

2018 Karuna Conference

“Working Together Building Compassionate Relationships for Emotional Wellbeing”

Friday, April 27, 2018 - Saturday, April 28, 2018

Sheraton Hartford South Hotel
100 Capital Blvd, Rocky Hill, CT 06067



**REGISTRATION OPENS
FEBRUARY 12, 2018**

Morning Keynotes



CALVIN TERRELL is founder and lead Equity Coach of Social Centric Institute, an organization designed to educate and train all ages to enhance human interactions for global progress. He is former Assistant Director of the [National Conference for Community Justice](#)/Anytown USA Arizona Region and has taught for Upward Bound at Arizona State University.

For more than twenty years, Calvin has led comprehensive workshops for valuing diversity, equity, and justice building in schools, corporations, and civic organizations for thousands of adults, children, and youth throughout the USA. In 2000, Calvin was awarded the city of Phoenix Martin Luther King, Jr. “Living the Dream” award for his dedication to human rights.

Calvin’s reputation for sustainable impact have afforded him collaborative venues with Chief Justice Sandra Day O’Connor, Janet Napolitano, and prompted Harpo Inc., Oprah Winfrey’s production company, to seek him out to provide justice seminars for Harpo employees and equity coaching. Calvin

is an educator/healer at his core. His techniques are engaging, relevant to all populations, multidisciplinary, and integrate modern advances of technology/research partnered with ancient arts of storytelling and visualization. Calvin’s greatest motivations are his marriage of 25 plus years, four children, faith, and service. <http://calvinterrell.com/>



EMMA SEPPÄLÄ, Ph.D., is Science Director of Stanford University’s [Center for Compassion and Altruism Research and Education](#) and the author of [The Happiness Track](#) (HarperOne, 2016). She is Co-Director of the Yale College Emotional Intelligence Project at the [Yale Center for Emotional Intelligence](#), a Lecturer at Yale College, and Faculty Director of the Yale School of Management’s [Women’s Leadership Program](#). She is the founder and editor-in-chief of [Fulfillment Daily](#), a popular news site dedicated to the science of happiness. Her articles have appeared in Harvard Business Review, TIME, Psychology Today, and the Washington Post. A frequent guest on Good Morning America, her research has been featured in major media outlets like the New York Times, The Washington Times, ABC News and TIME and several documentary films. She graduated from Yale (BA), Columbia (MA), and Stanford (PhD). Originally from Paris, France, she is a native speaker of French, English, and German and conversant in Spanish and Mandarin Chinese. <https://emmaseppala.com/>

Please consider becoming a conference sponsor!

Email Luz Feliz at LFeliz@AdvocacyUnlimited.org for sponsorship opportunities.

What is Karuna?

The Karuna Conference was developed by Advocacy Unlimited, Inc. to offer the opportunity for meaningful dialogue around the approaches used to address the shared human experience of suffering. The term “Karuna” is a Sanskrit word meaning compassionate action. As we engage in work to encourage personal transformation and growth, we hope that you will consider how you personally foster Karuna in connection with others.

Healing Arts Space



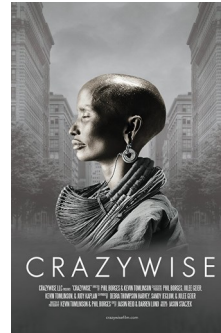
The Healing Arts Space will offer individualized healing arts sessions with mind-body practitioners. Attendees will experience reiki, chair massage, and acupuncture. <http://toivocenter.org/>

Reiki is an energy healing modality that utilizes gentle touch to activate the natural healing processes of the patient's body to restore physical and emotional wellbeing.

Acupuncture is a safe and effective technique for balancing the flow of energy through stimulating specific points throughout the body using thin needles inserted through the skin.

Chair Massage is a brief massage focused on the back, shoulders, and neck. Chair massage is done over clothes and is an effective approach to relieving muscle tension.

Film Screening



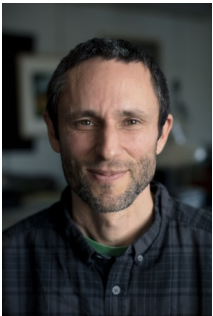
Join us Friday evening at 7:30PM for a screening of **Crazywise**.

Crazy...or wise? The traditional wisdom of indigenous people often contradicts Western views about a mental health

crisis. The documentary CRAZYWISE explores what we can learn from people around the world who have turned their psychological crisis into a positive transformative experience.

Immediately following the film, join us for a discussion with Laura Delano and Charles Eisenstein about the film. Light refreshments will be served. <https://crazywisefilm.com/>

Afternoon Keynotes



Charles Eisenstein is a speaker and writer focusing on themes of human culture and identity. He is the author of several books, most recently Sacred Economics and The More Beautiful World our Hearts Know is Possible. His background includes a degree in mathematics and philosophy from Yale, a decade in Taiwan as a translator, and stints as a college instructor, a yoga teacher, and a construction worker. He currently writes and speaks full-time. He lives in Asheville, North Carolina with his wife and four children. <https://charleseisenstein.net/>



Sera Davidow has been a part of the [Western Mass Recovery Learning Community's](#) (RLC) leadership team since the RLC's conception in 2007. She is also a founding member of the Hearing Voices USA Board of Directors, a filmmaker, and a regular blogger for [Mad in America](#) as well as a mother of two. Sera identifies as a survivor of trauma, including traumatic experiences both within and outside of the mental health system.

15 CEUs Available

Advocacy Unlimited, Inc.

Advocacy Unlimited, Inc. is a statewide non-profit that promotes individual growth, human rights, and systems transformation through education, advocacy, and support.