

Understanding stress: from molecules to mindfulness

Date 14 May 2017 **Time** 10:00am-16.45pm

Venue Madingley Hall
Madingley
Cambridge

Academic Director Yuhua Guo **Course code** 1617NDX047
Philippe Gilchrist

Director of Programmes Emma Jennings

For further information on this course, please contact Clare Kerr, Public Programmes Coordinator
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To book See: www.ice.cam.ac.uk or telephone 01223 746262

Tutor biographies

Yuhua obtained her BSc Psychology (First Class Honours) from University College London, where she conducted research with and learned extensively from some leading researchers from their fields, such as Leun Otten and Hugo Spiers. Yuhua is now a PhD student with Michael Anderson at the Medical Research Council Cognition and Brain Sciences Unit (MRC CBU) in Cambridge.

Dr. Philippe Gilchrist is a Research Fellow and Visiting Lecturer in the Department of Psychology, a Chartered Psychologist (British Psychological Society), and a Visiting Researcher in the Department of Public Health and Primary Care. His research focuses on psychophysiological mechanisms and interventions for vasovagal reactions. Other areas of interest include stress, emotion, pain, and the recruitment and retention of blood donors.

Day school content:

People in modern society experience stress from multiple sources, concerning their personal wellbeing, family, professional development and so on. While a reasonable amount of stress could be a motivating factor, excessive stress can cause a myriad of mental health problems. This day school aims to provide an overall understanding of the mechanisms, consequences, and management of stress. First, we will introduce key factors leading to stress, and how stress is encoded physiologically on a molecular level. Second, we will elaborate on the real-life manifestations and implications of stress. Finally, we will review and demonstrate some clinical treatments and interventions for mental health problems, such as cognitive behavioural approaches, medical and surgical interventions, as well as other existing techniques to manage stress on a daily basis, including mindfulness.

Aims:

This day school aims to provide an overall understanding of the mechanisms, consequences, and management of stress.

This should help them to better cope with stress-related issues either for themselves or for others.

Presentation of the course:

This course will be presented mainly as lectures and interactive discussions.

As a result of the course, within the constraints of the time available, students should be able to:

Students should be able to understand how stress is induced and encoded so that they can be more aware of the risk factors and cope with them more effectively.

Students should understand the consequences of stress so that they can be more empathetic towards people undergoing stress (including themselves).

Students should know how stress can be managed so they can seek help when they need.

Programme:

09:30	Terrace bar open for pre-course tea/ coffee
10:00 – 11:15	Molecular and behavioural mechanisms of stress: how stress is induced and encoded
11:15	Coffee
11:45 – 13:00	Impact of stress: psychology and physiology
13:00	Lunch
14:00 – 15:15	Solutions to stress I: cognitive and behavioural approaches
15:15	Tea
15:30 – 16:45	Solutions to stress II: medication and brain stimulation
16:45	Day school ends

Reading and resources list

Listed below are a number of texts that might be of interest for future reference, but do not need to be bought (or consulted) for the course.

Author	Title	Publisher and date
Sapolsky, R. M.	(2007). Why zebras don't get ulcers: Stress, metabolism, and liquidating your assets. <i>The Praeger handbook on stress and coping</i> , 181-198.	

Additional information

Venue

Details of how to find Madingley Hall can be found on our website:
<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

Refreshments

Tea and coffee and a light sandwich lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on ice.admissions@ice.cam.ac.uk or +44 (0)1223 746262.

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of: 23 March 2017