

Keynote/Lecture for College and University Students

"The Mysteries of the Human Matrix: The Quest for Happiness and Meaning in Difficult Times"

(Incantations from the book - *Happiness Is*. - by Shawn Christopher Shea, M.D.)

"Destined to inspire an entire generation with the excitement and happiness to be found in the nurturance of compassion and the quest for meaning."

Paul Farmer, M.D., Ph.D.
Author of *The Uses of Haiti*

The Presentation

Pulling from his bestselling book of philosophy - *Happiness Is*. - Dr. Shea takes his collegiate 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?

The answers, derived from Dr. Shea's twenty-five years of clinical practice, fifty years of navigating life's ups and downs and from an array of thinkers and pop icons - from the mystic Julian of Norwich to the writer Herman Hesse - stimulate creative ways of finding a sense of balance in an ever-shifting world and culture. Within these mysteries, Dr. Shea presents a compelling approach to the development of a "tough happiness," that lays the foundation for the resiliency and hope so vital to college students during these difficult times.

As he relates intriguing tales of his patient's struggles and ultimate successes, he weaves historical curiosities and personal anecdotes into a remarkably fresh definition of happiness and shows its power to help students sculpt a vibrant sense of compassion. 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, and Shea shows his collegiate audience exactly how to use it.

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*. Dr. Shea is a leading figure in the field of suicide prevention from college students to the elderly.

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), a training and consultation service providing workshops, consultations, and quality assurance design in mental health assessments. Dr. Shea is also in private practice.

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

To read an excerpt from *Happiness Is: Unexpected Answers to Practical Questions in Curious Times*, go to www.sheahappinessis.com