

2015 Finding Your Way

A lecture series on the
psychology of everyday life

Central Library

251 Dundas Street
Stevenson & Hunt Meeting Room A

No registration required.

Free!



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 7, 2015

10:15am

Me, Worry? Understanding and Combatting Anxiety

Nadia Maiolino

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.

11:15am

Crime and Punishment: A Journey Through the Criminal Justice System in Ontario

Monica Tomlinson and Erin Shumlach

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.

12:15pm

Close Relationships and Mental Health

Christian Hahn

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.

1:15pm

Nature AND Nurture:

The Interplay Between Biology and Environment in Depression

Victoria Johnson and Sarah Ouellette

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.

2:15pm

Mind-Body Connection

Karen Zhang

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.

SATURDAY, FEBRUARY 21

9:15am

Core Beliefs:

The Filters Through Which We Experience the World

Katerina Rnic

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.

10:15am

Everyday Practices to Protect and Improve Cognition

Dora Ladowski

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.