



St. Stephen's College

GRACE AND RESILIENCE

How awe and gratitude prevents burnout, helps us cope with stress, builds a resilient nervous system and helps us find new experiences to thrive

APRIL 1, 2022

6 - 7:30PM

PUBLIC SEMINAR
(ZOOM OR IN-PERSON)

APRIL 2 & 3, 2022

10AM - 5PM

IN-PERSON EXPERIENTIAL
WORKSHOP FOR
CLINICIANS AND STUDENTS

FREE!

REGISTER NOW



St. Stephen's College presents

GRACE AND RESILIENCE

PROFESSOR BONNIE HARNDEN AND HER GRADUATE STUDENTS WILL PRESENT THE CURRENT RESEARCH ON AWE AND GRATITUDE AND DEMONSTRATE HOW, WHEN HARNESSSED, THEY HAVE THE CAPACITY TO NOTICE AND HEAL OUR NERVOUS SYSTEMS - PROMOTING HEALTH AND WELLNESS THROUGHOUT OUR LIVES.

EXPERIENCING AWE CAN MAKE US MORE ALTRUISTIC, LESS ENTITLED - A TRAIT LINKED TO DEPRESSION AND ANXIETY - AND CAN REDUCE INFLAMMATION, AN EFFECT THAT IMPROVES IMMUNE FUNCTIONING AND FIGHTS DEPRESSION. SIMILARLY, GRATITUDE CAN PROMOTE FEELINGS OF WELL-BEING, PROTECT US FROM TRAUMA, ENHANCE OUR RELATIONSHIPS AND HAS A HOST OF OTHER POSITIVE BENEFITS.

THIS INNOVATIVE PRESENTATION WILL COMBINE LECTURE, STORYTELLING AND PERFORMANCE. THEORY AND RESEARCH ON TRAUMA AND THE NERVOUS SYSTEM ARE PRESENTED IN ORDER TO GIVE CONTEXT TO THE APPLICATION OF THE RESEARCH ON AWE AND GRATITUDE. ATTENDEES WILL LEARN SPECIFIC TOOLS THAT CAN BE DIRECTLY APPLIED IN THEIR CLINICAL WORK AS WELL AS THEIR EVERYDAY LIVES.

WITH GRADUATE STUDENTS:

JULIA GRIFFITHS

HILDA COKE

APRAJITA SAXENA

MARIAH BLAINE-LONGO

WRY FINKELSTEIN

LAURENCE GAGNON

IRINA POLAK VERONNEAU

ROSY KUFTEDJIAN



BIO: Bonnie Harnden

BONNIE HARNDEN IS A CREATIVE ARTS THERAPIST, PSYCHOANALYST, COUPLE AND FAMILY THERAPIST, AND ASSOCIATE PROFESSOR IN CONCORDIA UNIVERSITY'S CREATIVE ARTS THERAPIES DEPARTMENT, WHERE SHE IS THE OPTION COORDINATOR FOR THE DRAMA THERAPY PROGRAM. SHE HAS DEVELOPED AND IS COORDINATING A NEW GRADUATE CERTIFICATE IN PLAY THERAPY AT CONCORDIA UNIVERSITY. SHE WAS AWARDED THE 2017 RESEARCH AWARD FROM THE NORTH AMERICAN DRAMA THERAPY ASSOCIATION (NADTA) FOR HER PLAY AND FILM 'YOU ARRIVE' (IN PRODUCTION), WHICH EXPLORES THE THERAPEUTIC PROCESS AND HOW IT HELPS TO RESOLVE THE EFFECTS OF TRAUMA. HER RESEARCH USES ARTS-BASED PERFORMANCE TO FOCUS ON THE EFFECTS OF TRAUMA AND THE HEALING POSSIBILITIES OF AWE AND GRATITUDE. IN 2018 SHE WAS AWARDED THE NADTA TEACHING EXCELLENCE AWARD AND WAS THE RECIPIENT OF THE 2019 CONCORDIA PRESIDENT'S EXCELLENCE IN TEACHING AWARD.



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