

Spring Calendar of Speakers – 2008

March 12, 2008 – “In Our Own Voice: A Recovery Story,” Karl Ackerman, Immediate Past President, MDDA-Boston.

March 26, 2008 – “Laughter Yoga: Exercise for Health, Happiness, and Healing,” Judy Ho. Judy Ho received her training as a Certified Laughter Yoga Leader from the American School of Laughter Yoga in Los Angeles, CA. She is an alumna of Wellesley College and a trained support group facilitator for MDDA-Boston.

April 9, 2008 - “An Introduction to WRAP (Wellness Recovery Action Plan), Karl Ackerman, Immediate Past President, MDDA-Boston.

April 23, 2008 - TBA.

May 14, 2008 - “Emergency Rooms: Use and Abuse. *Are People with Psychiatric Histories Being Mistreated in the ERs of General Hospitals? What Are Your Rights?*” Susan Fendell, Senior Attorney, Mental Health Legal Advisors Committee (MHLAC). Susan Fendell was a lead Activist in the successful campaign to enact The Five Fundamental Rights, a Bill of Rights for persons in private psychiatric facilities.

May 28, 2008 - “What Good are Positive Emotions, Anyway?” George E. Vaillant, M.D. Dr. Vaillant is Professor of Psychiatry at Harvard Medical School and the Department of Psychiatry, Brigham and Women’s Hospital. Dr. Vaillant has spent his research career charting adult development and the recovery process of schizophrenia, heroin addiction, alcoholism, and personality disorder. His published works include Adaptation to Life, 1977, The Wisdom of the Ego, 1993, The Natural History of Alcoholism-Revisited, 1995, and Aging Well, 2002. Spiritual Evolution will be published by Doubleday Broadway in 2008. Dr. Vaillant most recently received The Distinguished Service Award from the American Psychiatric Association. Dr. Vaillant has been an invited speaker and consultant for seminars and workshops throughout the world.