



Faculty of Humanities and Social Sciences
Department Health Sciences and Health Policy

LECTURE SERIES FALL 2014

Health, Resilience and Well-being



WEDNESDAYS AT 5.15 PM, HS 9

UNIVERSITY OF LUCERNE, FROHBURGSTRASSE 3, 6002 LUCERNE

Introduction

Well-being has traditionally been discussed as a terminal value and the end goal of all human striving, but can also be pursued as a means to other ends, including health. Well-being can be conceptualized in different ways and is often addressed using terms, such as happiness, life satisfaction or quality of life. Well-being has been found to be related to, and even precede, positive life outcomes. People with higher well-being have been found to live longer, have a lower risk for certain diseases, better prognosis if ill, heal quicker, use less health services. Well-being can influence health and disease processes via biological as well as behavioral pathways, directly and/or through its stress-buffering potential. Enhancing well-being seems to be therefore a promising prevention and health promotion strategy.

Well-being is generally thought to be put at risk through stress, adverse life events, disease and disability throughout the life span. But is this necessarily the case? What are the consequences that adverse life events or challenging situations can have on individuals and their health? Is it possible to show resilience, maintain health and well-being or even grow in the face of adversity? If yes, how?

In the current lecture series, international experts present and discuss the current state of knowledge on resilience, growth, mental health and well-being under different conditions, including trauma, disability, work or aging.

Coordinators of the lecture series:



Dr. Claudio Peter



Prof. Dr. Gerold Stucki

Program

October 1, 2014

Resilience in the context of chronic health conditions



Prof. Dr. Dawn Ehde

Department of Rehabilitation Medicine, University of Washington School of Medicine, Seattle, USA

Individuals living with chronic health conditions are at increased risk for a range of secondary complications such as depression, chronic pain, and cognitive dysfunction. Nonetheless, many individuals with chronic conditions also thrive, demonstrating resilience and psychological well-being. This lecture will provide an overview of the effects of chronic health conditions on the health, well-being, and resilience of the affected individuals. It will also describe several innovative interventions for promoting resilience and well-being in the context of chronic conditions.

October 15, 2014

**Posttraumatic stress disorder, salutogenesis, and resilience:
Recent lifespan studies**



Prof. Dr. Dr. Andreas Maercker

Professor of Psychology and Chair, Division of Psychopathology & Clinical Intervention, University of Zurich, Switzerland

Some people develop pathology after being confronted with traumatic or life-threatening experiences, while others remain healthy. The Israeli scientist Aron Antonovsky who described Holocaust survivors who were able to overcome their traumatic experiences coined the term 'salutogenesis'. Our research team conducted several studies on trauma survivors (e.g., former political prisoners from East Germany, former indentured child laborers-'Verdingkinder') that spanned over up to 50 years of participants' lifetimes. Our social-interpersonal model of trauma sequelae comprises several factors that contribute to salutogenesis or resilience, e.g., disclosure of trauma, societal acknowledgment as a survivor, sense of coherence. Implications for successful or wise aging from these studies will be delineated.

October 29, 2014

What doesn't kill us: The new psychology of posttraumatic growth



Prof. Dr. Stephen Joseph

Professor of Psychology, Health and Social Care, University of Nottingham, United Kingdom

Most people experience some form of psychological trauma at some point in their lives such as an accident, illness, bereavement, disaster, terrorism or war. Such events can be psychologically devastating, perhaps leading to posttraumatic stress. However, new research has begun to show that such events can sometimes also be positive turning points leading to what has been described as posttraumatic growth. This is a revolutionary perspective that is changing how we work with psychological trauma. Scientific studies have now reported that trauma can lead to the awakening of new priorities in life, increased self-knowledge and deepening of relationships.

November 12, 2014 An introduction to positive psychology: Concepts, applications and interventions



Prof. Dr. Willibald Ruch
Department of Psychology, University of Zurich, Switzerland

Positive Psychology emerged as a research field within psychology 15 years ago, but is based on older traditions and research programs within psychology. The talk will give an overview of the positive psychology movement and its main concepts, such as positive emotions, orientations to happiness, and character strengths (like humor and appreciation of excellence and beauty), and their relation to well-being and health. In addition, positive interventions, character training, and the application of positive psychology in schools and the workplace will be discussed.

December 10, 2014 Recognition at work and its effects on health



Prof. Dr. Johannes Siegrist
Senior Professor of Work Stress Research, University of Düsseldorf, Germany

Distinct stressful working conditions of a globalized economy were shown to have negative effects on the health of employees. Among these, a lack of recognition (salary, esteem, job promotion/security) in response to recurrent efforts spent at work is of particular significance. Theoretical background, measurement and main research findings of this approach are outlined in the lecture. In its final part, policy implications of these findings will be discussed.

Additional lecture:

Sep 17, 2014

Changing health care cynicism. The rise of an industrial health care delivery system and the need for new decision makers.



Prof. Dr. Paul Unschuld, M.P.H.
Director Horst-Görtz-Stiftungsinstitut Charité-Universitätsmedizin Berlin, Germany

In Germany, the current farreaching restructuring of the health care delivery system is a sign of changing political incentives. Beginning with the late 18th century, political initiatives to improve private and public health resulted from a need to guarantee a nation state's highest possible productive and military power. With the end of individual political leeways of European nation states, and under the influence of a globally active finance industry, health care delivery is increasingly integrated into market structures. It is redesigned to follow production and sales principles developed in commercial industry. Hence physicians and pharmacists are deprofessionalized to be replaced by decision makers trained to achieve profit maximation.

Department of Health Sciences and Health Policy

The lecture series is organized by the Department of Health Sciences and Health Policy of the University of Lucerne. The department promotes research and prepares scientists to work in the field of health and disability from a biopsychosocial perspective. The theoretical framework of the department is rooted in the concept of human functioning, as codified by the World Health Organization's International Classification of Functioning, Disability and Health.

Master in Health Sciences

This innovative educational program launched by the Department of Health Sciences and Health Policy of the University of Lucerne is the ideal preparation for an exciting career in health. Students of the Master program in Health Sciences also attend the lecture series. It is an important part of their curriculum to broaden their interdisciplinary understanding of health.

The program offers different majors that will provide students with the unique opportunity to closely work with their supervisors and further develop their expertise in the chosen area of interest. After completion of the first semester, students can choose from the following majors:

Health Communication: Studying the science of using communication to influence health decisions at the individual level, in institutions and in policy.

Health Behavior and Management: Facilitate learning on how health behaviors and health experiences can be addressed and changed with appropriate interventions or changes to the health system.

Health Economics and Health Policy: Providing the foundation and principles of economic thinking and theories of political science to understand complex health systems, and to identify and address future challenges in the health care sector.

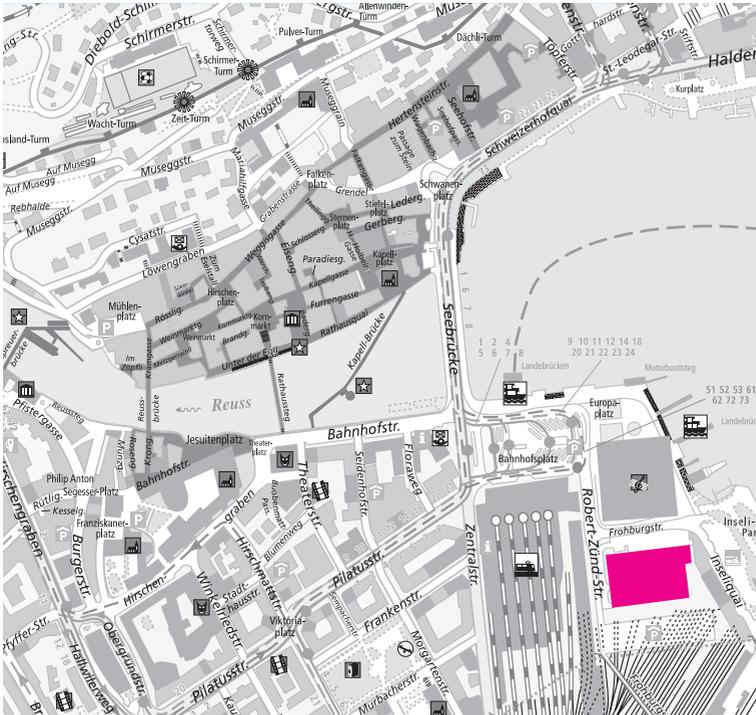
Health Services Research: Get accustomed with different health systems and learn the fundamental tools to develop and assess effective strategies to improve health from an institutional perspective (planned in 2015).

Human Functioning Sciences: Developing and testing theories and models of health, functioning and disability to conduct innovative research in health sciences, and to plan and manage comprehensive care programs in the health sector.

Research Methods: Developing skills to aid decision making processes in the health sciences and related fields using state of the art quantitative and qualitative research.

The Master in Health Sciences aims to bring a new dimension into research, health service provision, and healthcare management by pioneering the development and application of a comprehensive approach in the field of health.





Information

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