

Wisconsin Foundation and Alumni Association: Wisconsin Idea Spotlight - Human Flourishing and the Mind-Body Connection

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MADISON, WI (October 25, 2022) — Just as we can improve our physical health with regular exercise, we can improve our emotional well-being with a training program for the mind.

During the next Wisconsin Idea Spotlight presentation, Human Flourishing and the Mind-Body Connection, a panel of UW-Madison experts will discuss elements of our health we can't see or touch but can certainly still feel. Speakers include Professor Richard J. Davidson, neuroscientist and founder of the Center for Healthy Minds; Professor David Rakel, chair of the UW Department of Family Medicine and Community Health; and from the UW Department of Family Medicine and Community Health, Associate Professor Adrienne Hampton, an integrative health family physician. Dr. Hampton will moderate the program.

Learn about neuroplasticity and how research in the lab confirms that, by learning and practicing the well-being skills associated with awareness, connection, insight, and purpose, anyone can have a healthier mind, regardless of their external circumstances. This event is presented by the Wisconsin Foundation and Alumni Association in partnership with the Center for Healthy Minds and the UW Department of Family Medicine and Community Health. This program is supported by the generosity of the Sandra G. Sponem Alumni Park Signature Program Series Fund and Capitol Lakes.

About the panelists:

Richard J. Davidson is the William James and Vilas Professor of Psychology and Psychiatry at the University of Wisconsin-Madison. He is the founder of the Center for Healthy Minds. Davidson is best known for his groundbreaking work studying emotion and the brain. His research is broadly focused on the neural bases of emotion and emotional style as well as methods to promote human flourishing, including meditation and related contemplative practices. Davidson coauthored *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* and *The Emotional Life of Your Brain*. He is a member of the National Academy of Medicine, founding coeditor of the American Psychological Association journal “Emotion,” and a fellow of the American Academy of Arts and Sciences and the Wisconsin Academy of Sciences, Arts, and Letters. In 2014, Davidson founded the nonprofit Healthy Minds Innovations, which translates science into tools to cultivate and measure well-being.

David Rakel is the Esther Millard Endowed Professor and chair of the Department of Family Medicine and Community Health in the UW’s School of Medicine and Public Health (SMPH). He is also the founder and former director of the University of Wisconsin Integrative Medicine (now Integrative Health) Program. He is the author of a book on the power of the therapeutic relationship titled *The Compassionate Connection*, and he has received funding from the National Institutes of Health to study the clinician effect and to incorporate healing modalities into medical school curricula. Rakel has been awarded the Leonard Tow Faculty Compassion Award and has been elected to the Gold Humanism Medical Society.

About the moderator:

Dr. Adrienne Hampton, an associate professor in the UW Department of Family Medicine and Community Health, is a Zen practitioner and integrative family physician. Hampton is an ordained priest and instructor in the Chosei lineage of Zen. She provides a patient-centered blend of integrative and allopathic primary care, as well as integrative medicine consultations with a focus on one-on-one therapeutic yoga and meditation. Additionally, she routinely leads wellness workshops for medical professionals.

More details:

When: Wednesday, November 16, 2022

5-6 p.m. CST

Registration and reception in Sunset Lounge across from Shannon Hall in the Memorial Union

6-7:30 p.m. CST

Program in Shannon Hall in the Memorial Union

(in person and livestreamed)

Where: Shannon Hall, Memorial Union

800 Langdon Street

Madison, WI

Cost: Free to attend, though registration is required as space is limited.

[Click here to register.](#)