

DEPARTMENT OF CLINICAL HEALTH PSYCHOLOGY

GRAND ROUNDS

PROMOTING PSYCHOLOGICAL
HEALTH IN THE AGE OF COVID-19

THURSDAY, MAY 21, 2020 | 3:00 - 4:30PM

Internal Zoom Meeting- details provided via email**Maxine Holmqvist, PhD., C. Psych**

Associate Professor, Department of Clinical Health Psychology,
University of Manitoba

Maxine Holmqvist is the faculty lead for health psychology in the undergraduate medical curriculum and is also a clinical teacher in the Max Rady College of Medicine. She is a past-chair of the Clinical section of the Canadian Psychological Association, and currently is working with a national team of experts to build a web-based resource supporting Evidence-Based Practice in Psychology. Her research interests include primary prevention of mental health disorders, psychological influences on health behaviour, improving health care delivery and interprofessional education and collaborative care. Clinically, she has worked in primary care, where her focus is on consultation and brief treatment, and in hospital settings, where she sees patients with a range of presenting concerns.

Objectives:

- Understand initiatives undertaken by CHP to support psychological wellness for medical staff and other healthcare providers
- Know how to access and contribute to shared departmental resources to support this work
- Discuss challenges facing psychologists and strategies to care for ourselves during this time

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