

## I. How to prevent problems with mental health? – 2h

**Objective:** This workshop aims to address mental health challenges, focusing on recognizing and managing depression, anxiety, and work burnout. Participants will learn about the impact of mood disorders on the brain and body, and explore preventive measures.

### Topics Covered:

- **Recognizing Non-Obvious Symptoms of Depression:** Learn to identify subtle signs of depression that may not be immediately apparent.
- **Emotional Problems and Cognitive Function:** Understand how issues with concentration and thinking speed can be linked to emotional health.
- **Impact of Anxiety and Sadness:** Discover how these emotions affect the brain and body both in the short and long term.
- **Doctoral Studies and Emotional Disorders:** Examine the key risk factors associated with doctoral studies that can contribute to the development of emotional disorders.
- **Work Burnout:** Identify the signs of work burnout and understand its impact on mental health and productivity.
- **Preventive Actions:** Explore practical steps you can take today to prevent mental health issues.
- **Organizing Your Work to Prevent Depression and Burnout:** Learn strategies to manage your workload effectively, set realistic goals, and maintain a healthy work-life balance.

### Workshop Highlights:

- **Self-Recognition:** Techniques to identify depression, anxiety disorders, and work burnout in yourself.
- **Brain and Body Effects:** Insights into how a depressed mood influences your physical and mental health.
- **Preventive Strategies:** Practical advice on how to maintain mental well-being during your doctoral studies.
- **Work Organization Tips:** Methods to organize your tasks, prioritize effectively, and create a supportive work environment to prevent burnout.

This workshop is designed to provide doctoral students with the knowledge and tools to better understand and manage their mental health, fostering a supportive and proactive approach to emotional well-being.

## **Trainer: Dr. Marzena Rusanowska**

I am a psychologist, psychotherapist, training facilitator, and scientist. My passion lies in merging the findings from my own research and global scientific teams with practical applications in therapeutic work with individuals and training sessions with groups. Through my trainings and therapeutic sessions, I passionately demonstrate how scientific knowledge can enhance our daily lives and improve our functioning in a complex world.

As a therapist, I practice integrative psychotherapy. My scientific background in clinical psychology enables me to deeply understand emotional disorders and utilize various methods and techniques in my work with clients. My approach is rooted in systemic family therapy, contextualizing individual issues within the family dynamic. I also incorporate short-term therapy, psychodynamic elements, mindfulness practices, cognitive-behavioral techniques, and deep emotional work. I work with individuals, couples, and families.

### **Qualifications and Experience:**

- **Education:** I earned my Master's and PhD in psychology from Jagiellonian University. I obtained my psychotherapist qualifications from the Polish Institute of Integrative Psychotherapy in Krakow.
- **Research and Training:** My research focuses on the functioning of individuals with emotional disorders, such as depression. I have gained extensive experience through therapeutic work and scientific research at prestigious institutions, including:
  - **Jagiellonian University:** Completed my doctorate in clinical psychology.
  - **University of California, Berkeley, USA:** Studied cognitive behavioral therapy and conducted research.
  - **College of William and Mary, Williamsburg:** Collaborated on depression research and completed my doctorate.
  - **University of Oxford:** Worked on diagnostic projects related to emotional disorders, particularly depression.
  - **University of Akureyri, Iceland; University of Oslo, Norway; University of Roehampton, London:** Held research placements.

Currently, I am based at the Institute of Psychology of the Polish Academy of Sciences in Warsaw, where I continue to study emotional disorders and the process of returning to full functioning. My work is dedicated to bridging the gap between scientific research and practical therapeutic applications, helping individuals and groups navigate their emotional challenges effectively.