF-CONTROL EAST AND WEST: TOWARD A
PRECISION NIRVANA — *Deane Shapiro*

Both Eastern and Western psychologies place an important emphasis on our relationship to ourselves, to others, and to nature. Eastern pathways generally stress techniques which encourage yielding, letting go, non-ego, and altered states of consciousness. Western approaches usually emphasize ego development, goal-setting, assertiveness, analytical processes, and the perfection of ordinary awareness. Dr. Shapiro will discuss how Eastern and Western psy-

(continued from above)

chologies can complement each other and lead to a holistic, integrated approach to health and growth.

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Conference on 'Your Own Life'

STANFORD — A weekend conference on "Taking Charge of Your Own Life" will be held at Stanford University Oct. 21-23 under the sponsorship of the Institute for the Advancement of Human Behavior.

Speakers will include Dr. Deane Shapiro, whose topic will be "Self-Control East and West: Toward a Precision Nirvana."

Dr. Shapiro explained that both eastern and western psychologists place "an important emphasis on our relationship to ourselves, to others and to nature."

The psychologist said "eastern pathways generally stress techniques which encourage yielding, letting go, non-ego and altered

states of consciousness."

In seeming contradiction, he said, western approaches "usually emphasize ego development, goal-setting, assertiveness, analytical processes and the perfection of ordinary awareness."

He said his topic will deal with how eastern and western psychologies can compliment each other and "lead to a holistic, integrated approach to health and growth."

Other speakers will be Rollo May, Gerald W. Piaget, Meyer Friedman, Arnold A. Lazarus, Barbara Brown, Philip G. Zimbardo and Albert Ellis.

Zimbardo will discuss "Shyness: What It Is, What to Do About It." Zimbardo for the past five years

has conducted a Shyness Clinic at Stanford.

"Trends in our society suggest shyness will get worse in the coming years as social forces increase our isolation, competition and loneliness," he said.

Other topics will deal with modification of behavior patterns which produce stress-related disease, barriers to personal growth, and dealing with sexuality and intimacy.

Registration for the three-day conference may be made through the Institute for the Advancement of Human Behavior, Box 2388, Stanford, Ca. 94305. Fee is \$75, or \$45 for students and senior citizens.



THE INSTITUTE FOR
THE ADVANCEMENT OF HUMAN BEHAVIOR
presents

TAKING CHARGE OF YOUR OWN LIFE

HOW TO DO IT

HOW TO TEACH IT

THE FIRST ANNUAL MIDWESTERN CONFERENCE ON

The Psychology of Health Care:
The Role of Individual Responsibility

- *paradoxes of freedom*
- *stress and tension management*
- *sexuality and intimacy*
- *meditation and altered states*
- *barriers to change*
- *biofeedback*
- *transactional analysis*
- *behavioral self-control*

ROLLO MAY — *Love and Will*

DEANE SHAPIRO — *Precision Nirvana*

MEYER FRIEDMAN — *Type 'A' Behavior and Your Heart*

MURIEL JAMES — *Born to Win*

GERALD W. PIAGET — *Exploring Your Barriers*

BARBARA BROWN — *Stress and the Art of Biofeedback*

ALBERT ELLIS — *Reason and Emotion in Psychotherapy*

SYMPOSIUM FACULTY

BARBARA BROWN, Ph.D. is a pioneer and recognized expert in the field of biofeedback. She is associated with the UCLA Medical School, and is the author of *New Mind, New Body* and *Stress and the Art of Biofeedback*, two popular and comprehensive works dealing with the technology of stress reduction.

ALBERT ELLIS, Ph.D. is the founder of the Institute for Rational Living and Director of Clinical Services for the Institute for Advanced Study in Rational Psychotherapy in New York. He is internationally known for his development of the school of Rational-Emotive Psychotherapy and for his work in the area of human sexuality. Dr. Ellis has published several well-known books, including *Sex Without Guilt*, *A Guide to Rational Living*, *Reason and Emotion in Psychotherapy*, *Sex and the Single Man*, and *Overcoming Procrastination*.

MEYER FRIEDMAN, M.D. is Director of the Harold Brunn Institute, Mount Zion Hospital and Medical Center in San Francisco, and co-authored the best-selling book *Type A Behavior and Your Heart*. He is a leader in the field of cardiovascular research and has pioneered research on the correlation between stress-related disease and personality type.

MURIEL JAMES, Ed.D. is a pioneer in the field of Transactional Analysis; she is particularly interested in the integration of Transactional and Gestalt therapy and training techniques. Dr. James has authored or co-authored ten books, including the bestseller, *Born to Win* and *Techniques in Transactional Analysis for Psychotherapists and Counselors*. She is an internationally known lecturer, and maintains a private practice in Lafayette, CA.

ROLLO MAY, Ph.D. is a scholar and clinician with graduate degrees in theology and psychology. He has taught at Harvard, Yale and Princeton, and has served as a Regents Fellow at the University of California, Santa Cruz. Dr. May is currently in private practice in Tiburon, California. He is the author of several noted books, including *The Meaning of Anxiety*, *Existential Psychotherapy*, *Love and Will*, and *The Courage to Create*.

GERALD W. PIAGET, Ph.D. is Executive Director of the Institute for the Advancement of Human Behavior, and a clinical instructor, Department of Psychiatry and Behavioral Sciences, Stanford University Medical School. He has co-authored the book, *Exploring Your Barriers*, as well as the forthcoming books, *Paradoxical Strategies* and *Barriers!* Dr. Piaget has lectured widely in the area of communication dynamics and maintains a private practice in Portola Valley, CA.

DEANE SHAPIRO, JR., Ph.D. is President of the Institute for the Advancement of Human Behavior, Dean of Academic Affairs at the Pacific Graduate School of Psychology, and a clinical instructor, Department of Psychiatry and Behavioral Sciences, Stanford University Medical School. He has lectured widely on meditation and self-control and has authored the popular book, *Precision Nirvana*. Forthcoming publications include the Aldine reader, *Meditation, Self-Regulation Strategies*, and *Altered States of Consciousness*; and *The Psychology of Self-Control*.