

MHAP CHILD & ADOLESCENT GRAND ROUNDS

Positive Psychology: The Science of Happiness

Presented by:

Angela Rolleman MSW, RSW

Wilfrid Laurier University Faculty of Social Work Professional Development Program and part-time social worker at the Family Health Team in Woodstock.

Angela has her own business providing on-site training workshops for organizations as well as personal development workshops for individuals.

Angela has been a speaker at several conferences on topics including addiction, Motivational Interviewing, self-esteem, overcoming limiting beliefs and positive psychology.

Learning objectives:

While traditional psychology has focused on discovering the causes and effective treatments of mental illness, and has made great advances to this end, positive psychology posits that we can do more.

Angela will explain the fundamental concepts of positive psychology and how practitioners can use these evidence-based interventions to help clients not only move past depression but to find happiness and fulfillment.

THURSDAY, JUNE 11TH, 2015

12 Noon to 1:30 p.m.

K202 – 2nd floor Kaufman Bldg.

Registration required by 12:00 noon on Wednesday, June 10th

RSVP to Loretta Parsons at ext. 4217 or

email: loretta.parsons@grhosp.on.ca

Please note: Lunch is not provided.

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