Mental Health in the Field

Alejandro M. Martinez, PhD
Associate Dean of Students, Stanford University

Alejandro will discuss some of the psychological distress that might be experienced during the fieldwork such as post-traumatic stress related to witnessing or experiencing violence, and separation from friends and family. How can one proactively manage the resultant psychological reactions? Alejandro will highlight the types of strategies one could benefit from in dealing with such problems. In addition to offering useful strategies, he will also share available Stanford resources and guidelines about whom to contact, when and how in diverse situations where one’s mental health is threatened or weakened.

Alejandro M Martinez, Ph.D.  Trained as a Clinical Psychologist Director of CAPS for 17 years, Senior Associate Director of consultation and Liaison for 8 years. Currently holds position as Associate Dean of Students.

MONDAY
December 5th, 2016
12:30 - 1:20pm
Building 50, 51A