



Colloque scientifique du LabDCI

La Question des Ressources en Santé Mentale

Vendredi 14 mars 2014
Université de Lausanne,
Bâtiment Géopolis, Salle 1612
13.15 - 17.30

Mental Health Is a Complete State: It Takes the Salutogenic Approach to Complete the Picture

Corey L. M. Keyes

Professor of Sociology and the Winship Distinguished Research
Professor, Emory University, Atlanta, Georgia, USA

There have been at least three conceptions of health throughout human history. The pathogenic approach views health as the absence of disability, disease, and premature death. The salutogenic approach views health as the presence of positive states of human capacities and functioning in cognition, affect, and behavior. The third approach is the complete state model, which derives from the ancient word for health as being hale, meaning whole. This approach is exemplified in the World Health Organization's definition of health as a complete state, consisting of the presence of positive states of human capacities and functioning as well as the absence disease or infirmity. My presentation will review the evidence – from behavioral genetics, social genomics, epidemiology, and interventions – supporting the complete state model when applied to mental health and illness. As such, there is now strong scientific evidence that efforts aimed primarily at mitigating mental illness do not increase the amount of positive mental health or reduce the prevalence of mental illness in the population over time. However, efforts to promote positive mental health can prevent mental illness and improve overall psychosocial functioning of individuals with and without a current mental illness.

SELECTED PUBLICATIONS:

- Keyes, Corey L. M. and Eduardo J, Simoes. 2012. "To Flourish or Not: Level of Positive Mental Health Predicts Ten-Year All-Cause Mortality." *American Journal of Public Health*. 102(11): 2164–2172.
- Keyes, Corey L. M. 2007. "Promoting and Protecting Mental Health as Flourishing: A Complementary Strategy for Improving National Mental Health." *American Psychologist*. 62: 95-108.
- Keyes, Corey L. M. 2002. "The Mental Health Continuum: From Languishing to Flourishing in Life." *Journal of Health and Social Behavior*. 43: 207-222.

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13h15

Mental Health Is a Complete State

Prof. Corey L.M. Keyes

Emory University, Atlanta, Georgia, USA

15h00

Pause

15h30

La Question du Sens de la Vie chez des Patients en Soins Palliatifs

Dr Mathieu Bernard

Service de Soins Palliatifs, CHUV, Lausanne

16h00

Strengths Assessment : How Do your Resources Contribute to your Well-Being ?

Tanja Bellier-Teichmann

Institut de Psychologie, Université de Lausanne

16h30

Life after Child Sexual Trauma : Stepping Stones to Thriving

Dr Thérèse Cuttelod

Association Familles Solidaires, Lausanne

17h00

Discussion

Discutante: Marina Fiori

Faculté des Hautes Etudes Commerciales, Université de Lausanne

17h30

Apéritif



Organisation

Tanja Bellier-Teichmann, Gregory Zecca, & Valentino Pomini

Laboratoire de psychologie du Développement, du Conseil et de l'Intervention (LabDCI)

Finances d'inscription

La participation au colloque, ainsi qu'à l'apéritif est gratuite. Pour des raisons d'organisation, veuillez adresser un mail avec nom, prénom et attachement institutionnel en précisant si vous participez à l'apéritif à: **Tanja.Bellier@unil.ch**

Date limite d'inscription: 1er mars 2014

Attestation

Une attestation de 5 heures de formation continue sera délivrée aux participants