

# Search Inside Yourself, SIY

Google's mindfulness program

## **Workshop with Philippe Goldin, Ph.D. and Wiveka Ramel, Ph.D. Stockholm July 13-15 2012**

Welcome to a three-day workshop in Search Inside Yourself (SIY), a mindfulness-based emotional intelligence training program developed by Google and The Center for Contemplative Mind in Society. Instructors are one of the co-creators of the program, Philippe Goldin, Ph.D., from Stanford University, and Wiveka Ramel, Ph.D., psychologist.

The SIY program has been running at Google since 2007 and is just about to become available for a larger audience. SIY was initiated by Chade Meng-Tan at Google and developed in collaboration with Daniel Goleman, PhD, author of the best-seller *Emotional Intelligence*; Mirabai Bush from The Center for Contemplative Mind in Society; Zen teacher Norman Fischer from San Francisco Zen Center; Marc Lesser, author of *Zen of Business Administration*; Philippe Goldin from Stanford University and Google education specialists.

SIY is designed to engage and teach the five core Emotional Intelligence practices: Self-Awareness, Self-Regulation, Motivation, Empathy, and Social Skills, integrated with mindfulness practice and the neuroscience of mindfulness and Emotional Intelligence.

When the SIY program is held at the workplace it is taught over seven sessions, one session each week for seven weeks: 1) a two hour introductory session to mindfulness and emotional intelligence; 2) a full-day retreat; and 3) five two-hours sessions, covering the five emotional intelligence competencies. It is a highly interactive program that involves a daily commitment of mindfulness and meditation practice. All sessions are approximately one-third content and two-thirds practices. Content covers emotional intelligence, brain and clinical science of emotion related process. Practice include a variety of exercises and techniques including mindfulness of breath, body, thoughts, listening, as well as journaling, one-to-one and group conversations. Time is allotted for questions and answers during all sessions.

## CENTER FOR COMPASSION AND ALTRUISM RESEARCH AND EDUCATION SWEDEN

### The instructors

*Philippe Goldin, Ph.D.*, is a research scientist in the Department of Psychology at Stanford University. He is involved at the Clinically Applied Affective Neuroscience Project and collaborates with The Center for Compassion and Altruistic Research and Education, also at Stanford. His clinical research focuses on (a) functional neuroimaging investigations of cognitive affective mechanisms in both healthy adults and in individuals with various forms of psychopathology, (b) the effect of mindfulness meditation and cognitive behavioral therapy on neural substrates of emotional reactivity, emotion regulation, and attention regulation, and (c) the effect of child-parent mindfulness meditation training on anxiety, compassion, and quality of family interactions.



*Wiveka Ramel, Ph.D.*, is a licensed clinical psychologist with a private psychotherapy practice in San Francisco. She specializes in providing adults, couples, and groups with the most current evidence-based psychological interventions (e.g., CBT, ACT, EFT) combined with existential-humanistic and Eastern philosophical approaches. She obtained her doctorate degree in clinical psychology with a specialty in neuropsychology from University of California San Diego and San Diego State University. This was followed by three years of postdoctoral research at Stanford University, where she studied psychological and biological risk factors and treatments for mood and anxiety disorders from cognitive and affective neuroscience perspectives. Dr. Ramel continues to collaborate on research projects, mostly with colleagues at Stanford University, where she also occasionally teaches.



### About the workshop

The workshop is an introduction to SIY with lots of skills training in mindfulness and emotional intelligence. The course content is both experiential and informative. You will learn the practice and science of mindfulness, emotional intelligence, emotion regulation, empathy and leadership as well as various contemplative practices, as it is used in the SIY program at Google. The course is not a certification in SIY and will not make you able to hold courses in the SIY program afterwards - that requires a much more comprehensive training. The course is held in English and participants receive certificates of attendance at the end of the course. The workshop is of special interest to those who are health professionals, but no previous experience is required and the course is open to all.

### Dates and times

July 13-15 2012, 9:00 am – 5:00 pm.

### Location

The course is held at Empatica, Barnhusgatan 22, Stockholm.

### Course fee

3 900 SEK + VAT (25%) for the three days.

### Registration

See registration form on next page.

For more information about the course please contact Rebecka Bobst at +46 70 416 31 56 or [rebecka@mindgarden.se](mailto:rebecka@mindgarden.se), or Camilla Sköld at +46 8 410 246 15 or [c.skold@empatica.se](mailto:c.skold@empatica.se).

**The training is arranged by the Center for Compassion and Altruism Research and Education Sweden (CCARE Sweden)**

**Read more at [www.ccaresweden.com](http://www.ccaresweden.com).**

*CCARE Sweden is a new interdisciplinary center for compassion, altruism and social sustainability research and education, on an individual, group, organizational and societal level. The main focus is on compassion and altruism, as well as on factors and processes most conducive for social sustainability. The goal is to develop and spread new insights and tools which enable evaluable interventions on short- and long-term.*

## Registration

Search Inside Yourself workshop July 13-15, 2012

Please fill in the fields below. You will receive confirmation of your registration by email along with payment information.

You can send in the registration in the following ways:

- Print out this page and mail it to:  
Center for Mindfulness Sweden  
Skogsslingan 6  
182 30 Danderyd  
Sweden
- Print out this page, scan it in and e-mail to: [kontakt@cfms.se](mailto:kontakt@cfms.se)
- Write your own e-mail to [kontakt@cfms.se](mailto:kontakt@cfms.se), making sure to include all information below.

### *Billing address*

Full Name: \_\_\_\_\_

Company Name (if applicable): \_\_\_\_\_

Department/Contact Person (if applicable): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

State/Region/Province: \_\_\_\_\_

Country: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_