



**Mind, Brain, Consciousness: Toward a Revolution in Mind Science**

**March 8-10, 2019**

Perhaps the greatest unanswered question in science is how consciousness and mind are related to the brain and body. Or more broadly: how do we as conscious beings relate to the rest of what we call physical reality? How we approach this question impacts every aspect of our behavior as humans. How can contemporary science further its empirical exploration of this territory? In the spirit of pioneers such as William James more than a century ago, and Michael Murphy who co-founded Esalen more than half-a-century ago, we believe that a radical empiricism, an honest assessment of the facts as the world presents them to us, and openness to modifying the worldview through which we interpret those facts, provide a powerful path forward.

Participants will learn about what neuroscience has to say about consciousness, the effects of drugs on the brain and mind, the science and practice of meditation, the contemporary dialogue between science and Buddhism, and the wealth of data speaking to the likelihood that our current hypotheses regarding mind as arising solely from brain and body are incomplete in significant ways.

This workshop is of interest and value to anyone, including health professionals from all clinical areas who wish to deeply investigate the mind-body connection.

Continuing Education credit for MFTs, LCSWs, and nurses.

David Presti, PhD, teaches neurobiology, psychology, and cognitive science at the University of California in Berkeley, and worked for many years in the clinical treatment of addiction at the San Francisco VA Medical Center.

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