Emotions in Social Relationships:
Implications for Health and Disease

October 20 - 21, 2017

DoubleTree by Hilton
Berkeley, California

sponsored by the American Psychosomatic Society and the Society for Affective Science

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Kevin Ochsner, PhD
Timothy W. Smith, PhD
About this Meeting

The American Psychosomatic Society is pleased to present a 1.5 day multidisciplinary meeting, co-sponsored by the Society for Affective Science on the role of emotions in social relationships. Recognized experts from around the world will discuss:

- how social support contributes to better health outcomes
- how social disruption or isolation contribute to adverse health outcomes
- how bodily processes link emotion processing, social interactions and health

The meeting offers ample opportunities to meet and engage with the experts during the luncheon discussion and informal Q&A reception on the first day; poster viewings, networking breaks and a 90 minute workshop to discuss plans for a special issue of Psychosomatic Medicine to conclude the session on Saturday. The recipients of the APS 75th Anniversary Awards will be recognized.

About APS

The American Psychosomatic Society is an organization devoted to biopsychosocial research and integrated clinical care, and to providing a forum via the Annual Meeting, journal Psychosomatic Medicine, and specialty meetings for sharing this research. The Society has a diverse multi-disciplinary membership, and offers unique opportunities for information sharing through special interest groups, themed meetings, and rich resources for professional education, including a robust and informative website and active mentorship program. Membership information is available at the APS Registration Desk or by visiting: www.psychosomatic.org.

About the Posters

To complement the invited presentations at this meeting, APS invited abstracts related to the theme of the meeting to be submitted for consideration as posters. The accepted posters will be displayed in the Yerba Buena Island/Treasure Island rooms throughout both days of the meeting, and you are invited to visit them during any of the breaks. In addition, there will be a special “Data Blitz” session held on Saturday morning where the authors of the highest rated posters will present the most important and interesting results of their research. The reception on Friday evening will be co-located with the posters as well, so there will be ample opportunity to review a wide range of research on the meeting topic.
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<th>Time</th>
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<tr>
<td>8:00-8:15 am</td>
<td>Welcome, Introduction and APS 75th Anniversary Awards Presentation</td>
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<td>Richard Lane, MD, PhD; Robert Levenson, PhD; Suzanne Segerstrom, PhD</td>
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<tr>
<td>8:15-9:45 am</td>
<td><strong>Introductory Keynote Talks</strong></td>
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<td>Chair: Suzanne Segerstrom, PhD</td>
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<td>8:15-8:35 am</td>
<td>“Emotions and Social Relationships: Lessons from APS’ History”</td>
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<td>Christoph Herrmann-Lingen, MD</td>
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<tr>
<td>8:40-9:20 am</td>
<td>“Emotions: Connections to Health and Illness”</td>
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<td>Robert Levenson, PhD</td>
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<td>9:25-9:45 am</td>
<td>Discussion</td>
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<td>9:45-10:15 am</td>
<td>Coffee Break</td>
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<td>10:15-10:55 am</td>
<td>“Lovesick: Couples' Relationships and Health”</td>
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<td>Jan Kiecolt-Glaser, PhD</td>
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<td>11:00-11:40 am</td>
<td>“Emotions, Relationships, and Cardiovascular Disease: An Interpersonal</td>
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<td>Perspective on Interconnected Risk”</td>
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<td>Timothy W. Smith, PhD</td>
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<td>11:45 am-12:15 pm</td>
<td>Discussion</td>
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<td>12:15-1:30 pm</td>
<td>Lunch</td>
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<td>1:30-3:00 pm</td>
<td><strong>Developmental Perspectives</strong></td>
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<td>Chair: Kevin Ochsner, PhD</td>
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<td>1:30-1:50 pm</td>
<td>“Epigenetic link between early life social experiences and neurobiological outcomes”</td>
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<td>Frances Champagne, PhD</td>
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<td>1:55-2:15 pm</td>
<td>“Brain Development Following Early Adverse Caregiving”</td>
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<td>Nim Tottenham, PhD</td>
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<td>2:20-2:40 pm</td>
<td>“Getting Under Each Other’s Skin: How Romantic Partners Shape Each Other’s Physiological Responses to Stress”</td>
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<td>Paula Pietromonaco, PhD</td>
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<td>2:45-3:00 pm</td>
<td>Discussion</td>
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<td>3:00-3:30 pm</td>
<td>Coffee break</td>
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<td>3:30-5:40 pm</td>
<td><strong>Social Disruption/Discrimination</strong></td>
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<td>Chair: Christoph Herrmann-Lingen, MD</td>
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<td>3:30-3:50 pm</td>
<td>“Social Rejection and Connection: Using the Brain to Understand the Link Between Social Ties and Health”</td>
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<td>Naomi Eisenberger, PhD</td>
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<td>3:55-4:15 pm</td>
<td>“Grief: 40 years of Research on How Brain, Mind and Body Adapt”</td>
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<td>Mary-Frances O’Connor, PhD</td>
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<td>4:20-4:35 pm</td>
<td>Discussion</td>
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*APS 75th Anniversary Award recipient
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<tr>
<th>Time</th>
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| 4:35-4:55 pm | “Discrimination and Indices of Cardiovascular Disease: Moving (a bit) Beyond Experiences”  
Tené Lewis, PhD |
| 5:00-5:20 pm | “Acute Physiologic Reactivity and Behavioral Consequences to Perceived Racial Discrimination”  
Wendy Berry Mendes, PhD |
| 5:25-5:40 pm | Discussion                                                              |
| 5:45-7:00 pm | Reception and Poster Viewing  
Chairs: Richard Lane, MD, PhD and Bill Lovallo, PhD |

**Saturday, October 21**

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<th>Time</th>
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| 8:00-8:45 am | Poster Data Blitz  
Chair: Bill Lovallo, PhD |
| 9:00-11:05 am | **Mechanisms and Methods**  
Chair: Timothy W. Smith, PhD |
| 9:00-9:20 am | “An Evolving Model of the Social Regulation of Emotion”  
Kevin Ochsner, PhD |
| 9:25-9:45 am | “Interpersonal Affect: Bridging Empathy and Emotion Regulation”  
Jamil Zaki, PhD |
| 9:50-10:05 am | Discussion |
| 10:05-10:25 am | “Quantifying Dynamic Interpersonal Interactions”  
Emily Butler, PhD |
| 10:30-10:50 am | “A Naturalistic Observation Approach to Studying Social Relationships and Health: The Electronically Activated Recorder (EAR)”  
Matthias Mehl, PhD |
| 10:50-11:05 am | Discussion |
| 11:05-11:20 am | Break |
| 11:20am -12:15 pm | Summary Discussion  
Chair: Kevin Ochsner, PhD |
| 12:15-1:30 pm | Lunch break |
| 1:30-3:00 pm | Session 1: Special Issue Workshop (open to all) |
| 3:00-3:30 pm | Coffee break |
| 3:30-5:00 pm | Session 2: White paper Discussion (by invitation only) |

*APS 75th Anniversary Award recipient*
Dr. Berry Mendes is the Sarlo/Ekman Endowed Professor in the study of Human Emotion and Director of Health Psychology at UC San Francisco. She completed her doctoral training at UC Santa Barbara in social and biological psychology and completed a post-doctoral fellowship at UCSF in psychology and medicine. Professor Mendes was faculty at Harvard University from 2004 to 2010 where she was named “One of Harvard Undergraduates’ Favorite Professors” for five consecutive years. In 2010 she accepted her current position at UCSF. Her research focuses on embodiment – how emotions, thoughts and intentions are experienced in the brain and body and how neurobiological changes influence behavior and cognition. Research topics include effects of discrimination and stigmatization on health, intergroup interactions, affect contagion, and effects of stress across the life span. She is the recipient of several career awards including the Sage and Association for Psychological Science early career awards, and the Gordon Allport award for best paper on intergroup relations. Currently she is the senior editor at Psychological Science, past President of the Society for Affective Science, and serves as the Treasurer for the Society of Personality and Social Psychology.

Dr. Butler is an Associate Professor of Family Studies & Human Development at the University of Arizona. She received her PhD from Stanford University in Psychology. Dr. Butler conducts research on emotional, self-regulatory and relationship mechanisms that contribute to physical and mental health and teaches graduate statistics.

Dr. Champagne is a Professor in the Department of Psychology at University of Texas, Austin and an Adjunct Associate Professor in the Department of Psychology at Columbia University. She received a MSc in Psychiatry and PhD in Neuroscience from McGill University. Dr. Champagne is a world leader within the evolving field of behavioral epigenetics – the study of how life experiences lead to behavioral and neurobiological variation through epigenetic factors. Though mechanistic studies in this field are addressed primarily in animal models, Dr. Champagne has also established collaborations to explore epigenetics within humans to determine the contribution of these molecular marks to neurobiological outcomes. In addition to her multidisciplinary research program funded by NIH, NIEHS, EPA and NIMH, Dr. Champagne teaches several courses, including The Developing Brain, Ethics, Genetics and the Brain and Inheritance.
Dr. Eisenberger is a Professor in the Department of Psychology at UCLA. Her research uses neuroimaging techniques to better understand why social relationships are critical for mental and physical health. For example, her research has explored the neural underpinnings of social pain—the painful feelings following social rejection or loss—and has shown that social pain relies on some of the same neural regions that are involved in processing physical pain. She has also explored the neural substrates associated with social connection—including the systems involved in giving and receiving social support from others. Her work also examines the bidirectional relationships between social relationships and health. For instance, her recent work has examined whether prosocial behaviors such as support-giving can reduce threat-related responding including inflammatory responding. Dr. Eisenberger, who received her Ph.D. in 2005, has published more than 100 papers including articles in top tier journals (Science, Proceedings of the National Academy of Sciences, Nature Neuroscience). In addition, her work has been recognized with several early career awards including ones from the American Psychological Association, the American Psychosomatic Society, the Association for Psychological Science, and the International Union of Psychological Science.

Dr. Herrmann-Lingen is a Professor and Chair of the Department of Psychosomatic Medicine and Psychotherapy at University of Goettingen Medical Center in Germany. He is also the Managing Director of the Center of Psychosocial Medicine and an Executive Board member of the Goettingen Heart Center at that University. After studying in Munich and Berlin, Dr. Herrmann-Lingen graduated from medical school in Goettingen (1987), where he also started his clinical training in the Department of Cardiology and received his Dr. med. “summa cum laude” (1990). He was board-certified for Internal Medicine in 1993 and – after changing to the Department of Psychosomatics and Psychotherapy in 1994 – for Medical Psychotherapy in 1997. After his “Habilitation” (qualification for associate professorship) in 1998, he completed his specialty training in Psychosomatic Medicine and Psychotherapy in 2000. In 2004 he was appointed to the first German professorship for psycho-cardiology in Goettingen. He then took over the position of professor and department chair for Psychosomatic Medicine and Psychotherapy at the University of Marburg, Germany, in 2005. In 2007 he was appointed to his current position and returned to Goettingen.

Dr. Herrmann-Lingen’s clinical and scientific work has always focused on the intersection of Internal Medicine and Psychotherapy. Starting with his doctoral thesis on psychological screening as part of routine diagnostics in cardiology he followed a scientific agenda investigating the prevalence, detection, clinical and prognostic relevance, and treatment of mental comorbidity in patients with medical illnesses, mainly heart disease. In more recent years he also got increasingly interested in cardiovascular psychophysiology. Dr. Herrmann-Lingen has received research grants from the German Research fund, the German Ministry for Research and Education, the German Cancer Aid, and others. He served as a principal investigator for a nationwide multicenter trial testing a stepwise psychotherapy intervention in patients with coronary heart disease and for a clinical trial on implementation of a psycho-oncology service for breast cancer patients. Furthermore, he has been involved in several interdisciplinary research consortia in cardiology and is currently a principal investigator in the German Center for Cardiovascular Research for a project on psychosocial and behavioral interventions.

Dr. Herrmann-Lingen served as APS President 2016-17 and contributed to the history of APS and Psychosomatic Medicine.
Professor Kiecolt-Glaser, the Director of The Ohio State Institute for Behavioral Medicine Research, holds the S. Robert Davis Chair of Medicine in The Ohio State University College of Medicine; she also holds the title of Distinguished University Professor. Working in the area of psychoneuroimmunology, she has authored more than 250 articles, chapters, and books. Her studies have demonstrated important health consequences of stress, including slower wound healing and impaired vaccine responses; she has also shown that chronic stress substantially accelerates age-related changes in inflammation which is linked to some cancers, cardiovascular disease, type II diabetes, osteoporosis, arthritis, and frailty and function decline. In addition, her programmatic work has focused on how personal relationships influence immune and endocrine function, and health. Her more recent work has demonstrated that stress and depression can alter metabolic and inflammatory responses to high-fat meals in ways that promote weight gain.

Most notable among her honors is her membership in the National Academy of Medicine of the National Academy of Sciences. In addition, she is a Fellow of the American Association for the Advancement of Science, as well as the American Psychological Association; she has received the Award for Outstanding Contributions to Health Psychology from the American Psychological Association’s Division of Health Psychology twice, as well as the Developmental Health Psychology Award from the Divisions of Health Psychology and Adult Development and Aging. She is a past President of the Division of Health Psychology. The Psychoneuroimmunology Research Society gave her both the Norman Cousins Award and the George Solomon Award, and the American Psychosomatic Society gave her the Patricia A. Barchas award for outstanding contributions to the study of the impact of social behavior on physiology. Her current Institute for Scientific Information h-index of 74 (indexed under KiecoltGlaser and Kiecolt-Glaser) and her Google Scholar h-index of 104 reflect the very high impact of her work. She is currently a member of the NCCIH Advisory Council and she has served on the editorial boards of 10 professional journals including Psychoneuroendocrinology, Brain, Behavior, and Immunity, Psychosomatic Medicine, and Health Psychology. Her research has been supported by a series of grants from the National Institutes of Health, including a MERIT award and two Research Career Development Awards, and she is currently a PI on three National Cancer Institute grants. In 2008, she received The Ohio State University’s highest honor for scholars, appointment as a Distinguished University Professor, a title awarded to only ~75 faculty members since 1985. She has published two mystery novels, Detecting Lies and Unconscious Truths.

Dr. Levenson received his PhD from Vanderbilt University in clinical psychology. He is currently a Professor in the Department of Psychology at the University of California - Berkeley where he is a member of the Clinical Science; Plasticity, Change, and Development; and Social/Personality programs. He currently serves as Director of the Institute for Personality and Social Research and is the past director of the Clinical Science Program and the Bay Area Predoctoral Training Program in Affective Science. His research program is in the area of human emotion, studying the organization of physiological, behavioral and subjective systems; the ways that these systems are impacted by neuropathology, normal aging, and culture; and the role that emotions play in the maintenance and disruption of committed relationships. His research has been supported by NIMH and NIA (including a MERIT award from NIA). He is past President of the Society for Psychophysiological Research, past President of the Association for Psychological Science (APS), and current President of the Board of Directors of the Psychological Clinical Science Accreditation System. He received the inaugural Mentor Award for Lifetime Achievement from APS in 2013, the William James award for Lifetime Achievement in Basic Research from APS in 2014, and the Distinguished Scientific Contributions to Psychophysiology from the Society for Psychophysiological Research in 2015.
Tené Lewis, PhD

Dr. Lewis is an Associate Professor in the Department of Epidemiology in the Rollins School of Public Health at Emory University. Dr. Lewis’ primary area of research is in the area of health psychology/psychosocial epidemiology, with an emphasis on cardiovascular disease (CVD) in women. She has a particular interest in understanding how social and psychological factors contribute to the disproportionately high rates of CVD morbidity and mortality observed in African-American women compared to women of other racial/ethnic groups, and is currently Principal Investigator of two NIH-funded R01 studies (HL092591; AR070898) and one R21 (AG055995) examining the effects of psychosocial factors on various indices of CVD in early middle-aged African-American women. Dr. Lewis’ scientific work in this area has received honors from the American Psychosomatic Society and the Health Psychology Division of the American Psychological Association and has been featured in the Washington Post, USA Today, Essence Magazine, JET magazine and on National Public Radio (NPR). She has also held leadership positions in the American Psychosomatic Society, the Health and Society Scholars Program of the Robert Wood Johnson Foundation, and the Ford Foundation Fellowship Program. Dr. Lewis received her bachelor’s degree in Honors Psychology with Distinction from the University of Michigan, Ann Arbor, her doctorate in Clinical Psychology from the University of California, Los Angeles, and completed postdoctoral training in Psychosocial Epidemiology at Rush University Medical School in Chicago, IL.

Matthias Mehl, PhD

Dr. Mehl is a social/personality psychologist with interest in the conceptualization and measurement of how psychological processes affect health and wellbeing. Methodologically, he uses subjective and objective ambulatory assessment methods to study psychological processes in daily life and has helped pioneer novel methods of ecological data collection. One of these methods involves the unobtrusive sampling of ambient sounds via a mobile recording device called the Electronically Activated Recorder (EAR). He has extensively published and given workshops on ambulatory assessment methods and co-edited the Handbook of Research Methods for Studying Daily Life. He is a tenured Full Professor of Psychology at the University of Arizona where he also holds courtesy appointments in the Department of Communication, the Division of Family Studies and Human Development, the Arizona Cancer Center, and the Evelyn F. McKnight Brain Institute. His research has been funded, among other sources, by the National Institutes of Health, the National Science Foundation, the Templeton Foundation, and the Intelligence Advanced Research Project Activity (IARPA). He is a fellow of the Association for Psychological Science and the Society for Personality and Social Psychology.

Kevin Ochsner, PhD

Dr. Ochsner directs the Social Cognitive and Affective Neuroscience (SCAN) Lab at Columbia University, which studies the brain bases of studies emotion, self-control, and person perception. Kevin received a PhD in psychology from Harvard and postdoctoral training at Stanford. He is a recipient of the Young Investigator Award from the Cognitive Neuroscience Society, Columbia University’s Lenfest Distinguished Faculty Award, and the APA New Investigator Award. His research has been funded by grants from private and public institutions, including five different NIH Institutes. Kevin also helped found the Social and Affective Neuroscience Society (SANS), and is a past president of the Society for Affective Science.
Dr. Pietromonaco is a Professor in the Department of Psychological and Brain Sciences at the University of Massachusetts, Amherst and Program Head of the Social Psychology area. The broad goal of her research program is to understand the interpersonal and intrapersonal mechanisms through which close partners influence each other’s health and well-being. Her research on close relationships and attachment draws on multiple methods of investigation, including direct behavioral observation of dating and married couples, assessment of biological markers, daily event sampling methods, survey methods, and laboratory experiments. Dr. Pietromonaco is PI of a longitudinal study, funded by the National Cancer Institute, examining how newlywed spouses’ expectations and beliefs about relationships, together with their physiological stress reactions and behavior patterns during interactions, predict downstream emotional and physical health outcomes. Notably, her research integrates the relationship between both brain and peripheral physiology. Finally, her work in clinical psychology has helped to validate the diagnosis of Complicated Grief, and points to mechanisms that may maintain this disorder.

Dr. O’Connor is a leader in the area of grief research, with over 40 peer-reviewed publications, with one paper garnering over 500 citations. She has been funded by the National Institutes of Health, the DANA Foundation and both California and Arizona state grants. Among her many extramural service activities, Dr. O’Connor is a Council Member for the American Psychosomatic Society and serves as on the editorial board for the journal Death Studies. She also serves as an advisor to area hospices, providing in-service professional training and volunteer training.

Mary-Frances O’Connor, PhD

Dr. Mary-Frances O’Connor received her undergraduate degree from Northwestern University, and her graduate degree in clinical psychology from the University of Arizona in 2004. Following her post-doctoral fellowship at the Cousins Center for Psychoneuroimmunology at UCLA, she received a K award from the National Institute on Aging and was an Assistant Professor in Residence at the Department of Psychiatry and Biobehavioral Science at UCLA. In 2012, she was hired by the University of Arizona Psychology Department, where she is currently an Associate Professor.

Dr. O’Connor’s scientific interest is in emotions, in understanding them at the experiential and the physiological level. Her work has primarily focused on a bereaved population, because of the wide-ranging emotional responses to this specific event. Scientific contributions from her research investigate the way the brain processing the changing reality after the death of a loved one. Additional work from her laboratory has investigated the biomarkers of adaptation during grief, primarily in the autonomic and endocrine stress response systems and the immune system. Notably, her research integrates the relationship between both brain and peripheral physiology. Finally, her work in clinical psychology has helped to validate the diagnosis of Complicated Grief, and points to mechanisms that may maintain this disorder.

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Paula Pietromonaco, PhD

Dr. Pietromonaco is a Professor in the Department of Psychological and Brain Sciences at the University of Massachusetts, Amherst and Program Head of the Social Psychology area. The broad goal of her research program is to understand the interpersonal and intrapersonal mechanisms through which close partners influence each other’s health and well-being. Her research on close relationships and attachment draws on multiple methods of investigation, including direct behavioral observation of dating and married couples, assessment of biological markers, daily event sampling methods, survey methods, and laboratory experiments. Dr. Pietromonaco is PI of a longitudinal study, funded by the National Cancer Institute, examining how newlywed spouses’ expectations and beliefs about relationships, together with their physiological stress reactions and behavior patterns during interactions, predict downstream emotional and physical health outcomes. She is a Fellow of the Association for Psychological Science, the American Psychological Association, the Society for Personality and Social Psychology, and the Society of Experimental Social Psychology. Dr. Pietromonaco is currently Editor of the APA journal, Emotion, and Associate Editor for the Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes; she previously served as Deputy Editor of Psychological Science and Associate Editor of Personality and Social Psychology Bulletin.

Timothy W. Smith, PhD

Dr. Smith is a Distinguished Professor of Psychology at the University of Utah. He received his PhD in clinical psychology from the University of Kansas, and was a pre-doctoral intern and post-doctoral fellow at the Brown University Program in Medicine. At Utah, he founded the Graduate Training Program in Health Psychology, served as Director of Clinical Training and Department Chair, and has been the advisor for over 25 doctoral students. He has been an associate editor for several journals, including Health Psychology, Journal of Consulting and Clinical Psychology, Annals of Behavioral Medicine, and the American Psychologist. He has published over 250 articles and chapters, and his NIH-funded research has been recognized in awards from the Society of Behavioral Medicine, the American Psychosomatic Society, and the Society for Health Psychology (APA Division 28). He has also served as President of the Academy of Behavioral Medicine Research and the Society for Health Psychology.
Dr. Tottenham is an associate professor of Psychology at Columbia University and director of the Developmental Affective Neuroscience Laboratory. Her research examines brain development underlying emotional behavior in humans. Her research has highlighted fundamental changes in brain circuitry across development and the powerful role that early experiences, such as caregiving and stress, have on the construction of these circuits. She has authored over 80 journal articles and book chapters. She is a frequent lecturer both nationally and internationally on human brain and emotional development and is a recipient of the National Institute of Mental Health Biobehavioral Research Awards for Innovative New Scientists (BRAINS) Award, the American Psychological Association’s Distinguished Scientific Award for Early Career Contribution to Psychology, and the Developmental Science Early Career Researcher Prize.

Dr. Zaki is an assistant professor of psychology at Stanford University. His research examines social cognition and behavior, especially how people understand and respond to each other’s emotions. This work spans a number of domains, social influence, prosocial behavior, and especially empathy (see ssnl.stanford.edu for details).

Dr. Zaki received his BA in cognitive neuroscience from Boston University and his PhD in psychology from Columbia University, and conducted postdoctoral research at the Harvard Center for Brain Science. He has received research and teaching awards from the Society for Personality and Social Psychology, the Cognitive Neuroscience Society, the Society for Neuroscience, the American Psychological Association, the Association for Psychological Science, Autism Speaks, Harvard University, and Stanford University.

In addition to his academic work, Dr. Zaki is active in outreach and public communication of science. He has written about the psychology of empathy and related phenomena for The New York Times, The Wall Street Journal, The New Yorker, The Atlantic Monthly, Nautilus Magazine, Scientific American, WIRED, and The Huffington Post. He’s currently at work on a book, Other People’s Worlds (Crown), which focuses on building empathy under difficult circumstances. Finally, Dr. Zaki encourages others to engage in public communication of science through his platform, The People’s Science (www.thepeoplesscience.org).

Not a member of the American Psychosomatic Society?

We can fix that! Member benefits include discounts to all APS educational offerings, networking access to an unparalleled community of researchers, an individual subscription to Psychosomatic Medicine and much more. See the APS website: www.psychosomatic.org, or the Registration Desk at this meeting.
Optimizing Health and Resilience in a Changing World:
Celebrating 75 Years of the American Psychosomatic Society

2018 Call for Abstracts

The abstract submission deadline: October 24, 2017

Our world is roiled by political turmoil, terrorism, extreme weather, economic instability, and other stressors. Which make it a crucial time for APS to focus on resilience. Our society has the world’s foremost stress and health experts, so we ask: ● How can we as a group help individuals stay well when faced with adversity? ● What do we know that can help individuals bounce back from trauma, adapt to major change, and cope with whatever comes their way?

With this mind, the 2018 meeting will focus on questions of resilience in the context of psychosomatic medicine: *What it is, how and if it can be changed, how concepts of resilience and resilience-oriented interventions can help disadvantaged groups to stay healthy, and more.*

In addition, in honor of APS’s year-long 75th Anniversary celebration, we’re inviting submissions that frame new research insights in the context of early directions developed in the Society decades ago and that highlight exciting new directions in the science of psychosomatic medicine. Our goal is for presenters to examine how an idea from the early years of the Society is seen differently today due to different tools, technology, social norms or theoretical frameworks. Any topic is welcome on this general theme, but some possibilities might include: a discussion on how cardiovascular disease oriented Type A personality research has shifted to a focus on hostility, how work on the peptic ulcer has transitioned into interest in the microbiome, a focus on how research has changed from a focus on specific areas of the brain to broad connectivity, how case studies have transitioned to big data, the contrast of clinical and lab observations to ecological momentary assessments and just in time interventions, frontal lobotomy to transcranial magnetic stimulation, hypnosis to mindfulness and meditation, war fatigue to post traumatic growth and relevant to our meeting theme, the first APS conference ever was focused on fatigue, and our 2018 theme is oriented towards vitality and resilience.

Please submit your work for this year’s American Psychosomatic Society Annual Scientific Meeting. Submissions focused on resilience themes and those that bridge the past, present, and future of psychosomatic medicine will be of particular interest but are not guaranteed acceptance.

**Meeting Highlights will include:** Plenary Sessions, Paper Sessions, Posters, Workshops, Roundtables, Wellness Sessions, Special Interest Group Meetings, Social Events and More!

**Travel Assistance Opportunities and Mentoring Travel Award Programs:** Travel Award for MacLean Scholars, Young Scholar Awards, Cousins Center Global Outreach Award; Diversity Travel Awards; MD Travel Awards. The deadline for travel assistance applications is November 1, please visit www.psychosomatic.org to apply.

**Important Dates:**
October 24: abstract deadline
November 1: scholarship application deadline
March 7: pre-conference workshops and APS Council meeting (Council meeting by invitation)
March 7 – 10: full meeting program

*We look forward to seeing you in Louisville!*