

Department of Psychology, The Ottawa Hospital

We will be hosting information tables and providing talks throughout the hospital:

Information Tables

Visit the Psychology information tables, talk to staff, pick up informative brochures, answer a quiz question about Psychology and earn a treat.

General Campus

Wednesday February 11, Volunteer Corner in main lobby, 11:45 am to 1:15 pm

Civic Campus

Thursday February 12, Employee Corner outside the main cafeteria, 11:45 am to 1:15 pm

The Rehabilitation Centre

Tuesday February 10, Psychology Offices (Room 2405), 12:00 to 1:15 pm

***TOHRC will be hosting a drop-in "Coffee Pot"

Psychology Talks

You can request an in-service talk by a member of the Psychology team!

List of Topics

Pain assessment in older adults
•How to put patients first, without putting yourself last
•Relationships (Tools for Building Healthy Relationships and Managing More Difficult Ones) •The Stress'entials: Navigating Everyday Stress
• The Importance of Sleep for Good Health: An Overview of Treating Poor Sleep.
• Managing(Unrealistic) Expectations • Self Care for the Health Care Provider
• The Art of Self-Care • Managing the Anxious Patient • Understanding Compassion Fatigue • "Getting a Good Night's Sleep: Why This is Important, What Gets in the Way, and What Can We Do About It?"
• Caring for Patients With Cognitive Difficulties
• Mindfulness
• Cognitive Functioning in Multiple Sclerosis • Bad Decision or Incapable Decision? Assessing Capacity in Acute Care
• Motivational Interviewing
• The Perils of Perfectionism in Patients and Professionals:
• Dignity-Conserving Care • What is Cognitive Behaviour Therapy?
• Assessing Decision-Making in Acute Care • Limits of the Health Care Consent Act
• Impairments of Awareness Following Neurological Injury

- | |
|--|
| <ul style="list-style-type: none">• Pregnancy in Cognitively Challenged Clients: Providing Obstetric Services• Traumatic Brain Injury and Substance Abuse |
| <ul style="list-style-type: none">• Neuropsychological Assessment: What Are We Assessing and Why? |
| <ul style="list-style-type: none">• “Chemo Fog” Following Cancer Treatment |
| <ul style="list-style-type: none">• “Be the Mirror, Not the Sponge”: Working With Patients Who Have a Poor Prognosis |

Ottawa Psychology Day:

In addition, in conjunction with the Royal Ottawa Mental Health Centre, Children’s Hospital of Eastern Ontario, Montfort, and Bruyere, The Ottawa Hospital is sponsoring “Problematic Substance Use and Co-morbidities: Psychologists Role in Bridging the Chasm” on Friday, February 6, 2015 (8:30am – 2:00 pm)