

Building Connectedness in Our School Communities

WEEK 3 OCTOBER 18TH – 24TH 2021

A Series of Online Talks for Teachers Parents and Young People
in Post Primary Schools in Co. Wexford



Talk 8 "Self Care and Emotional Resilience"

A TALK AIMED AT TEACHERS

by Dr. Harry Barry

Medical Doctor & Author of Author of best-selling mental health series

Harry Barry is a Drogheda based practitioner who has almost 40 years' experience as a medical doctor with most of that spent as a full time GP. He has a long-standing interest in mental health and in improving our understanding of the role of neuroscience in both the cause and indeed the treatment of the main mental health illnesses such as major depression, anxiety disorders, addiction and indeed suicide itself. He has developed a holistic approach with an emphasis on the combination of combining Neuroscience concepts, lifestyle changes and where necessary drug therapy, with the application of simple CBT approaches to effectively manage these approaches.

He retired from full time general practice in 2013 to focus on mental health. He now works on a consultancy basis combining clinical practice, writing, media and public information lectures as well as assisting fellow GPs, nurses and therapists and is also a member of an international group working on the importance of cognition in depression.

His last book Self Acceptance was an international number one bestseller. In it, Harry explores why the terms self-acceptance, self-respect and self-actualization are more helpful in developing positive mental health.

You can follow Dr Harry Barry on Facebook, on Twitter and on YouTube.

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