



You are Invited to
A Resiliency Forum
*for survivors, their families, first responders,
and others impacted by the Boston Marathon bombings.*

Reducing Stress in Challenging Times



This Resiliency Forum will offer practical ways to manage stress and anxiety during challenging times and an opportunity to sample mind and body relaxation techniques such as guided meditation, yoga, free chair massages, and other self-care activities.

Resiliency Forum Program

- 5:30 pm** Registration
- 6:00 pm** Welcome by Kermit Crawford, PhD, Executive Director
- 6:15 pm** Presentation: Panel Discussion

Our Panel will offer Survivors and their families' valuable insights and tools to manage distressing emotions and provide an opportunity for parents to learn how to help their children process feelings and become more resilient.

- 7:00 pm** **Wellness Fair at the Resiliency Center**
*Attendees will be able to sample a variety of relaxation sessions such as **YOGA, Mindfulness Meditation, Muscle Relaxation, and Chair Massage** that will rotate until 8:00 pm.*

When

Wednesday, December 10, 2014
5:30 PM - 8:00 PM

Where

Massachusetts Resiliency Center
1208 VFW Parkway, Suite 201
Boston, MA 02132
1-844-STRONG1 (844-787-6641)

Panelist Bio's

Chris Streeter, Ph.D

Chris Streeter is an Associate Professor of Psychiatry and Neurology at Boston University School of Medicine where she is the Director of Functional Neuroimaging for Psychiatry. She is an Instructor at Harvard Medical School and a Research Associate at McLean Hospital. She completed a neurology residency, a behavioral neurology fellowship and a psychiatry residency. She is boarded in neurology, psychiatry, behavioral neurology and neuropsychiatry and has additional qualifications in forensics. She has been a National Institute of Health (NIH) funded researcher for 20 years. Her areas of research have been substance abuse, functional neuroimaging and most recently the effects of yoga-based practices on mood and brain chemistry.

Jennifer Johnston, Ph.D

Jennifer Johnston is a licensed mental health counselor and psychologist as well as a certified yoga instructor. She considers herself fortunate in being able to integrate her interests of mind/body practice, research and clinical practice since 1998, when she received her first yoga certification and began her counseling career. She has directed yoga and educational programs as well as performed clinical work and research at the Benson-Henry Institute for Mind/Body Medicine at Massachusetts General Hospital, supported military service men and women with ongoing clinical support at local US Departments of Veterans Affairs (Boston, Bedford, and Brockton sites). Jennifer has created and implemented mind/body interventions for both clinical practice and for research studies, including ones related to contemplative practices and post-traumatic stress disorder (PTSD), among them a "Yoga for PTSD" study and a "Mantram Repetition for Veterans with PTSD" study with military service men and Women, and a "Yoga for PTSD and Insomnia" study for people in the community. She is currently the research psychologist on a "Yoga for Depression" study, directed by Chris Streeter, MD, at Boston University.

Olivia Moorehead-Slaughter, Ph.D

Olivia is a licensed Psychologist with specialization in Child Psychology. She received her doctorate from University of Denver. She is former Chairperson of the American Psychological Association Ethics Committee and of the Massachusetts Board of Registration for Psychologists. She chaired the APA Presidential Task Force on Psychological Ethics and National Security (2005), and is former chair of the Board for the Advancement of Psychology in the Public Interest. Dr. Moorehead-Slaughter has consulted with a number of federal, state and local agencies. She has managed several behavioral health programs. Dr. Moorehead-Slaughter is Psychologist at The Park School (pre-kindergarten through ninth grade independent school) in Brookline, Massachusetts. She is a Psychologist for the National Football League. Dr. Moorehead-Slaughter is of African-American descent.