SCIENCE OF THE MIND: HOW THE BRAIN WORKS TO REGULATE MOOD, EMOTIONS, AND STRESS

Tuesday evenings, February 28 - April 3
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 researchers and teachers in the field of mental health and psychiatry. We will discuss how to reduce stress, improve mood, and decrease the risk of mental illness. 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
Professor Psychiatry; Director, UCSF Bipolar Disorder Program

March 6
It's Not All In Your Head: Depression, Health, and Cellular Changes
Owen Wolkowitz, MD
Professor Psychiatry; Director, UCSF Bipolar Disorder Assessment Clinic.

March 13
Psychotherapy is Not What We Think: An Unfolding Dialogue Between Art and Science
Victoria Leslie Becker, PhD
Assistant Clinical Professor, Department of Psychiatry

March 20
Motivation to Pursue Dreams and Hopes: Understanding the Brain's Reward System
Stern, L. Johnson, PhD
Professor, Department of Psychology, University of California Berkeley

March 27
Applying Mindfulness-Based Cognitive Therapy to Treatment: The Practicing Alternatives to Healing Depression Study
Susan L. Eisenbrey, MD
Professor of Clinical Psychiatry, Director, The UCSF Depression Center

April 3
Anxiety: Sport Suspension on Life's Bumpy Road
Terry Foxman, MD
Health Science Assistant Clinical Professor, UCSF School of Medicine, Department of Psychiatry

NEXT:

UCSF SCIENTISTS OUTLINE WHAT'S TO COME

Wednesday evenings, February 29 - April 4
7:00 to 8:45 p.m., 513 Parnassus Avenue

UCSF has a long history of pioneering biomedical research and a bold vision for advancing health worldwide. But what does that really mean in the near future and beyond? Hailing from a wide spectrum of disciplines, six UCSF scientists invite you inside their work to learn what the next decade may bring to the world of medicine. Will neurologists someday 'print' information directly into the brain? And will regular eye exams enable detection of diseases such as Alzheimer's? Direct from those who live and breathe it every day, find out what's NEXT in science!

SPECIAL HIGHLIGHT:
This session will also feature 1997 Nobel laureate Stanley B. Prusiner speaking about prions—a new biological principle of infection that he discovered at UCSF—and their implications for Alzheimer’s and Parkinson’s diseases.

COURSE CHAIR:
Jeffrey A. Tabas, MD, FACEP, FASEM
Professor of Emergency Medicine; Director, Outcomes and Innovations, Office of CME

March 29
We Are Itching to Tell You About: “Pruritus”
Troy G. Berger, MD
Clinical Professor of Dermatology, Chief, Dermatology Clinic; Director, Residency Program, Department of Dermatology

March 29
Skin Health and Beauty: The Science and Art of Aesthetic Dermatology
Saadat S. Yar, MD
Assistant Professor, UCSF Dermatologic Surgery and Laser Center; Director, Procedure Dermatology Fellowship

GETTING UNDER YOUR SKIN: THE SCIENCE AND ART OF DERMATOLOGY

Thursday evenings, March 1 - April 5
7:00 to 8:45 p.m., 513 Parnassus Avenue

The skin is the largest organ in the human body and, one of the most complex. With such a wide array of functions such as protection, sensation, and excretion, and an integral repair system, our skin can also manifest an inconsequential to the life-threatening. This course will feature top scientists and clinicians from pediatric, medical, and surgical dermatology. We will explore common skin problems, aesthetics, cancers, cutting-edge advances, and even skin diseases seen in antiquity.

COURSE CHAIR:
Kieron Leslie, MD
Associate Professor of Clinical Dermatology

March 1
Acne: Facts, Myths, and Controversies
Kendall Shapiro, MD, PhD
Assistant Professor of Clinical Dermatology

March 8
Topics in Pediatric Dermatology
Kelly H. Gotley, MD
Assistant Professor of Clinical Dermatology and Pediatrics

March 15
Old and New: From Ancient Egypt to the 21st Century: A Dermatologist’s Perspective
Kieron Leslie, MD
Assistant Professor of Clinical Dermatology

March 22
We Are Itching to Tell You About: “Pruritus”
Troy G. Berger, MD
Clinical Professor of Dermatology, Chief, Dermatology Clinic; Director, Residency Program, Department of Dermatology

March 29
Melanoma and Nonmelanoma Skin Cancer
Erik Hauge Andersen, MD
Assistant Clinical Professor of Dermatology

April 5
Skin Health and Beauty: The Science and Art of Aesthetic Dermatology
Saadat S. Yar, MD
Assistant Professor, UCSF Dermatologic Surgery and Laser Center; Director, Procedure Dermatology Fellowship

REGISTER ONLINE:
www.minimedicalschool.ucsf.edu

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Street address: _______________________________________________________________

Phone:______________________________  Email: __________________________________

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

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For information, call 415/476-4251.

San Francisco, CA 94145-0368.

FOUR EASY WAYS TO REGISTER:

Online: Register at minimedicalschool.ucsf.edu

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

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

Mail: Send the registration form and your check payable to “UC Regents” to UCSF, P.O. Box 45368, San Francisco, CA 94146-0368.

For information, call 415/476-4251.

www.minimedicalschool.ucsf.edu
Mini Medical School for the Public

WINTER 2012 COURSE CATALOG

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