

CONVERSATIONS AT THE LIBRARY

All programs begin at
7 pm in the Oak Room

**THREE ESTEEMED THINKERS
JOIN HOST PAUL COSTELLO
IN CONVERSATION.**



SHAILI JAIN

PTSD: The Unspeakable Mind

Monday, September 16

KEITH HUMPHREYS

Healing Addiction in America

Thursday, October 10

LUCY KALANITHI

When Breath Becomes Air

Thursday, November 7



San Mateo Public Library
55 West Third Avenue, San Mateo, CA 94402
650-522-7818 • www.smplibrary.org

 @SanMateoPublicLibrary  @smplibrary



CONVERSATIONS AT THE LIBRARY

**All programs begin at
7 pm in the Oak Room**

SHAILI JAIN • SEPTEMBER 16

PTSD: The Unspeakable Mind

More than six million Americans suffer from PTSD. Stanford psychiatrist Shaili Jain's book, *The Unspeakable Mind: Stories of Trauma and Healing from the Frontlines of PTSD Science*, draws on a decade of her own clinical innovation and research. Dr. Jain argues for a paradigm shift in how PTSD should be approached, highlighting how treatment is being transformed to become more accessible, acceptable and available to sufferers.

Shaili Jain, MD, is clinical associate professor at the Stanford University School of Medicine and a PTSD specialist and Medical Director at the VA Palo Alto Healthcare System. She holds an affiliation with the National Center for Post-traumatic Stress Disorder.

KEITH HUMPHREYS • OCTOBER 10

Healing Addiction in America

The numbers are staggering. According to the latest statistics, approximately 20.6 million Americans have an addiction. In recent years, an opioid crisis has rippled across America, leaving people and their communities devastated. But there is great hope—a wide range of treatments are available and effective. Dr. Humphreys will discuss addiction and healing in this wide-ranging conversation.

Keith Humphreys, PhD is a professor at Stanford University, Senior Scientist at the VA Health Services Research Center in Palo Alto, and Honorary Professor of Psychiatry at King's College, London. During the Obama Administration, he was a Senior Policy Advisor at the White House Office of Drug Policy.

LUCY KALANITHI • NOVEMBER 7

When Breath Becomes Air

Lucy Kalanithi, MD will discuss loss, grief, mortality and literature. Dr. Kalanithi is a physician, mother, and widow of the late Dr. Paul Kalanithi, author of the #1 New York Times bestselling memoir, *When Breath Becomes Air*. Kalanithi wrote the epilogue to this book which was a finalist for the 2017 Pulitzer Prize.

Dr. Kalanithi is Clinical Assistant Professor of Medicine at the Stanford University School of Medicine.

PAUL COSTELLO, interviewer

Paul Costello is senior communications strategist at the Stanford School of Medicine. Prior to joining Stanford in 2004, he was vice president of external affairs for the University of Hawaii System, and hosted a weekly public affairs program on PBS Hawaii. He served as a press spokesman at the White House, the Ohio Governor's office and the Mayor's office in Washington, D.C. In the private sector, he was vice president of public affairs at HBO and managing director of the New York office of the global public relations company, Weber Shandwick. He holds a B.A. from Southern Illinois University and an M.S.W. from the University of Illinois at Champaign-Urbana. Costello is a San Mateo resident.