



WHAT IS ADVOCACY THROUGH ACTION?

Advocacy through Action: Students Bringing Psychology to our Community was started in 2007 by students in the Clinical Psychology program at the University of Western Ontario for 2 primary purposes:

- ✓ To use the knowledge and skills they are gaining in their graduate training to **help people in their community**; and
- ✓ To **advocate for psychology** as a profession.

Too few people in the general public really have an idea of the unique skills psychologists have to offer in terms of their clinical assessment & therapy training experience, expertise in program development and evaluation, innovative research skills, and ability to conceptualize clients' problems with a comprehensive view spanning biological, cognitive, social, developmental, and environmental contributions.

'Finding Your Way' -

A lecture series on the psychology of everyday life

- Annual series of FREE psychology talks at London Central Public Library
- Occurs throughout the month of February each year
- Talks given by psychology graduate students and residents on a wide range of topics

2014 Advocacy through Action Lecture Series

SATURDAY, FEBRUARY 1

9-10:30am

Positive Psychology Approaches to Everyday Life

Positive psychology focuses on what we can do to enhance our well-being and thrive. Join us for a discussion and demonstration of various positive psychology techniques – including gratitude, savouring and humour – that can be used to improve mental health and wellness.

NADIA MAIOLINO is working on her Master's in Clinical Psychology at Western. She is interested in personality characteristics and strategies that contribute to well-being, such as the study of humor and positive psychology.

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10:30am-12pm

Finding Mental Health Help: Navigating the System and Accessing Services

Looking for a clearer understanding on the mental health system in Ontario? Learn about the how, where, when, and why of seeking mental health services for both adults and children.

KYLEIGH SCHRAEDER obtained her Master's in Clinical Psychology at Western. She is in her 2nd year of her Ph.D. and is researching system-level issues around access to children's mental health care.

CHRISTIAN HAHN is working on his Master's in Clinical Psychology at Western. He is researching patterns of children's mental health service use across sectors (e.g., school, justice system, health).

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12-1:30pm

The Mind-Body Connection

Learn how our lifestyle and day-to-day stress can have an impact on our physical health. This talk will include a discussion and demonstration of several relaxation techniques.

KAREN ZHANG obtained her Master's in Clinical Psychology from Western and is currently in the second year of her PhD. She is interested in understanding the impact of psychosocial factors on physical health and wellness.

MARK PETTER is a PhD Candidate at Dalhousie University in Halifax, Nova Scotia. He is currently a Clinical Psychology resident at the London Health Sciences Centre. His research is focused on the effects of mindfulness on pain in children, adolescents, and adults.

1:30-3pm

Coping with Stress: Distress Tolerance and Mindfulness

Learn about the negative health consequences of stress and some practical strategies for coping with it in daily life. Strategies useful for both children and adults will be discussed.

SARAH OUELLETTE is a Master's student in Clinical Psychology at Western. Her research examines the role of stress reactivity in the development of depression and anxiety, and how this risk factor is transmitted across generations.

VICTORIA JOHNSON is a Master's student in the Clinical Psychology program at Western. She is interested in how gene-environment interactions confer a vulnerability to mood disorders.

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3- 4:30pm

Learning Diversity and Disability

This talk explains the basics of how psychologists measure intellectual giftedness as well as the most common learning disabilities. We also will address what having a learning disability means for children and adults.

ASHLEY VESELY received her Master's in School and Applied Child Psychology from the University of Calgary and is now at Western working towards her PhD in Clinical Psychology. She researches Emotional Intelligence and is also interested in child mental health and peer relations.

KATHRYN TURNBULL obtained her Master's in Clinical Psychology from Western and is now finishing her Ph.D. Her area of interest is young children and their families, specifically focusing on sleep disorders.

WEDNESDAY, FEBRUARY 5

6-7:30pm

Responding to Difficult Child Behaviour

How do children learn what is acceptable behavior? And how can we, as adults, best teach them? This talk will highlight how our responses – intended and unintended – to children's behaviours make them more or less likely to occur over time.

KATHRYN TURNBULL obtained her Master's in Clinical Psychology from Western and is now finishing her Ph.D. Her area of interest is young children and their families, specifically focusing on sleep disorders.

7:30pm-9 pm

Emotion Regulation: Keeping Emotions in Check

Emotion regulation refers to the ability to alter emotional responses, such as thoughts, feelings, and behaviours. This talk will explore the different ways we tend to regulate our emotions and also how to do so in a healthy and useful manner.

KATERINA RNIC is a second year Master's student in Clinical Psychology at Western. Her research examines patterns of thinking and behaviour that lead to stress in people with depression.