

Join University of Calgary psychology professor
Dr. Keith S. Dobson as he explores

Presented by the UofL Mental Health Steering Committee

University of
Lethbridge



MENTAL HEALTH IN THE ACADEMY: POSSIBILITIES AND PROSPECTS

Recent studies confirm the critical importance of mental health for optimal development, employment and quality of life. This lecture will review evidence related to these issues, and will discuss the potential role of the post-secondary experience in mental health promotion and wellness. Recent developments within Canada for student wellness will be discussed, including efforts within *Opening Minds*, a program of the Mental Health Commission of Canada, which has studied student and workplace mental health. The presentation will include discussion of recent programs such as *The Working Mind*, and its adaptation for postsecondary students, entitled *The Inquiring Mind*. It will be argued that postsecondary institutions can optimize their students' health, maximize academic outcomes, and indirectly benefit their own financial circumstances, through the development of a considered set of policies and procedures for campus mental health, and provision of a stable continuum of services. The presentation will conclude with suggestions to advance the development of these policies and services, within the Canadian postsecondary context.

Thursday May 12, 2016 | 1:30pm – 3:00pm

Room: Markin Hall Atrium, University of Lethbridge

Free. Everyone Welcome. No RSVP required. Space is limited.



Dr. Keith Dobson - Bio sketch

Dr. Dobson is a Professor of Clinical Psychology at the University of Calgary in Canada, where he has also served in other roles, including Head of Psychology and Director of the Clinical Psychology program. His research has focused on both cognitive models and mechanisms in depression, and the treatment of depression, particularly using cognitive-behavioural therapies. He has participated in several trials of the treatment of acute depression, as well as prevention of depression. A current focus of his work is on the prediction and prevention of relapse in depression. Dr. Dobson's research has resulted in over 220 published articles and chapters, 13 books, and numerous conference and workshop presentations in many countries. His books include *Evidence-based Practice of Cognitive-behavior Therapy* (2016, with Deborah Dobson, Guilford Press), the *Handbook of Cognitive-behavioral Therapies (3rd Edition)* (2010, Guilford Press), and *The Therapeutic Relationship in Cognitive Behavior Therapy: A Clinician's Guide to the Heart and Soul of Effective Practice* (with N. Kazantzis and F. Dattilio, 2016, Guilford Press). He has three DVD series, and a 2012 book on *Cognitive Therapy* with the American Psychological Association.

In addition to his research in depression, Dr. Dobson has recently been engaged in the examination of psychological approaches and treatments in primary care.

This work has resulted in research that is related to the integration of evidence-based treatments in family practice. Further, he has written about developments in professional psychology and ethics, and has been actively involved in organized psychology in Canada, including a term as President of the Canadian Psychological Association. He is a Past-President of both the Academy of Cognitive Therapy, and the International Association for Cognitive Psychotherapy.

Dr. Dobson is also a Principal Investigator for the *Opening Minds* program of the Mental Health Commission of Canada, with a focus on stigma reduction related to mental disorders in the workplace. This work includes evaluations of a number of programs, and spans a variety of types of employers (e.g. police, oil and gas industry, manufacturing, colleges and universities) across Canada. Among other awards, he has been given both the Canadian Psychological Association's Award for Distinguished Contributions to the Profession of Psychology, and the Donald O. Hebb Award for Distinguished Contributions to the Science of Psychology.