

Mini-Psych School 2012 – Gaining the Power to Understand, Prevent and Help

Montreal, September 6, 2012 – Preventing mental illness: utopian vision or realistic future? Experts from the Douglas Mental Health University Institute will address this question during the 7th edition of the Mini-Psych School, whose theme this year is “Understand – Prevent – Help.” Whether they come to class at the Douglas itself or attend the training live via webcast, all participants can ask the guest lecturers their questions about mental health.

How many times have you said “**It's crazy**”? This frequently used expression may seem harmless, but some wonder about the impact that everyday language can have on individuals affected by mental illness. Janina Komaroff, Research Assistant at the Douglas Institute, will discuss this issue during the first course of this year's Mini-Psych School. Her goal is to inform participants about stigma-fighting initiatives that have been deployed around the world. The subsequent courses will provide a global look at both understanding and preventing mental illness.

“By talking openly about mental health, we hope to improve the daily experiences of people affected and act positively in the fight against stigmatization. The lecturers will also discuss how we can provide help as early as possible,” stated Camillo Zacchia, psychologist at the Douglas Institute and host of this 7th edition.

The Douglas Institute created the Mini-Psych School as an activity open to anyone wanting to better understand mental illness. It was recognized in 2010 by Accreditation Canada as a Leading Practice, and nearly 1170 students have taken part in the activity since it started.

2012 PROGRAM

The five-course session for the general public will be held **in English** on Tuesday evenings from October 9 to November 6.

Tuesday, October 9, 2012

“It’s crazy!” – Overthrowing stigma in mental health

Lecturer:

Janina Komaroff, Research Assistant, Douglas Institute

Tuesday, October 16, 2012

Can I go back there? – Post-traumatic stress disorder 101

Lecturer:

Camillo Zacchia, PhD, Psychologist, Senior Advisor, Mental Health Education Office, Douglas Institute

Tuesday, October 23, 2012

Can psychosis be prevented?

Lecturer:

Ridha Joober, MD, PhD, Assistant Director, PEPP-Montréal, Douglas Institute
Researcher, Douglas Institute

Tuesday, October 30, 2012

Preventing Alzheimer's disease – An impossible dream?

Lecturer:

John Breitner, MD, MPH, Research Scientist, Douglas Institute
Director, Centre for Studies on Prevention of Alzheimer's Disease

Tuesday, November 6, 2012

Teenage angst or full-blown depression? – From evaluation to intervention

Lecturer:

Johanne Renaud, MD, MSc, FRCPC
Medical Chief, Youth Section, Depressive and Suicide Disorders Program, Douglas Institute
Standard Life Senior Fellow in Teen Mental Health

Information and registration: <http://www.douglas.qc.ca/page/mini-psych-2012>

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