



POST-TRAUMATIC STRESS INJURIES IN PUBLIC SAFETY PERSONNEL WEBINAR SERIES CIHR CATALYST GRANTS

October 22, 2020 : 1:00 - 1:45 pm EST, 11:00 - 11:45 am CST

Please note that presentations and slides presented will be in English.

Project 1:

Pan Canadian Public Safety Personnel: Ongoing Knowledge Translation and Strategic Development

Presented by: Dr. Nick Carleton Professor of Psychology, Department of Psychology University of Regina

Knowledge user: Sgt. Casey Ward, Regina Police Service and the President, Saskatchewan Federation of Police Officers

This project used data gathered from public safety personnel (PSP). The team worked collaboratively with investigators, post-doctoral fellows, and graduate students to identify key research questions about the PSP population (e.g. suicide rates, mental illness rates).

Project 2:

The SKIP study: Sudarshan Kriya Yoga In Post traumatic stress injury (SKIP), an RCT for Public Safety Personnel

Presented by: Dr. Paris Lai, Psychiatry Resident, Western University,
Dr. Akshya Vasudev, Associate Professor of Psychiatry, Geriatric Psychiatry and Neurosciences Western University

Knowledge user: Steve Stokan, London Police Service

Current treatments for PTSI include medications and talk therapy. While these therapies, alone or in combination, show meaningful improvement for PTSI, they can be costly and time-intensive. These drawbacks mean that there is an urgent need for alternative forms of therapy that are reasonably cheap and easily deliverable in the community. The goal of the current study is to examine the efficacy and safety of a community-based program of alternative treatments. These treatments include Sudarshan Kriya yoga (SKY) and the Health Enhancement Program (HEP).

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