

Stress Management Summit

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The organizational management of traumatic stress

Neil Greenberg

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Whilst only a minority of individuals exposed to traumatic stress and incidents are likely to develop mental health problems, including (but not limited to) Post Traumatic Stress Disorder (PTSD), the effects of trauma can be wide reaching. Traumatic incidents often put pressure on an affected organization's welfare or occupational health services and can affect overall morale. Furthermore, there is an abundance of evidence which suggests that many people who do not become clinically "ill" do suffer with sufficient post incident mental health symptoms that their ability to function in the workplace is substantially impaired. Therefore, even relatively low levels of post traumatic symptoms are important to detect and manage. The proposed presentation will present high quality academic data to explore the above issues in some detail. Evidence will be presented in an easy to digest format drawing on relevant scientific publications rather than hearsay or media headlines. Experience from a range of trauma-exposed organizations, including the military, will be discussed. The presentation will provide attendees with an evidence-based overview of how organizations can prevent, detect and treat mental health problems in order to minimize the effects they have upon their staff and business. The presentation will include coverage of peer support programmes, which empower organizations to deliver psychological first aid, and discuss other important topics including pros and cons of mental health screening. Based on good science and years of academic research, this presentation will help attendees see away through the mental health risks presented by traumatic incidents.

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Guided imagery meditation: Using the power of the imagination to reduce stress

Patricia Calloway

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Guided imagery is a mind-body technique of directed thoughts and suggestions that guides the imagination toward a relaxed, focused state. It can be used to promote relaxation, which can lower blood pressure and reduce other problems related to stress.

Guided imagery takes advantage of the connection between the visual brain and the involuntary nervous system. When this portion of the brain is activated, without receiving direct input from the eyes, it can influence physical and emotional states. This, in turn, can help elicit physiologic changes in the body, including therapeutic

Over the past 25 years, the effectiveness of guided imagery has been increasingly established by research findings that demonstrate its positive impact on health, creativity and performance. Today guided imagery is practiced and studied in cancer and pain centers throughout the country.

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