

# Psychology Month Talks 2015

Free Public Presentation Series for Psychology Month. All Welcome!

\* In partnership with Vancouver Public Library

Date & Time	Title	Location	Presenter(s)
January 20 <sup>th</sup> , 2015 7:00pm – 8:30pm	<b>WHY IS OUR CULTURE SO BLUE?</b>	Alice MacKay Room @ VPL (350 West Georgia St, Vancouver)	Dr. Randy Patterson
February 2 <sup>nd</sup> , 2015 7:00pm – 8:30pm	<b>CROSS-CULTURAL PARENTING</b>	Alma VanDusen & Peter Kaye Rooms * @ VPL (350 West Georgia St, Vancouver)	Dr. Tina Wang & Dr. Pam Narang
February 2 <sup>nd</sup> , 2015 7:00pm – 8:15pm	<b>RAISING HAPPY TEENS</b>	@ Creekside Community Centre (1 Athletes Way, Vancouver)	Dr. Dawn Johnston & Dr. Trevor Olson
February 4 <sup>th</sup> , 2015 7:00pm – 8:30pm	<b>HOW TO CULTIVATE A MORE PASSIONATE LIFE</b>	@ VPL Mount Pleasant Branch * (1 Kingsway, Vancouver)	Dr. Patrick Myers
February 16 <sup>th</sup> , 2015 7:00pm – 8:30pm	<b>BUILDING A BETTER BRAIN</b>	Alma VanDusen & Peter Kaye Rooms * @ VPL (350 West Georgia St, Vancouver)	Dr. Larissa Mead-Wescott
February 16 <sup>th</sup> , 2015 7:00pm – 8:00pm	<b>EFFECTIVE COPING STRATEGIES FOR OUR FAST-PACED WORLD</b>	@ West Vancouver Public Library (1950 Marine Drive, West Vancouver)	Dr. Kristy Kowalyk
February 17 <sup>th</sup> , 2015 7:00pm – 8:30pm	<b>THE HEALTHY BENEFITS OF CONNECTING WITH NATURE</b>	Alice MacKay Room @ VPL (350 West Georgia St, Vancouver)	Dr. Nancy Prober
February 22 <sup>nd</sup> , 2015 2:30pm – 4:00pm	<b>HOW TO CULTIVATE A MORE PASSIONATE LIFE</b>	Alma VanDusen & Peter Kaye Rooms * @ VPL (350 West Georgia St, Vancouver)	Dr. Patrick Myers
February 23 <sup>rd</sup> , 2015 7:00pm – 8:30pm	<b>COLLABORATIVE PROBLEM-SOLVING PARENTING</b>	Alma VanDusen & Peter Kaye Rooms * @ VPL (350 West Georgia St, Vancouver)	Dr. Tina Wang & Dr. Pam Narang
February 23 <sup>rd</sup> , 2015 7:00pm – 8:15pm	<b>IMAGINE EMPATHY FOR PARENTS</b>	@ Creekside Community Centre (1 Athletes Way, Vancouver)	Dr. Noah Susswein

# Presentation Schedule

**TUESDAY, JANUARY 20 (7PM – 8:30PM)**

“Rethinking Depression:  
Why is our culture so blue?”

Presented by Dr. Randy Patterson  
@ VPL Alice MacKay Room

Since the 1950s, estimates of the prevalence of clinical depression have soared, despite the supposed development of effective treatments. What happened? Have we become a depressed culture?

In this talk Dr. Randy Paterson (author, Your Depression Map) examines changes in perspectives about depression over time and the impacts of loosening diagnostic categories, mental health public awareness campaigns, changing lifestyles, narrowing definitions of normal experience, and the burgeoning business that is mental health.

**MONDAY, FEBRUARY 2 (7PM – 8:30PM)**

“Cross-cultural Parenting: How to Raise a Successful Child in Canada”

Presented by  
Dr. Tina Wang & Dr. Pam Narang  
@ VPL Alma VanDusen &  
Peter Kaye Rooms

If you are a parent, you may have asked yourselves questions such as: How do I set-up my child for success? What are the expectations of this culture? How do I balance Canadian culture with my own culture? We will discuss Canadian values/expectations; what to do if they are different from your own cultural values/expectations. We will talk about parenting styles and ways to understand your child and encourage his/her success. Please bring your questions!

**MONDAY, FEBRUARY 2 (7PM – 8:15PM)**

“Raising Happy Teens:  
Strategies to improve healthy happy relationships with your adolescents”

Presented by  
Dr. Dawn Johnston & Dr. Trevor Olson  
@ Creekside Community Centre

You Will Learn:

- Positive Psychology and Parenting: Learn about cutting edge research on topics such as gratitude, self-compassion and social relationships
- Strategies to bring these important Positive Psychology concepts to life with your teen
- How taking care of you can help your teen and help your connection with your teen

**WEDNESDAY, FEBRUARY 4 (7PM – 8:30PM)**

“Passion: How to cultivate a more Passionate Life”

Presented by Dr. Patrick Myers  
@ Mount Pleasant Library 1 Kingsway

A presentation about cultivating more passion or boundless enthusiasm in your life using the FIGHTER method. Be a lover and a fighter in life. Open to all who would like a little more zest in their life.

**MONDAY, FEBRUARY 16 (7PM – 8:30PM)**

**“Building a Better Brain: Daily Habits that can keep you Sharper, Longer”**

Presented by Dr. Larissa Mead-Wescott  
@ VPL Alma VanDusen &  
Peter Kaye Rooms

Do you worry about memory loss? Or not being able to “keep up” with the younger generation? Changes in our thinking skills are thought of as a natural part of aging. However, research is now demonstrating that many of our daily habits have a powerful influence on our brain’s health, and therefore on our ability to stay cognitively sharp. This presentation will describe our current understanding of the factors that may reduce the likelihood of cognitive decline and Alzheimer’s disease. Participants can expect to come away with an appreciation of the specific changes they can make to take advantage of these findings.

**MONDAY, FEBRUARY 16 (7PM – 8PM)**

**"Stressed Out! Effective Coping Strategies for our Fast-Paced World"**

Presented by Dr. Kristy Kowalyk  
@ West Vancouver Public Library

You will learn about:

- the nature of stress & the stress response
- surprising things that increase and decrease stress
- powerful strategies to reduce your current stress and head-off future stress

If you’re feeling overwhelmed by stress and worry, or simply interested in expanding your knowledge and maximizing your daily coping skills please come out for this seminar.

**TUESDAY, FEBRUARY 17 (7PM – 8:30PM)**

**“Vitamin N: The Health Benefits of Connecting with Nature”**

Presented by Dr. Nancy Prober  
@ VPL Alice MacKay Room

Is contact with nature important to mental health? In this talk, clinical psychologist Dr. Nancy Prober reviews research supporting such a link. Interacting with nature can involve walking in city parks, tending a garden, and engaging in activities in the wilderness. Even living in proximity to green space and having a view of a natural setting can impact health! We discuss the mechanisms of the relationship and how a person's identity, values and beliefs play a role in their interactions with nature.

**SUNDAY, FEBRUARY 22 (2:30PM – 4PM)**

**“Passion: How to cultivate a more Passionate Life”**

Presented by Dr. Patrick Myers  
@ VPL Alma VanDusen &  
Peter Kaye Rooms

A presentation about cultivating more passion or boundless enthusiasm in your life using the FIGHTER method. Be a lover and a fighter in life. Open to all who would like a little more zest in their life.

**MONDAY, FEBRUARY 23 (7PM – 8:30PM)**

**“Getting a ‘Win-Win’ with your Child:  
Strategies to Resolve Conflicts”**

Presented by

Dr. Tina Wang & Dr. Pam Narang  
@ VPL Alma VanDusen &  
Peter Kaye Rooms

This presentation will show parents/caregivers strategies on how to resolve conflicts to get a “win-win” outcome, all the while promoting their child’s and their own social and emotional skills. We will use Ross Green’s Collaborative Problem Solving approach to show parents/caregivers how to consider their children’s developmental skills in understanding the meaning behind their behaviours.

**MONDAY, FEBRUARY 23 (7PM – 8:15PM)**

**“Imagine Empathy for Parents:  
Connecting parents’ empathy to kids’  
cooperation, healing, and growth”**

Presented by Dr. Noah Susswein  
@ Creekside Community Centre

You Will Learn:

- The difference between having empathy (a solo act) and showing empathy (which takes at least two)
- How to understand and ‘get’ your kid(s) even when they can’t or won’t talk about their problems
- How to have more patience and increase the chance that your kids will cooperate

Bring an open & curious mind and be ready to take a look at your parenting and modelling as you learn more about Imagine Empathy, a powerful new approach to an old and important topic.