

FREE Presentation

***Dealing with the
Psychological Effects of
Unemployment***



Saturday, February 6, 2010

Registration: 8:30 am Presentation: 9:00 a.m. to Noon

**Student Education Center Auditorium
Des Moines University
3200 Grand Avenue, Des Moines**

One of the major consequences of the current economic crisis is widespread unemployment. This life crisis hits individuals and families hard, and the emotional and psychological effects can be far reaching. This set of presentations, with ample time for questions and discussion, will offer information and suggestions designed to help individuals and families cope with the dilemmas unemployment creates.

This free presentation includes:

- **Recognizing and Managing Symptoms of Emotional Distress**
Douglas F. Steenblock, M.D.
Psychiatrist, Iowa Psychiatric Society
- **How Unemployment Affects the Ways We Think About Ourselves**
J. Jeffrey Means, M. Div., Ph.D.
Associate Professor & Chair
Department of Behavioral Medicine - Des Moines University
- **Helping Children Cope with the Stresses of Unemployment**
Kelli Hill-Hunt, Ph.D.
Child Psychologist, Des Moines Pastoral Counseling Center

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Please pass this on to anyone experiencing the stress associated with unemployment. Call the Iowa Psychiatric Society office 515-633-0341 with any questions.