

2014 Finding Your Way

A lecture series on the
psychology of everyday life

Central Library
251 Dundas Street
Stevenson & Hunt Meeting Room A

Free! No registration required.

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



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



SATURDAY, FEBRUARY 1, 2014

9-10:30am

Positive Psychology Approaches to Everyday Life

Nadia Maiolino

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.

10:30am-12pm

Finding Mental Health Help: Navigating the System and Accessing Services

Kyleigh Schraeder and Christian Hahn

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.

12-1:30pm

The Mind-Body Connection

Karen Zhang and Mark Petter

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

1:30-3pm

Coping with Stress:

Distress Tolerance and Mindfulness

Sarah Ouellette and Victoria Johnson

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.

3- 4:30pm

Learning Diversity and Disability

Ashley Vesely and Kathryn Turnbull

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.

WEDNESDAY FEBRUARY 5, 2014

6-7:30pm

Responding to Difficult Child Behaviour

Kathryn Turnbull

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.

7:30pm-9 pm

Emotion Regulation:

Keeping Emotions in Check

Katerina Rnic

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.