



Public Lectures Sponsored by:

The Ottawa Institute for Object Relations Therapy, and Institute for Self-in-Relationship Psychotherapy

Location: Saint Paul University, 223 Main Street

(Check Events Sheet at main entrance)

Time: 7:00 p.m. to 8:30 p.m.

October 13, 2016: Augustine Meier: Journeying with Your Teenager Growing Up

Adolescence is a challenging time both for the teenager and for the parents who find it hard to adapt to the growing needs and interests of their adolescent. This presentation points out the unique needs of the teenager. It provides guidelines for parents how they can respond to and acknowledge and validate the teenager's growing needs, and how the parent and the teenager by having a meaningful relationship, can happily and successfully navigate the many dimensions of this phase of life.

November 17, 2016: Katie LeMay & Jillian Senyi: Creating Safe and Inclusive Classrooms

Bullying in school yards and the classroom is a well-known phenomenon. This presentation demonstrates how restorative/reparative practices are effective to prevent and reduce bullying and manage it when it arises. It focuses on the practical application and integration of restorative approaches in classrooms and provides parents with concrete ways to use these principles at home to prevent and manage conflict with their children.

December 15, 2016: Andrew Dabeka: Sports as a Way to a Good Life: An Olympian's Story of the Benefits of Competition.

Sports, and the exercise that comes with it, is a wonderful avenue to self-fulfillment and happiness. Exercise helps us to prevent and combat depression, anxiety, and many other forms of mental and physical illness. This presentation is about the career path of a former professional badminton player and the lessons learned during that process. Andrew will share some of his stories, and detail how sports can help keep one's life in order.

**January 12, 2017: Shelley Briscoe-Dimock:
What's Happening to My Family?
The Impact of Technology on the Family System**

With rapidly increasing advances in technology, from television, computers and cellphones to the internet, social media etc., dynamics within the family are constantly changing. One specific area of interest is the impact of technology on our family relationships and ability to connect to one another. This presentation will discuss the prevalence of technology in our lives and identify both the positive and negative influences on family relationships. An interactive discussion will focus on strategies to balance our need to keep us up to speed with technology while maintaining healthy connection with our family members.

**February 9, 2017: Sogol Kafi:
Adjusting to Motherhood: Postpartum Issues in women**

This interactive presentation will discuss mental health issues of new mothers and identify some postpartum mental health challenges. More specifically, mothers and their families will be provided with some practical tools for coping with issues such as depression, baby blues and anxiety.

**March 9, 2017: François Levert:
Now You See Me: Seniors are at an Important
Developmental Stage of Life**

This presentation explores the beauty, challenges, and opportunities that senior life offers as a stage of development. It is designed for all who want a better understanding of this stage of life and provides essential information to anyone who is close to seniors, be it through ties of family, friends, or their work. It also addresses all those approaching and living these precious years.

Registration at the door

Fees: Adults - \$15; Full-time students - \$10



Real Talks about Real Issues Presenters

Augustine Meier, Ph.D.: Dr. Meier is a clinical psychologist, Professor Emeritus, and former high school teacher and guidance counsellor. He has extensive training in developmental and adolescent psychology. He has a special interest in the emotional, social, and psychological issues of teenagers and their growth and development. He taught, trained and supervised the private practice of graduate students in counselling and professionals. In his private practice, he sees individuals, couples and families and works with teenagers and adults.

Katie LeMay, B.A., B.Ed. (Cand.): She has done extensive work in both elementary and secondary schools in Ottawa, with a focus on teaching youth the skills to manage conflict in their lives and to foster healthy relationships. She has also provided training for educators and youth workers on how to use restorative approaches in their work. She recently co-founded In Circle, a not-for-profit that promotes and educates about the use of restorative practices and non-violent conflict resolution for youth.

Jillian Senyi, M. Ed.: She has spent many years working, both formally and informally, in the field of education. She has worked with youth of all ages in various settings and capacities, including coordinating youth mentoring programs with Pathways to Education, Big Brothers, Big Sisters of Ottawa and with YOUCAN Youth Canada Association. For her Masters of Education degree, she produced a paper on the topic of holistic education practices and interventions that compliment mainstream educational pedagogical practices and curriculum. She is a co-founder and co-director of *InCircle*, a not-for-profit organization that promotes and educates about the use of restorative practices and non-violent conflict resolution for youth.

Shelley Briscoe-Dimock, Ph.D.: She is a registered psychotherapist, marriage and family therapist, and a clinical professor and clinical supervisor in the Couple and Family Therapy program at Saint Paul University. Her interest in this topic is informed by her doctoral dissertation and research interests which include identifying issues and dynamics underlying distress in relationships. In her clinical practice, she works with individuals, couples and families who struggle to connect and the excessive use of technology is presenting as an increasing source of distress.

Sogol Kafi, M.A.: She is a certified counsellor with the Canadian Counselling and Psychotherapy Association. She is an instructor at the Faculty of Human Psychology at the Algonquin College and a new mother. She has worked in mental health since 2009 and has held many workshops and spoke on radio programs in Ottawa on various mental health issues.

François Levert, M.A.: He has been interested in assisting those in this stage of life since teaching personal growth courses at the "Centre Séraphin-Marion d'Orléans". Since graduating from Saint Paul University with a Masters in Counselling and Spirituality, he has worked in various institutions with senior clients looking to express the fullest potential of their lives. In his private practice, François has been privileged to have explored the unique experiences of his senior clients through the witnessing of their life stories.