



# Talking Research

Join us on Thursday, May 26, 2021 at 12:15-1:00 for an exchange of knowledge between clinicians, researchers and students.

**26 May Dr Rachel Thibeault**

**Resilience in times of pandemic**

**Zoom link: [http://bit.ly/3timaPA\\_DreThibeault](http://bit.ly/3timaPA_DreThibeault)**

A doctor of psychology, occupational therapy and recipient of the Order of Canada, Dr. Thibeault is a specialist in psychological resilience, community-based rehabilitation and peer support. This presentation highlights recent work in neuroscience on the impact of benevolence on both the physical and psychological levels. According to the current state of knowledge, the benevolence protocol is emerging as an essential psychological protection factor in times of stress. The presentation popularizes and dissects its mechanisms in order to better understand the phenomenon and promote new lifestyle habits associated with positive neuroplasticity and increased resilience.

## The presentation will be in French

For more information:

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