

**New at the Douglas Institute's Mini-Psych School:  
Classes in French and English  
for the 2010 fall season**

**Montreal, June 15** – With the Mini-Psych School entering its fifth year, the Douglas Mental Health University Institute will be offering a series of classes in French and another in English. Both series will explore child and youth mental health. Register now!

**2010 Mini-Psych School Season**

**Are my children "normal"?  
Is there hope for youngsters  
whose mental health is disturbed?**

**The 2010 Mini-Psych School series of classes can help you answer these questions. You will learn about some of the mental health problems that can cause difficulties for children and youth.**

- **Does childhood abuse affect the brain?**
- **Can children suffer from depression?**
- **What goes on in the mind of anxious students?**
- **Attention-deficit hyperactive children: when should you take action?**

Researchers and clinicians from the Douglas Institute will discuss these topics during the classes that will be held every Tuesday from October 12 to November 2 in French, and every Thursday from October 14 to November 4 in English.

The first class will be given by Gustavo Turecki, MD, PhD, Director of the McGill Group for Suicide Studies at the Douglas. In 2009, Radio-Canada named Dr. Turecki one of three scientists of the year for his work on how child abuse can cause changes to the human brain.

"All the professors are recognized experts in their fields, which makes this an exceptional opportunity for the public to benefit from their knowledge first hand," notes Camillo Zacchia, PhD, Professional Chief of Psychology at the Douglas Institute and who will host the 2010 session.

"We worry about our children; we want to know that they are safe, that they are eating well. So it's only natural to be concerned about their mental health too. Educating oneself can reduce the sense of anxiety that we can sometimes feel as parents or teachers," adds Dr. Zacchia.

## Mini-Psych School 2010 Session

### 1. Child abuse affects the brain. Have you heard of epigenetics?

*Gustavo Turecki, MD, PhD, Director of the McGill Group for Suicide Studies (MGSS)*

Tuesday, October 12, in French – Thursday, October 14, in English

### 2. Can children suffer from depression?

*Johanne Renaud, MD, MSc, FRCPC, Medical Chief - Youth section, Depressive Disorders Program*

Tuesday, October 19, in French – Thursday, October 21, in English

### 3. What goes on in the mind of anxious students?

*Camillo Zacchia, PhD, Professional Chief of Psychology*

Tuesday, October 26, in French – Thursday, October 28, in English

### 4. Attention-deficit hyperactive children: when should you take action?

*Ridha Joobar, MD, PhD, Assistant Director, PEPP-Montreal and Director of the Neurodevelopmental Disorders Research Theme*

Tuesday, November 2, in French – Thursday, November 4, in English

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#### **WHEN:**

French: Tuesdays from October 12 to November 2

English: Thursdays from October 14 to November 4

**TIME:** 7:00 to 8:30 p.m.

**WHERE:** Douglas Hall, Douglas Institute, 6875 LaSalle Blvd., Montreal

**To register:** <http://www.douglas.qc.ca/mini-psych>

**Information:** 514 761-6131, ext. 2788

**Register now and save \$10!**

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#### **About the Douglas—[www.douglas.qc.ca](http://www.douglas.qc.ca)**

The Douglas is a world-class institute, affiliated with McGill University and the World Health Organization, which treats people suffering from mental illness and offers them hope and cures. Its teams of specialists and researchers continually advance scientific knowledge, integrate it into patient care, and share it with the community to increase awareness and eliminate stigma around mental illness.