



Consortium national  
de formation en santé

Volet Université d'Ottawa

## PROGRAMME D'EXCELLENCE PROFESSIONNELLE (PEP)

### VIDEOCONFERENCES - WINTER 2008

#### Title: Think of yourself to help others better

**January 29, 2008**

**Title:**

Adopting positive health behaviours:  
A game of Snakes and Ladders?

**Summary:**

Quitting smoking, eating well, exercising... These positive health behaviours are not adopted overnight. A person goes through several stages before fully integrating a new behaviour into his or her daily life. Nor do these stages follow each other in a straight line. As in a game of Snakes and Ladders, there are highs and lows. This presentation offers an overview of the different steps involved in adopting a behaviour, tips for finding out which stage a patient is at, and identifying intervention goals and strategies that will help you advance with your patients.

**Presenter:**

Mélanie G. M. Perras, B.Psy (spec.),  
M.A. (candidate) School of Human  
Kinetics, University of Ottawa

**March 4, 2008**

**Title:**

Mental health intervention as a  
social experiment

**Summary:**

Intervention is imagined as a social and cultural experiment. Three dimensions of the intervention are analyzed here: intervention as orientation; intervention as process; and intervention as relationship with the other. This reflection concerns all mental health professionals. The question is: What is the meaning of this action we call intervention? What are its main themes? Behind everything we do and say lies a social discourse. It is the meaning of that discourse we need to explain, since it challenges the ethics of social relationships. Posited here is the need to reintroduce a questioning around the meaning of practice and the role of the clinical relationship in mental health intervention.

**Presenter:**

Marie-Chantal Doucet, Ph.D.,  
Assistant Professor, School of Social  
Work, University of Ottawa

**March 27, 2008**

**Title:** The challenge of intergenerational diversity in the workplace

**Summary:** In today's workplaces, four generations of workers sit at the same table, four generations nicknamed "Seniors", "Baby Boomers", "Generation X" and "Generation Y". Each adheres to values and attitudes to work that come out of a very specific historical, sociological and even psychological context. The main goal of this lecture is to draw a clear portrait of these four generations of workers. Who are these seniors, boomers, generation Xers, and gen Ys? What are their values – in life as well as at work? After tracing these generational profiles, the presentation will address its second goal, to reflect on the challenges for managing, and collaboration among, these groups of workers. In other words, how do we reconcile the characteristics of these groups and most importantly, bring out the best in them.

**Presenter:** Martine Lagacé, Ph.D. Assistant Professor, Department of Communication, University of Ottawa

**April 17, 2008**

**Title:** Managing stress

**Summary:** This lecture will look at the definition of stress, as well as at ways to identify effective ways of managing it better (for example, ways of thinking and ways of doing).

**Presenter:** Dr. Vicky Rivard, C.Psych. (prac. Sup) Cardiovascular Health Unit and Diabetes Clinic, Hôpital Montfort

**April 29, 2008**

**Title:** Optimizing your performance and quality of life using mental preparation focused on the way you want to feel.

**Summary:** The goal of this presentation is to talk about a key component in performance and quality of life, which is mental preparation. We will consider several mental outlooks and habits, such as engagement, self-confidence, goal setting, motivation, relaxation, concentration and visualization, using a model based on the notion of "feeling", or, how we feel in our everyday life. The presentation includes practical exercises to help establish appropriate and personalized mental preparation.

**Presenter:** Natalie Durand-Bush, Ph.D., Associate Professor, School of Human Kinetics, University of Ottawa