



University of Ottawa ORMTA Workshop Series



Geneviève Hone

Geneviève Hone is a family therapist and social worker. After more than 25 years of teaching and training in psychotherapy, she is retired from Saint-Paul University in Ottawa. Along with her husband, Julien Mercure, they founded and directed *La Petite École*, a marital and family therapy training institute.

“ANXIETY IN TWO MOVEMENTS”

During our life we will experience the whole gamut of human emotion, including many forms of anxiety. For the purposes of this workshop, anxiety will be defined as a train of thoughts, feelings, behaviors that leads to a state of distress that can be surmised as: “I’m afraid”. Can we stop this train before it goes too far in that direction?

January 13th, 9:30am in Room 208, Perez Building

First movement: Working with anxiety: perception of danger and the fight, flight or freeze response.

January 20th, 9:30am in Room 208, Perez Building

Second movement: Playing with anxiety: transforming anxiety into excitement and creativity.

FREE and open to any music students who are joining the University of Ottawa ORMTA group
(www.ormta.org/studentmember)