

# 2015 Advocacy through Action Lecture Series

SATURDAY, FEBRUARY 7

**10:15am Me, Worry? Understanding and Combatting Anxiety**

Anxiety is among the most common psychological disturbances, with an estimated 1 in 4 people developing an anxiety disorder in their lifetime. Join us for an overview of the anxiety disorders, which emphasizes models of anxiety and how we can cope.

*NADIA MAIOLINO obtained her Master's in Clinical Psychology at Western and is currently working towards her Ph.D. She has an interest in how psychosocial factors contribute to vulnerability and resiliency in bipolar disorder.*

**11:15am Crime and Punishment: A Journey Through the Criminal Justice System in Ontario**

Interested in taking a tour of our correctional and forensic mental health systems? Want to know the differences between jails, prisons, and forensic psychiatric hospitals? We will discuss how these systems work, which individuals are placed in each system, and how we rehabilitate individuals who have committed a crime.

*ERIN SHUMLICH is working on her Master's in Clinical Psychology at Western. She is researching the relationship between executive cognitive functioning and aggression in forensic psychiatric patients.*

*MONICA TOMLINSON is currently in her Master's in Clinical Psychology at Western. She is researching evidence-based psychotherapies to help rehabilitate forensic psychiatric patients.*

## **12:15pm Close Relationships and Mental Health**

This talk gives an informative look at ways in which common components of your relationship influence the present and future mental health of you and your partner.

*CHRISTIAN HAHN is a first year PhD student in Clinical Psychology at Western University. His research involves influences of social anxiety disorder in the development and maintenance of romantic relationships.*

**1:15pm Nature AND Nurture: The Interplay Between Biology and Environment in Depression** Join us for a discussion of the biological and environmental factors involved in mood regulation. Both risk and protective factors for depression will be discussed, with an emphasis on factors reducing risk.

*VICTORIA JOHNSON is a Master's student in the Clinical Psychology program at Western. She is interested in biological and environmental factors influencing the stability of temperament, particularly behavioural inhibition, in early childhood.*

*Sarah Ouellette is a second year Master's student in Clinical Psychology. Her research focuses on the role of physiological stress response in the development of mood disorders. In particular, she is interested in how HPA axis activity interacts with environmental factors, such as parenting, to confer risk for depression.*

**2:15pm Mind-Body Connection** Learn about how your emotions and stress affect your physical health. We will discuss and practice strategies to help keep our mind and body healthy.

*KAREN ZHANG obtained her Master's degree in Clinical Psychology at Western and is currently in the third year of her PhD. She is researching psychosocial factors associated with physical health and is interested in mental health issues in medical settings.*

## SATURDAY, FEBRUARY 7

### **9:15am Core Beliefs: The Filters Through Which We Experience the World**

Core beliefs are our deeply held beliefs about ourselves, others, and the world. Learn about the ways that these beliefs influence our actions, relationships, and experiences for better or worse.

*KATERINA RNIC obtained her Master's in Clinical Psychology from Western and is now working towards her Ph.D. Her research examines patterns of thinking and behaviour that lead to stress in people with depression.*

**10:15am Everyday Practices to Protect and Improve Cognition** The brain is no longer believed to be hardwired but instead has the capacity to adapt with experience and in response to change. Learn about the everyday practices and lifestyle choices that promote brain health, including those thought to protect cognitive functioning in aging.

*DORA LADOWSKI obtained her Master's in Clinical Psychology from Queen's University in Kingston and is now pursuing her PhD in Clinical Psychology at Western. Her research examines how the brain performs complex cognitive functions like understanding speech, in healthy and clinical samples.*