Developmental Psychobiology Research Group
17th Biennial Research Retreat

You Are What Your Mother Ate:
The Impact of Food & Nutrition on Biobehavioral Development
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Hello!

We would like to invite you to attend this year’s Developmental Psychobiology Research Group (‘DPRG’) Research Retreat. The conference is under the auspices of the University of Colorado and features highly renowned national and international speakers.

The conference’s title “You Are What Your Mother Ate,” covers this year’s theme of the effects of food and nutrition, what and how we eat, on brain function and physical health, and how unhealthy eating influences child health, in particular during early life development.

As is the tradition for this conference, the presentations cover the range from basic science to public policy.

We have an absolutely outstanding panel of speakers this year, and we are very excited about their presentations:

- Dr. Jed Friedman, Director of the NIH Center for Human Nutrition Research Metabolism Core at the University of Colorado, will present research on the influence of maternal diet on offspring metabolism and obesity
- Dr. Nicole Avena, from the University of Florida and Princeton University, will present studies that show how in utero or adult exposure to high calorie dense foods may be linked to addiction and obesity
- Dr. Janet Treasure, Director of the Eating Disorder Unit at the Maudsley Hospital, London, UK, and a leading eating disorders researcher, will present research on the effects of eating disorder behaviors during pregnancy on birth outcomes and infant development.
- Ms. Audrey Rowe, the Administrator of the US Department of Agriculture’s Food and Nutrition Program, will talk about the government’s use of research in making nutrition related policies.
- Dr. Marc Cornier, Director of the Translational Adult Diabetes Research Program at the University of Colorado, will present brain imaging data that relate brain function to visual food presentation.

We have made several changes this year. We increased the number of main speakers and also added a new type of presentation, “Cutting Edge”, where University of Colorado Faculty present new research findings with important impact on clinical life.
We continue to have postdoctoral fellow presentations, poster session, a banquette dinner, and plenty of opportunities to interact with the speakers.
A main goal of this conference is fostering translational research and the communication between the various fields of scientific research that study developmental health and behavior in Psychiatry and Psychology. We encourage conference attendees to interact with the speakers and fellow attendees to develop new research.

Our venue this year is the Red Rocks Amphitheatre Conference Center, in Morrison, CO. This is a spectacular location close to nature, and yet just a short drive from Denver.

Eating is an essential behavior that is necessary to sustain life. It has pervasive impact on our overall well being. We think that this topic is of very broad interest for most providers in the Health Professions, across all medical disciplines, psychology, nursing, psychotherapy and basic researchers. We therefore ask you to register for this conference for a stimulating and exciting experience.

Sincerely,

Retreat Planning Committee

Guido Frank, MD – Chair
Ben Hankin, PhD – Co-Chair
Joy Browne, PhD
Jenifer Hagman, MD
Christian Hopfer, MD
Mark Laudenslager, PhD
Megan Shott
Ayelet Talmi, PhD

Audio Visual Support

Mark Groth

Retreat Staff

Amanda Millar
Melissa Sinclair

Guido Frank        Ben Hankin
Executive Director's Welcome

Welcome to the 17th annual DRPG retreat. This year's DPRG will focus on the impact of maternal nutrition on development. We have an outstanding set of speaker's who represent cutting edge research ranging from animal models of metabolic programming to neuroimaging of human satiety systems to food policy. The overall focus is on the intergenerational transmission of risk for addiction, obesity, and eating disorder. I'd like to thank Dr. Guido Frank for his substantial efforts on the part of the DPRG community for leading the organization of this event. It represents over a year of planning and work. Additional thanks go to the speakers, who have come from near and far to share their expertise and insights. I look forward to seeing everyone and to a stimulating retreat.

Best

Christian Hopfer MD
DPRG Executive Director
Red Rocks Amphitheatre is located in Red Rocks Park near Morrison, Colorado, 15 miles west of Denver. Coming from Downtown, take I-70 west to exit 259, turn left at the bottom of the Morrison exit ramp, cruise on downhill 1.5 miles to the Red Rocks Park entrance. Coming from south Denver, take C-470 to the Morrison exit, turn west and follow the signs to the Park entrances. Here's a tip to avoid some traffic: You can also exit C-470 at Highway 285. Take it west to Highway 8 and then come north to the Amphitheatre!

Free parking is available for the Visitor Center at the Top Circle Lot and Upper North Lots.

**Information for Attendees**

If you are coming from “low lands,” please be advised that Morrison is over a mile high, and drinking lots of non-alcoholic and non-caffeinated fluids will help prevent altitude sickness. Additionally, the sun is particularly intense here, so use of sun screen and/or a hat outdoors will make you feel more comfortable. Be sure to bring sturdy shoes if you plan on hiking!
Most people know Morrison for its location at the base of Red Rocks Park and Amphitheatre or nearby Bandimere Speedway. What many people don't know, however, is that Morrison is home to several world-class restaurants and shops located along historic Bear Creek Ave and Stone Street. Also, Morrison is a fantastic starting point for exploring the numerous trails that run through the Jefferson County Open Space Parks surrounding the town.

Fans of natural history will find plenty to satisfy their curiosity in Morrison. With interesting geographic features and fantastic dinosaur finds displayed at the Morrison Natural History Museum and Dinosaur Ridge, there is no shortage of ways to explore our pre-historic past.
Awards

In celebration of the many years of scientific collegiality and excellence promoted by the DPRG, we would like these awards to honor two distinguished scholars who had the foresight and wisdom to set up such a venture. Thus, the award for best *Translational Research* abstract will be named after Dr. I. Charles Kaufman, first director of the DPRG, and the award for best *Basic Science* abstract will be named for Dr. Martin Reite, the first Principal Investigator of the DPRG T32 Grant.

One recipient in each category will receive not only a certificate of award that can enhance their vita, but, even better, $50 toward registration at the 18th Biennial DPRG Retreat, chaired by Ben Hankin. These highly prestigious awards will be most coveted and competitive. Awards will be presented at the conclusion of the meeting, Tuesday at 3:30 pm.

Past Awardees

Martin Reite Award
- 2004 – Joy Kreider
- 2006 – Tony Wilson
- 2008 – Kalynn Schulz
- 2010 – Kristin Holme

I. Charles Kaufman Award
- 2004 – Kim Kelsay
- 2006 – Barbara Bret-Green
- 2008 – Guido Frank
- 2010 – Guido Frank
17th Biennial  
Developmental Psychobiology Research Group  

“You Are What Your Mother Ate: The Impact of Food & Nutrition on Biobehavioral Development”  

Preliminary Program Schedule  

**Monday, May 7, 2012**  

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<tr>
<th>Time</th>
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<tr>
<td>8:00 – 8:45</td>
<td>Registration and continental breakfast</td>
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<td>8:45 – 9:00</td>
<td>Welcome and Introductions – Guido Frank, M.D.</td>
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| 9:00 – 10:25| Jed Friedman, Ph.D.  
“Maternal Nutrition and Metabolic Programming in Mouse, Monkey, and Man”          |
| 10:25 – 10:50| Break and Snack                                                                    |
| 10:50 – 12:15| Nicole Avena, Ph.D.  
“Overeating of sugars and fats: Links to addiction and obesity following in utero or adult exposure” |
| 12:15 – 1:00| Discussant & Group Discussion                                                       |
| 1:00 – 2:00| Lunch                                                                             |
| 2:00 – 2:30| Cutting Edge Session  
1. Nancy Krebs, Ph.D.  
2. Teri Hernandez, Ph.D.                                                            |
| 2:30 – 4:00| Janet Treasure, M.D.  
“The role of intergeneration transmission as a risk factor in the development of eating disorders” |
| 4:00 – 4:45| Discussant Jennifer Hagman, M.D. & Group Discussion                                |
| 4:45 – 5:15| Post Doc Data Blitz Research Presentations                                         |
| 5:15 – 5:45| Group Photo                                                                        |
| 5:45 – 6:45| Wine and Cheese Reception and Poster Session                                       |
| 6:45 – 9:00| Banquet – wine will be served                                                      |
Preliminary Program Schedule

**Tuesday, May 8, 2012**

8:00 – 9:00  Continental Breakfast

9:00 – 10:25  Audrey Rowe  
“How Research Informs Policy: A Food, Nutrition, and Consumer Services Perspective”

10:25 – 10:45  Break

10:45 – 11:30  Discussant – James Hill, Ph.D. & Group Discussion

11:30 – 12:00  Lunch

12:00 – 1:45  Hike or Backstage Tour

1:30 – 2:45  Marc Cornier, M.D.  
“Is Your Brain to Blame for Overeating?”

3:15 – 3:45  Group Discussion

3:45 – 4:45  Cutting Edge Session  
1. Tamara Pryor, Ph.D.  
2. Janine Higgins, Ph.D.

4:45 – 5:00  Adjourn with Awards
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<td>The role of intergeneration transmission as a risk factor in the</td>
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<td>Is Your Brain to Blame for Overeating?</td>
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Maternal Nutrition and Metabolic Programming in Mouse, Monkey, and Man

There is intense interest in the factors that contribute to human adiposity in early life, and whether this is due to specific intrauterine or placental factors related to maternal obesity. In collaboration with the Oregon National Primate Research Center, we developed a Non-Human Primate (NHP) model of maternal obesity to understand the impact of maternal diet and obesity on the development of metabolic systems during fetal life and the subsequent metabolic programming events in the offspring. Our studies in NHP demonstrate 1) fetuses from overweight mothers chronically consuming a high fat diet show early signs of liver steatosis and inflammation in the placenta, liver, and other organs, 2) the fetus is highly vulnerable to excess lipids independent of changes in maternal glucose, and 3) accelerated obesity in the fetus may result from changes in key genes in brain, liver, and other organs as a result of excessive nutrient transfer to the fetal/placental unit. My colleagues and I are currently addressing the cellular mechanisms for these findings and closely following the behavior and metabolic profiles of the juvenile animals as they develop post-natally.

Because of the large interspecies differences, extrapolation from most rodent models to human development is difficult. Our ongoing human studies are investigating how changes in maternal inflammation, lipids, and glucose throughout pregnancy correlate with adiposity at birth and throughout the critical first year of life in babies from lean, obese, and GDM mothers. We are investigating how maternal adipose tissue, fetal blood, breast milk, and the infant microbiome are altered in obese mothers. We are also studying fetal hepatic steatosis using NMR in human infants. We hope to uncover how the relative contribution of past fetal exposures are carried forward long after birth that may help explain the rapid acceleration of the current obesity epidemic.

Jacob (Jed) E. Friedman, Ph.D.

Dr. Friedman is a professor in the Department of Pediatrics, Biochemistry, and Molecular Genetics as well as the director of the NIH Center for Human Nutrition Research Metabolism Core Laboratory. Dr. Friedman has spent the past 15 years investigating the metabolic and genetic causes and consequences of obesity and gestational diabetes mellitus (GDM) on the early developmental origins of obesity. This involves novel animal models (mice and non-human primates) together with invasive clinical investigation of human pregnancy. In human studies he routinely obtains skeletal muscle and adipose tissue biopsies from obese women with and without GDM during pregnancy along with postpartum follow-up of the mothers and their offspring. These studies focus on measurements of body composition, gene expression, and cell culture studies of mitochondrial function and inflammatory status. His studies in mice and non-human primates in conjunction with the Oregon National Primate Research Center are currently
focused on the role of dietary fatty acids and inflammation as early markers of fetal liver steatosis and insulin resistance in liver, fat, and skeletal muscle through a combination of genetic and epigenetic pathways. Dr. Friedman is also interested in molecular nutrition and how diet affects genes of energy balance, inflammation, and obesity using transgenic mice. Since 1995, his lab has been investigating how nutrients affect the transcription factor CCAAT/enhancer binding protein (C/EBP) family of genes to control inflammation, fatty liver, and energy metabolism in transgenic mice. C/EBPβ knockout mice are resistant to dietary and genetic obesity and have lower activation of inflammatory genes, suggesting that C/EBPβ is a potential obesity gene, influencing not only energy balance, but changes in adipokines and pro-inflammatory pathways in the macrophage related to risk for development of type 2 diabetes mellitus (T2DM) and cardiovascular disease. These studies involve a series of knock-in and knock-out mice combined with in-vitro studies of cell lines (hepatocytes, adipocytes, and dendritic cells) with an emphasis on how C/EBPs control key genes and metabolic pathways important for control of body weight in obese animal models.
Overeating of sugars and fats: Links to addiction and obesity following in utero or adult exposure

Nicole M. Avena. Univ. of Florida, Gainesville, FL; Princeton Univ., Princeton, NJ.

We have used rat models to study whether overeating can produce behaviors and changes in reward-related brain systems that are similar to those seen with some drugs of abuse. (1) In adult rats, sucrose binge eating produces behaviors including signs of opiate-like withdrawal, enhanced motivation to obtain sucrose, and a heightened sensitivity to drugs of abuse. Accompanying brain changes include alterations in dopaminergic, cholinergic and opioid systems, as well as changes in DeltaFosB accumulation in the nucleus accumbens, which are all similar to the effects of some drugs of abuse. While rats bingeing on 10% sucrose show these behavioral and neurochemical signs of addiction, they maintain a normal body weight. These studies addressing overconsumption of sucrose have been extended to compare the effects of overeating of different palatable foods, and the findings suggest that when rats overeat fat-rich diets they can gain excess body weight, but different behavioral signs of addiction are seen. (2) Other studies have been conducted in which rats are exposed to sugars (sucrose or high-fructose corn syrup (HFCS)) or fats in utero or during the pre-weaning period. The offspring (both female and male) exposed to a high-fat diet, HFCS or sucrose during the preweaning period have higher body weights in adulthood, and the female offspring exhibit increased alcohol intake. Further, exposure to HFCS or sucrose during the preweaning period increases amphetamine-induced locomotion in males. Collectively, these findings add to the growing literature that suggests aberrant behaviors and addiction-associated brain changes can ensue when rats over eat palatable foods during adulthood or the perinatal period.

Nicole M. Avena, Ph.D.

Dr. Avena holds a dual position with the University of Florida and Princeton University. She has appeared in multiple media outlets speaking about her studies of food as an addiction similar to that of drugs of abuse. She has taught, released numerous publications, has been the keynote speaker of many seminars and conferences, has edited and written for multiple medical journals, and is associated with organizations such as the American Psychological Association, the North American Association for the Study of Obesity, and the National Eating Disorders Association. She is continually conducting clinical trials that are on the cutting edge of obesity studies. Dr. Avena is interested in understanding why some individuals develop aberrant eating behaviors. Her work has largely focused on studying the concept of food addiction using animal models. She and her colleagues have shown that rats binge eating sucrose come to develop a behavioral phenotype and concomitant neural changes that are similar to the effects of some drugs of abuse. She has applied and extended this work to the study of other nutrients, including
fats. Other research interests include understanding the neural basis of eating disorders, such as bulimia nervosa and anorexia nervosa. Dr. Avena is also interested in translational research and in using information derived from animal models to better understand eating disorders and obesity in a clinical setting.
Monday, May 7, 2012
2:30 – 4:00 Janet Treasure, M.D.
“The role of intergeneration transmission as a risk factor in the development of eating disorders”

The role of intergeneration transmission as a risk factor in the development of eating disorders.

Janet Treasure PhD FRCP FRCPsych

Eating disorders occur in the critical phase of women’s reproductive life. This is important for the transmission of risk both in terms of genetic factors and early environmental exposures which in turn may mediate their effect through epigenetic changes which in turn can impact on the response to later environmental stresses(1). There is strong evidence that maternal eating disorders are associated with poorer birth outcomes, in particular low birth weight(2) and premature deliveries in women with AN (3) Women with BN have an increased risk of miscarriages and foetal deaths. Elevated levels of anxiety and stress during pregnancy are also common in women with eating disorders (4), and are thought contribute to obstetric complications as well as have long-term effects on infant development (5).

The Barker hypothesis predicts that adverse birth outcomes such as low-birth weight can have long-term implications for infant development, and increase the risk of cardiovascular disease in adulthood (6), and are a risk factor for future psychiatric illness. Furthermore, the post-natal period is a high risk time for women with eating disorders, who may experience difficulties with attachment (7) breast feeding (8) and post-natal depression (9).

Pregnancy may be an optimal time for psychological intervention, due to increased motivation for change in the ante-natal period.

Reference List


Janet Treasure, Ph.D. FRCP FRCPsych

Dr. Treasure is a psychiatrist who has specialized in the treatment of eating disorders for over twenty years. The Eating Disorder Unit at the South London Maudsley Hospital NHS Trust is a leading centre in clinical management and training of eating disorders. The unit provides eating disorder services for a population of 2 million in south East London and accepts specialists referrals from throughout out the United Kingdom. She was chairman of the Physical treatment section of the UK NICE guideline committee. She is the Chief Medical Officer for the Eating Disorder Association (the main UK eating disorder charity) and is the trustee of the Sheffield eating disorders association. She is on the Academy of eating disorders accreditation committee. She has also been active in both research over this time and has over 150 peer reviewed papers. In 2004 was honored to be awarded the Academy for Eating Disorders (AED) Leadership Award in Research (This award honors an individual who has over substantial period of time (i.e., 10 years or more) developed through research new knowledge about eating disorders that is internationally respected and that has had a measurable impact on the field, either by significantly furthering our understanding of the etiology of eating disorders, by changing treatment or by fostering new lines of research). The unit is active in research and development in all aspects of eating disorders treatment, biology, clinical problems etc. Professor Treasure has been a co-coordinator of a multicentre European study that is examining the genetic and environmental factors in the management of eating disorders.
“How Research Informs Policy:  A Food, Nutrition, and Consumer Services Perspective”

Research and researchers play an integral role in shaping government policy. In this session, we will discuss how Agencies use the expertise of researchers both inside and outside of government in order to develop regulations, set standards, and issue guidance that reflects the latest information available. You’ll find out why the Food, Nutrition and Consumer Services Agency has a vested interest in ensuring its policies are consistent with the latest nutrition science and how information from in-house experts and advice from outside researchers is successfully leveraged. Additionally, we will discuss how the Agency works with its partners to accomplish a number of very important tasks, from issuing the Dietary Guidelines for all Americans to the soon-to-be final rule that updates standards for school meal patterns. Emphasis will be placed on the critical role researchers play in making it all possible. Finally, attendees will learn why the Agency must continue to seek vital input from nutrition researchers as it relates to its ongoing missions to reduce obesity, improve nutrition, and eliminate hunger in the United States.

Audrey Rowe - Administrator for the USDA Food and Nutrition Service

Audrey Rowe is the Administrator for the Food and Nutrition Service (FNS) at the U.S. Department of Agriculture (USDA) in Washington, D.C. FNS provides children and needy families with better access to food and a more healthful diet through its 15 nutrition assistance programs and nutrition education efforts.

She brings to the Federal government over 20 years of experience in human services policy development, fiscal management, program design, service delivery and marketing with a particular focus on vulnerable populations, low income women, children and youth.

Most recently, Rowe served as Deputy Administrator for Special Nutrition Programs at FNS, leading the effort to pass the Healthy, Hunger-Free Kids Act of 2010, the legislative centerpiece of First Lady Michelle Obama’s Let’s Move! initiative to end childhood obesity in a generation.

Rowe has extensive experience working on issues related to FNS programs. Her leadership has included roles as Human Resources Administrator in New Haven, Connecticut, and Social Services Commissioner for the State of Connecticut and the District of Columbia. In addition, she served as Executive Vice President and Chief Operating Officer for the National Urban League.

In private industry, Audrey served as Senior Vice President and Managing Director for the Children and Family Services division for Affiliated Computer Service (ACS), formerly Lockheed Martin IMS. In this capacity, she spearheaded industry leadership in the realms of child support payment processing and enforcement and the electronic
dissemination of public assistance benefits, including implementing Electronic Benefit Transfer (EBT) programs in over 20 states. Additionally, Audrey was appointed Senior Vice President for Public Affairs where she managed the corporation’s government relations, philanthropy, and community relation programs.

Audrey’s publications include:

- The Feminization of Poverty: An Issue for the 90’s, Yale University Journal of Law and Feminism, Fall 1991

Audrey is a graduate of Federal City College and was a fellow at the John F. Kennedy School of Government Institute of Politics at Harvard University.
Is Your Brain to Blame for Overeating?

The prevalence of obesity has risen dramatically over a relatively short period of time. The pathophysiological processes that underlie the increasing prevalence of obesity have not been clearly defined but likely involve faulty interactions between environmental factors, which favor positive energy balance, and weight regulatory systems in genetically susceptible individuals. Individuals who are genetically predisposed to thinness in the current environment may be able to sense and respond to excess energy intake more rapidly and accurately than those predisposed to obesity, while those who are genetically predisposed to weight gain may not be able to adapt to the changes to the obesigenic environment. The regulation of energy intake and therefore the potential adaptation to changes in energy balance is a complex process with interactions between homeostatic and non-homeostatic signals likely being critical. Neuroimaging studies allow us to investigate the impact of energy imbalance and phenotype on the neuronal response to environmental food cues and how these responses relate to physiologic signals.

Marc Cornier, MD

Dr. Cornier has been on faculty at the University of Colorado Denver with the Division of Endocrinology, Metabolism and Diabetes since 2001. Prior to that he received his undergraduate education at Vanderbilt University in Nashville, TN where he received a bachelor of science in Biomedical Engineering in 1987. He then attended the Medical College of Georgia in Augusta, GA where he received his medical degree in 1992. He went on to do his medical internship and residency at Georgetown University Medical Center in Washington, DC with the Department of Internal Medicine from 1992 to 1995. He followed this with a fellowship in endocrinology at the University of Colorado Health Sciences Center in Denver, CO which he completed in 1999. Dr. Cornier has also been on staff at Denver Health Medical Center in Denver, CO since 1999 as a clinical endocrinologist. He was also the medical director of the Exempla Lutheran Diabetes Center from 2002-2008. In addition, he has completed a postgraduate Certificate in Clinical Science at the University of Colorado Health Sciences Center in 2001. His current research interests include obesity, food intake regulation, neuroimaging, and insulin action.
32 Years of DPRG Retreats
Retreat Topics and Invited Speakers

2012: You Are What Your Mother Ate: The Impact of Food and Nutrition on Biobehavioral Development
Jed Friedman
Nicole Avena
Janet Treasure
Audrey Rowe
Marc Cornier

2010: The Effects of Perinatal Stress on Child Outcomes: Directions for Future Prevention and Intervention
Michael Meany
Zachary Stowe
Thomas O’Connor
Arthur Jones

2008: Neurocognitive, Social, and Emotional Development: Transitioning from Childhood to Adolescence
Ronald Dahl
Tomas Paus
Lillian Hechtman

2006: Sensational Science: The Sensory Dimension in Neurodevelopmental Disorders
Michael First
Nathan Fox
Mary Schneider

2004: Regularities and IrRegularities in Regulation
J. Douglas Bemner
Megan Gunnar
Jeanne Brooks-Gunn

2002: Behavioral Phenotypes in Developmental Disabilities
Mara Dierssen
Elisabeth Dykens
Robert Hodapp
David Mrazek

2000: Recent Research in Developmental Psychobiology and Implications for Intervention
Elizabeth Bates
Hiram Fitzgerald
William Greenough

1998: You, Me, and We: Coming to Know Self and Others
Doroth Fergazy
Peter Hobson
Karlen Lyons-Ruth

1996: Impulsivity, Aggression and Violence: Biology Psychology and Intervention
Jay Kaplan
Mark Cummings
Sheppard Kellam

1994: Gender Differences in Brain and Behavior
Jacque Eccles
Roger Gorski
Christina Williams

1992: The Developmental Effects of Early Traumatic Events
Robert Sapolsky
Robert Pynoos
Gail Goodman

1990: The Organizing Effects of Early Relationships
Thomas Anders
Steven Suomi
Everett Waters

1988: Developmental Across the Lifespan: Genetic and Socioemotional Influences
George Valliant
Robert Ploman
David Pauls

1986: Social Factors in Early Developmental Psychopathology
Marion Radke-Yarrow
Judy Dunn
Felton Earls
32 Years of DPRG Retreats Continued
Retreat Topics and Invited Speakers

1984: Biological Bases of Affective and Cognitive Development**
Patricia Goldman-Rakic
Arnold Sameroff
Myron Hofer

1982: Continuities and Discontinuities in Development**
Paola Timiras
Michael Rutter
William Greenough
Jerome Kagan

Jim Sackett
Melvin Konner
17th Biennial Retreat Feedback Summary

1. Would you like to have future DPRG retreats at the Red Rocks Amphitheater?  
   Yes____ No_____

2. Should we continue to have the banquet at the Red Rocks Amphitheater?  
   Yes_____ No_____

3. Should we continue to have DPRG members present their work using abstracts and data blitzs?  
   Yes_____ No_____

4. Would you recommend any schedule changes?  
   Yes_____ No_____

5. What did you enjoy most about the retreat?  

6. What did you like least about the retreat?  

7. On what topics would you like to focus in future retreats?  

8. What specific speakers would you enjoy having at future retreats?  

9. Any other comments?
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