

# **Inside the Human Matrix: Finding a "Tough Happiness" in Difficult Times**

(A talk on resiliency for the general public and/or mental health consumers based upon the book - *Happiness Is.* - by Shawn Christopher Shea, M.D.)

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## **The Presentation**

Pulling from his bestselling book on finding resiliency in difficult times - *Happiness Is.* - Dr. Shea takes his audience on an intriguing 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.

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, and Shea shows the 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* and *Psychiatric Interviewing: The Art of Understanding 3<sup>rd</sup> Edition*. Dr. Shea's books 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](http://www.suicideassessment.com)). Dr. Shea is also in private practice.