

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: shea@suicideassessment.com

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 workshop leader and educational innovator in the fields of suicide prevention, resiliency, clinical interviewing, and improving medication adherence having given over 850 presentations worldwide. He has been a recipient of an Outstanding Course Award presented by the American Psychiatric Association for his presentations at their annual meetings. He is a frequent presenter at the annual meeting of the American Association of Suicidology and at the Cape Cod Symposium where his courses have received some of the highest evaluations in the 30 year history of the Symposium. He has also presented at the Santa Fe Symposium, the Door County Summer Institute, and the Muskoka Summer Seminar Series from McMaster University.

Dr. Shea is the author of seven books and numerous articles including one of the classic texts in the field of suicide prevention, *The Practical Art of Suicide Assessment*. His works have been translated into a variety of languages as diverse as French, Greek, Japanese, and Chinese. Both previous editions - as well as Dr. Shea's recently published Third Edition of *Psychiatric Interviewing: the Art of Understanding* - were chosen by the Medical Library Association for the Brandon/Hill List (now known as Doody's Core Titles List) as one of the 16 most important books in the field of psychiatry.

His book on creating resiliency in difficult times - *Happiness Is* - was chosen as a Brodart Library Gem, a Bowker's title to Watch, and as the Philosophy Book of the Month by the Radical Academy. Former Surgeon General C. Everett Koop, M.D., Sc.D. provided the foreword to Dr. Shea's 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.

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.