

The Psychological Society of Ireland  
is delighted to introduce

# Psychology Matters

## Public Lecture Series

Celebrating **40 years** of the  
**Psychological Society of Ireland**  
**1970 - 2010**

The Society is pleased to announce  
the following public lectures

13th May 2010:  
6.00pm

David Coleman presents

***Psychology Matters.***

Health Sciences Building, University College Dublin.

*Join us for the cutting of the 40th Anniversary cake from 7.30pm.*

24th June 2010:  
6.00pm

Prof. Ian Robertson presents

***Psychology Matters: The Seven Secrets of Brain Fitness.***

Davis Theatre, Trinity College Dublin.

2nd September 2010:  
6.00pm

Dr. Maureen Gaffney presents

***Psychology Matters: Flourishing Under Fire.***

The Kelly Theatre, National College of Ireland, Mayor Street, Dublin 1.

7th October 2010:  
6.00pm

Dr. Tony Bates presents

***Psychology Matters: Living close to Tears -***

***How we find and lose our sense of well-being across the life-span.***

Royal College of Physicians, No. 6, Kildare Street, Dublin 2.

14th October 2010:  
6.00pm

Prof. Aidan Moran presents

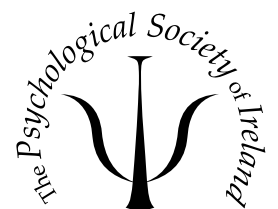
***Psychology Matters: Doing Your Best When It Matters Most.***

University College Dublin.

Tea and coffee will be available at 5:30pm prior to all events.

Lectures are free-of-charge. If you wish to attend any of the lectures please register  
by e-mailing your name, contact details and lecture date to:

[eventregistration@psihq.ie](mailto:eventregistration@psihq.ie)



[www.psihq.ie](http://www.psihq.ie)



## David Coleman Clinical Psychologist, Broadcaster and Author

*Psychology Matters. Health Sciences Building, University College Dublin, 13th May 2010, at 6.00pm.*

How can psychology, therapy and, most importantly, clients be served by being in the media glare? Psychology matters and making it accessible and understandable for everyone is a worthy goal. Real help can be offered to clients and the skills and strategies that individuals might learn can also be available to a wider public; but at what cost? In this public lecture David Coleman explores the dilemma inherent in making public the intimacy of people's lives and their search for new ways of dealing with old difficulties.

David Coleman is a clinical psychologist, broadcaster and author. A graduate of University College Dublin, David has been a practising Clinical Psychologist, working with children and families, for over twelve years.

David has become well known in Ireland as the presenter of the hit RTÉ television series 'Families in Trouble' and more recently 'Teens in the Wild' both of which were enjoyed by huge audiences nationwide. David also presents '21st Century Child', a landmark venture for RTÉ that follows 12 Irish families for six years from the birth of their babies.

David has successfully transferred his skills to radio where he is the dependable weekly contributor to the Moncrieff Show's parenting slot every Wednesday on Newstalk 106-108. He also gives lectures and workshops to groups all around the country on topics ranging from parenting to communication.

Not content with his media and lecturing work David is also a bestselling author of *Parenting is Child's Play* a guide to raising young children published by Penguin Ireland in May 2007. His latest book, published in January 2010, is a guide for parents of teenagers called *Parenting is Child's Play: The Teenage Years*. David is also a weekly expert contributor to the Health and Living supplement with the Irish Independent every Monday.



## Prof. Ian Robertson Author and Professor of Psychology at Trinity College, Dublin

*Psychology Matters: The Seven Secrets of Brain Fitness Davis Theatre. Trinity College Dublin, 24th June 2010, at 6.00pm.*

Ireland is a young country, but not for long. At present we have roughly 6 people working for every one person retired, but in forty years – when today's National schoolchildren are careworn fifty and sixty year olds – there will be less than 2 people working for every retired person. Clearly that is not sustainable, so we have to change the notion of how we conceive of 'old' from one of inactivity and low engagement to one of productivity, engagement and leadership.

But the biggest obstacle to having an engaged, productive and happy older population is that 3 and half pounds of soft tissue which we call the brain. In this lecture, Ian Robertson will show how science has revealed the seven secrets that are linked with keeping our brains as fit as our bodies as we get older. These are: 1 - Physical, aerobic fitness, 2 - Mental stimulation, 3 - New learning, 4 - Social interaction and engagement, 5 - Low to moderate stress, 6 - Youthful outlook, 7 - Diet.

Ian Robertson is Professor of Psychology at Trinity College Dublin and was the founding director of Trinity College Institute of Neuroscience, as well as Dean of Research of Trinity College from 2004 - 7. The first psychologist in Ireland to be elected a member of the Royal Irish Academy, he is a visiting Professor at University College London, University of Wales at Bangor and a visiting scientist at the Rotman Research Institute, University of Toronto. From 1991 - 1999, Ian was a senior scientist at the Cambridge MRC Cognition and Brain Sciences Unit (formerly Applied Psychology Unit), where he was also a fellow at Hughes Hall, University of Cambridge. A graduate of Glasgow University, Ian gained his Masters and Doctoral degrees at the University of London, where he qualified in clinical psychology at the Institute of Psychiatry, and he was a clinical neuropsychologist at the Astley Ainslie and Royal Edinburgh Hospitals 1982 - 1991. Ian is a member and occasional acting chairman of the Wellcome Trust Neuroscience Committee. A former regular science contributor/writer to the London Times, he was also a columnist for the British Medical Journal and his multiply translated popular science books include *Mind Sculpture* and *The Mind's Eye*. He has published a number of academic books and over 200 peer reviewed articles, including in *Nature*, *Brain*, *Journal of Neuroscience* and *Psychological Bulletin*. His current research interests are in the neuropsychology of ageing, attention and awareness, and neurorehabilitation.



## Dr. Maureen Gaffney Clinical Psychologist, Broadcaster, Writer and Columnist

*Psychology Matters: Flourishing Under Fire.*

*The Kelly Theatre, National College of Ireland, Mayor Street, Dublin 1, 2nd September 2010, at 6.00pm.*

Many individuals, families and organisations where we work are currently struggling with unprecedented pressures. Dr. Gaffney's public lecture will examine how best to flourish in the face of adversity - staying well, happy, productive and creative, and able to rise to the challenges that face us. She will describe the fascinating body of psychological research that shows that happiness is not just a good thing in itself, but has major consequences for your physical and emotional health, your longevity, and even for your economic and career success.

Dr. Maureen Gaffney is a well known Irish broadcaster, writer and columnist. A clinical psychologist by profession, she worked for many years in Trinity College Dublin as Director of the Doctoral Programme in Clinical Psychology. Over the past 10 years Maureen has divided her time between her own consultancy business and a number of state and other boards. She works with companies on developing programmes relating to leadership, emotional intelligence, management of change and transitions and executive coaching. She also advises organisations on gender equality, team-building, work-life balance and optimum functioning. She has worked with companies in Ireland, the UK, Israel, and the US.

Maureen served as a Law Reform Commissioner for ten years and is a former Chairman of the Council of the Insurance Ombudsman of Ireland. She is Chair of the National Economic and Social Forum and has just completed her term of office as a member of the Board of the Health Service Executive. Maureen served as a Council member of the Economic and Social Research Institute (ESRI) from 2000 - 2004 and is now a member of the Advisory Forum.



## Dr. Tony Bates Clinical Psychologist, Author and Columnist

*Psychology Matters: Living close to tears - How we find and lose our sense of well-being across the life-span.*

*Royal College of Physicians, No. 6, Kildare Street, Dublin 2, 7th October 2010, at 6.00pm.*

This lecture will explore how our notions of finding and holding on to a sense of identity that is predictable and known is the very antithesis of positive mental health. Tony Bates believes in the need for a much more robust and flexible notion of mental health, one that allows us to engage with periods of loss, disintegration and uncertainty in our lives, and through these experiences to find our own sense of place in this world. Tony will also consider the support we need to live courageously so that we do not become overwhelmed or lose our way.

Tony Bates has 30 years experience of working in mental health. Prior to founding Headstrong in March 2006, Tony worked as Principal Clinical Psychologist at St James's Hospital. Tony had previously worked and trained in the US alongside some of the leading international innovators in mental health and also established Trinity College Dublin's Masters in Cognitive Behavioral Therapy. Tony is a regular contributor to national print and broadcast debates about mental health, including a fortnightly column in the Irish Times. Tony was editor and full time writer of *A Vision For Change*, the new ten year Government policy on mental health service reform.



## Prof. Aidan Moran Author, Broadcaster, Editor and Professor of Cognitive Psychology at University College Dublin

*Psychology Matters: Doing Your Best When It Matters Most. University College Dublin, 14th October 2010, at 6.00pm.*

"Concentration", or the ability to focus on what is most important in any situation while ignoring distractions, is vital for successful performance in everyday life (e.g., in study, business, sport). But how can we learn to concentrate effectively? In this lecture, Prof Moran will draw on his research findings and extensive consultancy experience to provide some practical concentration techniques that will help people to do their best when it matters most.

Aidan Moran is a Professor of Cognitive Psychology and Director of the Psychology Research Laboratory at University College, Dublin. A Fulbright Scholar, he has written ten books - the most recent of which are *Teaching Thinking Skills at University* (with Arlene Egan, 2009, VDM Verlag) and *Pure Sport: Practical Sport Psychology* (with John Kremer, 2008, Routledge) - and many scientific papers on concentration and mental imagery. He is the Editor-in-Chief of the *International Review of Sport and Exercise Psychology* (IRSEP; Taylor and Francis, Oxford). A full list of Aidan's publications is available at <http://www.ucd.ie/psychology/staff/AidanMoran.htm>.

Aidan has advised many of Ireland's leading professional athletes and teams and is a former psychologist to the Irish Olympic Squad. He is an experienced radio and television broadcaster in Psychology and is a regular speaker at academic conferences and corporate events in Ireland and the UK.