



# February Is Psychology Month

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Février est le mois de la psychologie

February 20 6:30pm Memramcook l'école Abbey-Landry à Memramcook

February 28 6 :30pm Dieppe Mathieu Martin

Titre : Développer la résilience pour une meilleure gestion de l'anxiété chez les enfants et les jeunes

Présentatrices : Manon Porelle et Dre Monique Savoie,

Description : Manon Porelle et Dre Monique Savoie, psychologues, partageront des données actuelles quant à l'ampleur du phénomène de stress et des troubles d'anxiété chez les enfants et les adolescents. De plus, elles s'inspireront de nouvelles recherches en psychologie positive et en neurosciences pour nous offrir des pistes et des stratégies afin d'aider nos jeunes à développer leur résilience leur permettant ainsi de mieux gérer l'anxiété et de leur assurer plus de succès!

February 26 at 2pm Charlotte Street Art Center Downtown Fredericton

Title : From PTSD to Positive Psychology

Presenter: Heather Roxborough

Description: "From PTSD to Positive Psychology" explores the intriguing possibilities Posttraumatic Growth, and explores how incorporating Positive Psychology enriches treatment outcomes for people recovering from PTSD. The media representation trauma and posttraumatic stress tends to have a narrow focus, describing the devastating symptoms and suffering, and negative outcomes related to PTSD. This talk introduces additional perspectives on posttraumatic stress by explaining the gap between psychopathology and positive psychology.

I will explore how something as life changing as a trauma and PTSD can be used to understand the transition from symptoms and illness to strengths and well-being. While acknowledging and defining the difficult reality of PTSD, this talk will also provide an overview for successful treatment of PTSD, and, most importantly, will provide a broader and more positive interpretation of trauma recovery by reviewing research and case examples of the positive outcomes that can arise from facing tragedy. Posttraumatic growth can be as much of a reality as posttraumatic stress.

February 18 @ 10:30am Saint John Library

Title: Resurrection Ferns: Resiliency, Art, and Meaning Constructs Among Survivors of Trauma or Difficult Life Events

Presenter: Ayalah Aylyn

Overview: The phenomenon of resilient recovery from traumatic events has been postulated from a multitude of several different theoretical orientations. The current thesis study contributes to what Glen Richardson (2002) described as the linkage between the theoretical traditions of positive psychology and the 3rd wave of resiliency research. More specifically, this study supports the linkage between resiliency and the spiritual/interpersonal experience of human beings, through the multi-modalities of both narrative and art. One of the most intriguing aspect of this thesis study is that 63 per cent of the 27 respondents (who had experienced either traumatic or difficult life events), attributed their resiliency to their belief systems of immortality. Furthermore, such issues of immortality appeared to be connected in some way with what participants in this study described as "spirituality." Of the remaining 10 participants, three believed that the human spirit returned to God and did not recycle and the remaining 7 participants attributed their resiliency to other aspects such as personal strength, closeness to nature, social action, creativity, camaraderie with others and so on.



February 15 at 6pm Saint John Public Library

Title: Debunking Myths about PTSD

Presenters: Dr. Jane Walsh, Dr. Theresa Fitzgerald, and Ms. Carmen Bodkyn of The SJ Psychology Centre

Overview: Post-traumatic Stress Disorder (PTSD) is one of the most widely discussed mental health conditions in the media. While increased media attention can be positive in many ways (i.e., increasing awareness, emphasizing the need for better funding for mental health treatment), media portrayal of PTSD can also result in misinformation. On February 15, 2017 as part of the College of Psychologists of NB's Psychology Month, Psychologists Dr. Jane Walsh and Dr. Theresa Fitzgerald, along with Ms. Carmen Bodkyn (Resident in Psychology) will dispel some common myths about PTSD. We invite anyone to attend who has an interest in this topic.



February 15, 2017 at 7pm Fairvale Elementary School

Presenter: Danny Miles, M.A. (Resident in Psychology)

Topic: Mindfulness for Children and Adolescents

Overview: An overview of mindfulness-based self-regulation strategies for young people in the home and at school. This presentation will include a brief history of mindfulness, an overview of the role that mindfulness can play in the lives of typically developing children and children with mental health

difficulties, discussion and rehearsal of specific mindfulness activities for children and youth, and the role that mindfulness can play in schools.



Title: Thriving with Adult ADHD: The Science of Feeling Good!

Date: Wednesday, February 15 @ 6 pm

Location: Moncton Public Library

Presenter: Graeme Dyck, Resilience Psychological Services

Overview: Attention Deficit Hyperactivity Disorder (ADHD) is a medical condition that has widespread consequences on the mental health of individuals and families. Approximately 5% of adults meet the diagnostic criteria for ADHD. 75% of children diagnosed with ADHD in childhood continue to experience the symptoms in adulthood. Adults with ADHD face unique challenges in their employment and relationships, and benefit from specific learning strategies. This seminar will answer the following questions: What causes ADHD? What are the signs and symptoms of adult ADHD? What are the costs of ignoring it and benefits of diagnosing it? How can it be managed? What strengths can emerge when it is addressed?

About the Presenter: Graeme Dyck (Licensed Psychologist) has been treating and diagnosing adult ADHD for more than 15 years. He operates a private practice in Dieppe, NB.



**“When Helping Hurts: The Cost of Care-Giving”** by Kayla Truswell (Psychology Intern) and Dr. Rebecca Mills (Licensed Psychologist)

Kayla and Becky will provide an overview of caregiver stress for professional and personal care-giving, as well as some tips for preventing burn-out.

Date/Time: Wednesday February 22<sup>nd</sup>, 2017, 7:00- 8:30 PM

CHAT Theatre at Chalmers Regional Hospital, Fredericton