

By Dr. Susan Williams Ph.D., C. Psych

Wednesday, January 25, 2012 at 7:00 pm

Christ the King Catholic Secondary School
Irene McCauley Theatre

Dr. Williams Profile

Dr. Williams is a leading clinical expert in Cognitive Behavioural Therapy (CBT) for depression and anxiety. Currently, she is Director of the Halton Centre for Cognitive Therapy, she has also worked at the CBT unit at CAMH, the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton and the Mood Disorders program at the former Hamilton Psychiatric Hospital to name a few. She is also a former Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University.

- Looking for tips on how to reduce your teen's stress? Dr. Williams, will help parents identify these issues in their teens and will provide a number of tips.
- Dr. Williams will also provide a brief overview of other problems teens may experience that parents should be concerned about and will help parents identify when they should seek additional professional support for their teens.