



## 'The Good Life: Wellbeing and the new Science of Altruism, Selfishness and Immorality'

With guest speaker Graham Music

Saturday 8<sup>th</sup> March 2014  
10am to 12:30pm

### Overview

This talk will examine how early experiences, secure attachments and good environments can lead to more altruistic, prosocial and empathic ways of acting while stress, trauma and neglect can lead to more aggression, callousness and antisocial behaviour.

The presentation will bring together current research from neuroscience, developmental psychology and attachment, alongside clinical experience, and making use of video footage, will try to examine the links between feeling good and being good, and generally ponder the Good Life.

### Speaker Biography – Graham Music

Graham Music, PHD, is a Consultant Child and Adolescent Psychotherapist at the Tavistock and Portman Clinics and an adult psychotherapist in private practice. His publications include *Nurturing Natures: Attachment and Children's Emotional, Sociocultural and Brain Development* (2011) and *Affect and Emotion* (2001), and next year he will publish 'The Good Life: Wellbeing and the new Science of Altruism, Selfishness and Immorality'.

Graham has a particular interest in exploring the interface between developmental findings and clinical work. Formerly Associate Clinical Director in the Tavistock child and family department, he has also worked therapeutically with maltreated children for over two decades.

[www.nurturingminds.co.uk](http://www.nurturingminds.co.uk)

### Venue

Faculty of Education, Donald McIntyre Building  
184 Hills Road, Cambridge CB2 8PQ

### How to book/ Fee

The workshop places are very limited.  
Please go to this link to book your place:

<http://onlinesales.admin.cam.ac.uk>

£35.00 (£20.00 for FoE students and staff)

### More info

[www.nurturingminds.co.uk](http://www.nurturingminds.co.uk)

Or please email Lisa at [lz334@cam.ac.uk](mailto:lz334@cam.ac.uk)