

Finding YOUR WAY

A lecture series on the
psychology of everyday life

Central Library

251 Dundas Street, London, ON

6:30–9PM Wednesdays, February 1 & 8
and Thursday, February 2

9:30AM–4:30PM, Saturday, February 4

Free!

No registration
required.



2 hours free validated
parking in Citi Plaza
during Library hours.

2017

The purpose of these talks is to offer evidence based information and not individual therapeutic advice. Talks are reviewed by Ph.D.-level faculty members in the Department of Psychology at Western University. If you have an ethical concern about these talks, please contact: dladowsk@uwo.ca.

WEDNESDAY, FEBRUARY 1

Stevenson & Hunt Room A

6:30-7:30pm

Core beliefs: Our mind's unwritten rules Katerina Rnic

Core beliefs are our deeply held beliefs about us, others, and the world. Learn about the ways that these beliefs influence our actions, relationships, and experiences for better or worse. Methods for identifying and challenging these beliefs will be explored.

7:30-8:30pm

Emotion regulation: Taking control of your emotions Monica Tomlinson

Do you ever wish you had better control of your emotions? This talk will look at how we can alter our thoughts, feelings, and behaviours in order to regulate our emotional responses to situations in a healthy and effective way.

THURSDAY, FEBRUARY 2

Stevenson & Hunt Room A

6:30-7:30pm

Bipolar Disorder: Basics & beyond Lindsay Szota & Jesse Lee Wilde

Join us for a review of the symptoms, risk factors and research on non-pharmacological treatment options for bipolar and related disorders.

7:30-8:30pm

Schizophrenia Colleen Cutler

Schizophrenia is a serious mental illness believed to afflict about 1% of the population. This talk will review the current state of knowledge in areas such as causes, biological phenomena, and treatment.

SATURDAY, FEBRUARY 4

Stevenson & Hunt Room A

9:30-10:30am

Combatting stigma around psychological disorders Dora Ladowski

The negative impact of stigma is felt at the level of the individual, the family, and the community. Learn about local and nationwide initiatives to combat stigma surrounding psychological disorders and how you can become involved in advocacy efforts.

10:30-11:30am

Don't panic: How stress changes the body and mind Sarah Ouellette

Repeated or long-term stress can profoundly alter brain structure and function. Join us for a discussion of the effects of chronic stress on your mood, memory, and attention, as well as some everyday strategies for stress reduction.

11:30am-12:30pm

What is consent? How to navigate healthy sexual relationships Erin Shumlich

Consent is essential to a healthy sexual relationship. Join us for an overview of what consent means, why it's important, and how you can incorporate consent into your own lives.

LUNCH BREAK

1:30-2:30pm

Access to mental health services in London Kimberly Dossett & Adam Newton

What can you expect from London Mental Health Services? Learn where and when to find help, what services our city has to offer, and how you can get involved in and navigate the mental health system, for both adults and children.

2:30-3:30pm

Strategies to stop procrastination Chloe Lau & Catalina Sarmiento

Learn useful techniques to motivate rather than criticize yourself when you procrastinate.

3:30-4:30pm

Sweet dreams: Exploring child & youth sleep Adam Newton

How much sleep do children need? This talk will explore the basics of children's sleep and the impacts of sleep on daytime ability from preschool to high school. Join us for a discussion on sleep and learn about its importance.

WEDNESDAY, FEBRUARY 8

Stevenson & Hunt Room B

6:30-7:30pm

Mindfulness

Jesse Lee Wilde & Jennifer Gillies

This talk will explore the meaning, practice, and effectiveness of mindfulness. Attendees will also have the opportunity to participate in a mindfulness activity.

7:30-8:30pm

For fast-acting relief, try slowing down: Coping effectively with chronic pain

Ola Mohamed Ali

It is reported that one in five Canadians suffers from chronic pain, a debilitating condition that often results in substantial deterioration in one's quality of life. This talk will cover the behavioral changes associated with this condition, focusing on effective management and the difference between adaptive and maladaptive coping.