

# Finding Your Way 2012

A lecture series on the psychology of everyday life

**Central Library**  
251 Dundas Street  
London, ON  
Stevenson & Hunt Meeting Room A

Free! No registration required.

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



**SATURDAY, FEBRUARY 4**

## 2 – 3 pm Sensitivity to Stress: Individual Differences and Implications

Individuals experience stress in different ways and some people are more sensitive to environmental stress than others. This talk will present research that explores the relationship between patterns of activation in the body's stress sensitive systems and psychological well-being.

**KATIE KRYSKI** is a Ph.D. student in UWO's Clinical Psychology Program. Her research explores the bio-psycho-social origins of stress reactivity and its role in the development of vulnerability to depression and anxiety.

## 3 – 4 pm Introduction to the Practice of Mindfulness

Mindfulness meditation- paying attention on purpose, in the present moment, and non-judgmentally- has been found to significantly improve the lives of those who practice it regularly. This presentation will include information on mindfulness and short meditation practices.

**SOL IBARRA-ROVILLARD** is a 3rd year PhD student of Clinical Psychology at the UWO. She is currently doing research on the effects of social relationships on individuals' emotion regulation ability and emotional experiences.

## 4 – 5 pm Building Your Mental Health Toolbox

This presentation will provide facts about the prevalence and description of common mental health disorders, and teach how to identify mental health issues and what to do if you know someone who needs help. Exercises for improvement/maintenance of mental health will be provided.

**LYNDSAY EVRAIRE** is a Doctoral student in the clinical psychology program at the UWO. Her research focuses on relationship dynamics and cognitive vulnerability to depression.

**THURSDAY, FEBRUARY 16**

## 6 – 7 pm Responding to Difficult Child Behavior

How do children learn what is acceptable behavior as they grow up and how do we as adults teach them? Psychology helps us understand how responses and consequences to certain behaviors make them more or less likely to occur over time.

**KATHRYN TURNBULL** obtained her Masters in Clinical Psychology from the UWO and is now working on her Ph.D. Her area of interest is young children and their families.

**KYLEIGH SCHRAEDER** is working on her Masters in Clinical Psychology at the UWO and is researching access to children's mental health care.

## 7 – 8 pm "0-60 in 20 seconds"- HELP!: Parent and Teacher Strategies for Avoiding Youth Meltdowns

Tantrums, meltdowns and explosive behavior are not just the result of poor parenting or the child being manipulative. This presentation will provide a child friendly tool-box of handouts and resources to help parents and teachers prevent the so frequently heard concern: "My child goes from 0-60 in 20 seconds. Help!"

**KIM EDWARDS** is a Ph.D. student in the Clinical Psychology program at the UWO. Her research interests focus on positive psychology (i.e., the scientific study of what makes life worth living).

**SHARON SKUTOVICH** is the social worker and clinic lead for "The Brake Shop" — a specialized service created for youth with Tourette Syndrome & associated disorders, at the Child and Parent Resource Institute (CPRI) in London, Ontario, Canada.

## 8 – 9 pm Relationships: Why We Behave the Way We Do

This presentation will discuss how early caregiver-infant interactions can lead to the development of early core-beliefs or internal working models, which influence the way individuals relate to others, their attributions, perceptions, and emotional understanding of relationships.

**LYNDSAY EVRAIRE** is a Doctoral student in the clinical psychology program at the UWO. Her research focuses on relationship dynamics and cognitive vulnerability to depression.

**SATURDAY, FEBRUARY 25**

**11 am – 12 pm Learning Diversity and Disability**

This talk explains the basics of how psychologists measure learning abilities, and what having a learning disability means.

**KATHRYN TURNBULL** obtained her Masters in Clinical Psychology from the UWO and is now working on her Ph.D. Her area of interest is young children and their families.

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

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**12:30 – 1:30 pm Navigating the Mental Health System**

Do you have mental health concerns, but don't know who to go to for help? This talk will help you understand the difference between various mental healthcare professionals and will give you tips for navigating the mental health system in London.

**JENNIFER TAPSCOTT** is a PhD student in the Clinical Psychology program at the UWO. Her research focuses on understanding the psychological variables associated with different subtypes of violent behaviour.

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**2 – 3 pm The psychology of eating: What this means for your diet plans, mood and how you learn**

Is what you eat really what you are? How does what and how you eat impact your psychological well-being and functioning? Join us to discuss what influences our eating habits, and how healthy and unhealthy eating can impact learning and mood.

**REBECCA MCDERMOTT** is a PhD student at the UWO. Her research focus is in depression, however, she has work experience in both eating disorders and learning skills.

**KAREN ZHANG** is a second year Master's student in clinical psychology at the UWO. She is interested in understanding the impact of psychosocial factors on physical health and wellness.

**WEDNESDAY, FEBRUARY 29**

**6 – 7 pm Food Psychology 101: How Marketing and Media Influence Food Selection**

Do we really choose what we eat? This talk will focus on how grocery stores, restaurants, and the media influence what foods we select and how much we eat.

**HEATHER SMITH** is a Ph.D. student in the Clinical Psychology program at UWO. Her research investigates early patterns of child development and adjustment.

**SARA CAIRD** is a Ph.D. student in the Clinical Psychology program at UWO. Sara studies the role of humour in romantic relationships.

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**7 – 8 pm How do I look? Understanding human interest in body image**

This presentation will discuss why body image can be so important to us, uncover common myths about how men and women perceive each other, and give tips on how to maintain a healthy image.

**JANANI SANKAR** is a Ph.D. student in the Clinical Psychology program at the UWO. Her research interests are in the area of the influence of hormones on cognition and psychiatric disorders.

**ALINA ZALTZMAN** is a Master's student in the Clinical Psychology program at the UWO. Her research interests focus on the psychology and physiological relationship between the immune system and anxiety.

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**8 – 9 pm Transgender Identities Across the Lifespan: An Exploration and Discussion of Individual Differences Surrounding Gender Identity**

What does it mean to be a 'man' or a 'woman'? This talk will discuss individual differences surrounding gender identity with an emphasis on cross-gender identity and behaviour.

**CLAIRE SALISBURY** is a PhD student in the Clinical Psychology program at the UWO. Her research and clinical pursuits focus on sexual functioning, transgender identities, and questioning the utility of the Gender Identity Disorder label.

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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 the University of Western Ontario. If you have an ethical concern about these talks, please contact: [ataethic@uwo.ca](mailto:ataethic@uwo.ca)