

Matrix Problem Solving: Finding Solutions and Resilience in Difficult Times

Speaker: Shawn Christopher Shea, M.D. (www.sheahappiness.com)

For workshop inquiries contact us at: sheainterview@hughes.net

Venues: A human resources talk appropriate for all personnel including executives, office staff, and front-line employees, equally applicable from teachers and healthcare professionals to corporate employees, police, and autoworkers

Presentation

Far different from the typical self-help or motivational speaker, Dr. Shea, an internationally respected leader in suicide prevention, is a provocative, entertaining, and feisty philosopher who culls his insights from the nuances and intrigues of everyday life and his clinical practice. Pulling from his bestselling book on finding resilience in difficult times - *Happiness Is*. - Dr. Shea takes his audience on a lively journey into the heart of three questions: 1) What is the nature of happiness? 2) How do we make it last? and 3) What is the nature of human nature that allows us to find it in the first place?

Dr. Shea derives his answers from over twenty-five years of clinical practice, fifty years of navigating life's ups and downs, and from an array of thinkers and pop icons - ranging from the mystic Julian of Norwich to the writer Herman Hesse. The resulting unexpected answers stimulate creative ways of finding a sense of balance in an ever-shifting and hectic workplace and culture. His unique approach to transforming business and personal hurdles - matrix problem solving - shows audience members that the goal is not to think "out of the box," but to realize that there is no box.

Dr. Shea provides a remarkably fresh definition of happiness, that has numerous ramifications for solving problems and transforming difficult times. He deftly, and with a wicked sense of humor, transforms the basic beliefs of the "Bio-psycho-social-spiritual" model - used by therapists in the field of mental health - into a lively and layperson-friendly fabric called "the human matrix." The human matrix provides a dynamic map for self-exploration and problem solving in the business arena and workplace, and Shea shows the audience exactly how to use it.

Objectives

- 1) Understand and be able to utilize a unique definition of happiness to help clarify personal goals
- 2) Be able to use the principles of "matrix problem solving " including healing matrix effects, damaging matrix effects, and the Red Herring Principle to find resilience and hope in everyday life
- 3) Be able to transfer the principles of the human matrix from problem solving on a personal level to problem solving in the workplace

The Speaker

Shawn Christopher Shea, M.D. is an internationally acclaimed innovator and speaker in the fields of popular philosophy, clinical interviewing, and suicide prevention with over 850 presentations world-wide. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association and has been a guest lecturer for the Harvard School of Medicine, McGill University, and the Mayo Clinic. He has also been the commencement speaker for Antioch University of New England as well as presenting to student audiences at institutions such as Dartmouth, Bryn Mawr, and George Washington University.

Dr. Shea's book on the philosophy of resiliency – *Happiness Is*. – was chosen as a Brodart Library Gem, a Bowker's "Title to Watch" and as a philosophy "Book of the Month" at the Radical Academy. He is also the author of several books viewed as classics in the field of mental health including *The Practical Art of Suicide Assessment*.

Both editions of his book, *Psychiatric Interviewing: the Art of Understanding*, were chosen by the Medical Library Association for the Brandon/Hill List as one of the 16 most important books in the field of psychiatry. Former Surgeon General of the United States, C. Everett Koop, M.D., Sc.D. provided the foreword for Dr. Shea's latest book: *Improving Medication Adherence: How to Talk with Patients about Their Medications*, which, in 2009, was chosen for Doody's Core Titles list of the most important books in the fields of medicine and nursing. His works have been translated into numerous languages including French, Spanish, Greek and Chinese.

Dr. Shea is the Director of the Training Institute for Suicide Assessment and Clinical Interviewing (www.suicideassessment.com). Dr. Shea is also in private practice.