

AACBT Qld Pub discussion

Evolutionary Models of Mental Health



If you are interested in a new and innovative approach to understanding mental health difficulties, our speaker has just returned from training in the USA on innovative ways to explain and treat mental health difficulties.

GUEST SPEAKER Dr James Kirby

Fortunately, the multitude of therapy models we have today tend to be, for the most part, moderately effective in helping many individuals with their difficulties.

Yet, there are many who do not respond to therapy, relapse, or drop out. Thus, we continue in the pursuit of innovative ways to improve therapy models.

One such innovation is using an evolutionary perspective. This presentation will discuss an evolutionary model to understanding some of the functions that underpin many mental health difficulties, one that also aims to help facilitate a de-shaming experience for clients.

Registration from 6:15pm for a 6:30pm start.

Dr James Kirby is a Lecturer at the School of Psychology at the University of Queensland and a Clinical Psychologist.

- **When** Tuesday 25 July 2017 @ 6:30-7:30pm
- **Where** Norman Hotel, 102 Ipswich Rd, Woolloongabba
(enter via Qualtrough St)
- **Tickets** AACBT Members **Free** / Non-Members \$10

Dr James Kirby has a focus in his research on compassion. He has a broad research interest in compassion, however, specific research areas include: a) examining compassion focused therapy, b) examining compassion with children, and, c) developing and evaluating compassion interventions.

James also holds a Visiting Fellowship at the Center for Compassion and Altruism Research and Education at Stanford University. James also likes the beach, enjoys watching *Escape to the Country*, and has a little baby boy.

Book now at <https://www.aacbt.org.au/events/>



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