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| **INNOVATIVE PRACTICE**  |
| Event Code: LEE22-00523 World Mental Health Congress London Mental Health a Global Priority, London, UK 28/06/2022-01/07/2022 |
| **Your details (presenter 1)**(as you want them listed in the programme) | Todd M. Edwards, PhDUniversity of San Diego, USA |
| **Your details (presenter 2)**(as you want them listed in the programme) | Jo Ellen Patterson, PhDUniversity of San Diego, USA |
| **Date and time of your innovative practice session** | Tuesday 28 June 2022 13:30-14:00 hrs  |
| **Duration** | 30 mins workshop  |
| **Proposed title** (please complete) | Innovative practice: Family therapy and mental health in a time of crisis and displacement  |
| **Learning Objectives**(please complete) | * Summarize the research on families and mental health
* Demonstrate the role of family therapy in improving health outcomes
* Identify resiliency factors in families coping with crisis and displacement.
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| **Abstract**(max 500 words) | Today, healthcare professionals from many disciplines are interested in how the family can ameliorate or worsen the risk of mental illness. For example, research on bipolar illness and other affective disorders suggests that while individual symptoms can be recognized and treated with medication and individual psychotherapy, the symptomatic person may experience fewer relapses if they feel support and love from family members. This presentation will describe the connection between families and mental health, illustrate how family therapy can help repair unhealthy family interactions to promote optimal health, and identify resiliency factors in families coping with crisis and displacement. |
| **Key references or resources**(maximum five) | Fredman, S. J., Baucom, D. H., Boeding, S. E., & Miklowitz, D. J. (2015). Relatives' emotional involvement moderates the effects of family therapy for bipolar disorder. *Journal of Consulting and Clinical Psychology*, *83*(1), 81-91.Holt-Lunstad, J., Smith, T. B., Baker, M. Harris, T., & Stephenson, D. (2015). Loneliness and social isolation as risk factors for mortality: A meta-analytic review. *Perspectives on Psychological Science*, *10*, 227-237.Patterson, J. E., Edwards T. M., & Vakili, S. (2018). Global mental health: A call for increased awareness and action for family therapists. *Family Process*, *57*, 70-82. |