

ANNUAL PUBLIC LECTURE

Half Empty Half Full

How our inner monsters gobble up optimism and what to do to stop them

Distinguished Speaker,
Susan C. Vaughan, M.D.

The Foundation is pleased to present Dr. Susan Vaughan, a popular lecturer and writer for professionals and the general public. A Harvard and Columbia trained psychoanalyst, psychiatrist and researcher, Dr. Vaughan is an Assistant Professor of Clinical Psychiatry at Columbia and a practicing psychoanalyst in New York City. Her first book, *The Talking Cure*, provides insight into the dynamic changes that occur in the mind and in the brain during psychotherapy.

In her latest book, *Half Empty Half Full: How to Take Control and Live Life as an Optimist*, Dr. Vaughan explores ideas that can transform our lives:

- We have a choice about seeing the glass half full rather than half empty. Our brain circuits seem to be wired early in life, predisposing us to view the world with pessimism or optimism. These pathways can be reworked later in life.
- Optimism is the focus of a movement called positive psychology. In this approach to healing, attitudes and experiences that support a sense of well-being are investigated.
- Chronic, low-grade depression does not have to be a life sentence. We can build a stable, internal psychological core of strength, an authentic inner island of hope and self-control that makes a good life possible.

Panel Discussion

Following the lecture, Dr. Vaughan and community members will discuss the links between optimism and mood disorders, practical ways to combat pessimism and depression, and the role of psychotherapy in understanding and battling internal monsters that rob us of vitality and self-esteem.

Saturday, March 2, 2002, 2:30–4:30pm
Friday Center, UNC Chapel Hill

Donor Reception

Supporters, Patrons and Benefactors are invited to join Susan Vaughan and our panel for a private reception from 5 to 7 pm at the Aurora Restaurant in Chapel Hill. Proceeds from the event will support the Foundation's community outreach efforts and future public lectures. Please reserve your tickets for the reception by February 22.

Directions

Lecture will take place at The Friday Center, located approximately three miles east of the UNC-Chapel Hill campus, on the south side of Hwy 54. The Center is a short distance from Interstate 40 (from Raleigh, I-40 exit 273B; from Greensboro, I-40 exit 273).

Information

For more information or to receive additional copies of this brochure, call (919) 847-2323 or email info@ncpsychoanalysis.org. Tickets purchased in advance will be held at the registration desk.

Website

Visit www.ncpsychoanalysis.org for lecture information and printable registration form.

Sponsors

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Fee

Tickets: \$15 for lecture (\$20 at the door)

Supporter: \$100

1 ticket to lecture & reception

Patron: \$500

4 tickets to lecture & reception

Benefactor: \$1,000

6 tickets to lecture & reception

I wish to purchase ___ lecture ticket(s).

Enclosed is a check for \$_____.

Deadline

To guarantee space at lecture or reception, registration must be received by **February 22**. Call (919) 847-2323 to check space availability after deadline. Tickets purchased in advance will be held at the registration desk.

Name: _____

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North Carolina Psychoanalytic Foundation
7474 Creedmoor Road #107
Raleigh, NC 27613

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Dr. Susan C. Vaughan, author of *The Talking Cure*, presents the latest research on optimism, a set of attitudes and skills learned in our earliest relationships that can sustain us through difficult times. In her recently published book, *Half Empty Half Full*, Dr. Vaughan concludes that we can change the way we see the world and offers practical guidance for achieving a new perspective.



Space is Limited • Register Early

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Please make checks payable to:
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PLEASE POST OR SHARE WITH A FRIEND