

## Psychology Week 2021 Institute of Health Psychology Lunchtime Webinar Series

### Can mobile phones help people manage their health?

Dr. Rosie Dobson, Health Psychologist, Senior Research Fellow, National Institute for Health Innovation at the University of Auckland

Monday, 10<sup>th</sup> May 2021 (12- 12:40pm)



This talk will discuss some of the ways that mobile phones can be used to support people to manage their health. It will also discuss the evidence for mHealth (mobile health) tools and things to consider when using these.

Speaker biography: Dr Rosie Dobson is a Health Psychologist and Senior Research Fellow at the National Institute for Health Innovation at the University of Auckland. Her clinical work as a Health Psychologist highlighted the inequities in access to psychology services and led her to conduct research investigating how digital tools could make health services more accessible. Her research work involves the development and evaluation of mHealth (mobile health) tools to provide accessible support to people within their daily lives. She has been involved in the development and trial of mHealth tools in a range of areas including diabetes self-management support, maternal and child health, alcohol brief intervention, lifestyle behaviour change, and pulmonary rehabilitation. She is an invited expert to the WHO's 'Be Healthy Be Mobile' global mHealth initiative for non-communicable diseases.

Zoom link <https://us02web.zoom.us/j/84739775457?pwd=N0tGTllyR05keXRrc3g0SGJDOEhPd09>

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## Psychology Week 2021 Institute of Health Psychology Lunchtime Webinar Series

### Sleep Well, Feel better: Strategies for Improving your Sleep

Anna Griffiths, Health Psychologist, Cancer Support: Psychology & Social Work Capital and Coast DHB; Habit Health Wellington.

Tuesday 11<sup>th</sup> May 2021 (12- 12:40pm)



Improving the quality of our sleep is arguably one of the most effective things that we can do to support our health and wellbeing. Learn about why sleep is important and how to get more of it.

Speaker biography: Anna is a registered Psychologist. She trained in the University of Auckland's Health Psychology programme. She has worked in physical health settings throughout her career primarily in oncology and chronic pain. Her areas of interest include adjustment to illness, coping with stress, sleep management, relationship issues, anxiety and depression.

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## Psychology Week 2021 Institute of Health Psychology Lunchtime Webinar Series

### 'GPS Signal Lost' Supporting You in Navigating and Negotiating your Healthcare

**Jessee Fia'ali'i, Health Psychologist, Chronic Pain Service, Counties Manukau District Health Board**

Wednesday 12<sup>th</sup> May 2021 (12- 12:40pm)



Seeking help from the healthcare system for either yourself or your whaanau can often feel like navigating a strange, complicated and hectic intersection without the help of a map or functioning GPS signal. This talk focuses on giving you some tips and tricks to safely navigate and get the most of your healthcare journey.

Speaker biography: Jessee Fia'ali'i is Health Psychologist who works with diverse communities in South Auckland. He is Sāmoan, New Zealand-born, and grew up in South Auckland himself. Jessee completed his master's degree and clinical training in Health Psychology at The University of Auckland and now works at Counties Manukau District Health Board. Jessee works in the chronic pain service, where he enjoys working with people from a wide variety of backgrounds and serving those who are learning to manage pain and disability.

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### When the going gets tough, the tough get going – looking after intimate relationships in times of health challenge

**Leena StMartin, Clinical Psychologist, Professional Leader, Physical Health,  
Auckland District Health Board**

Thursday 13<sup>th</sup> May 2021 (12- 12:40pm)



This talk will discuss tips and tools for maintaining emotional and sexual intimacy in the face of a challenging health condition.

Speaker biography: Leena St Martin graduated as a clinical psychologist from University of Auckland in 1996 and has worked clinically for 25 years and also as a professional leader for 12 years. The majority of Leena's clinical experience has been gained in women's health at Auckland District Health Board , specifically in gynaecology. Leena has also worked in additional settings such as fertility clinic and high performance sport.

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## Psychology Week 2021 Institute of Health Psychology Lunchtime Webinar Series

### There is no such thing as a drug free holiday: Strategies to assist you to take your medicines

**Iris S. Fontanilla, Health Psychologist, Clinical Lead, Psychology, Cardiovascular  
Directorate, Auckland District Health Board**

Friday 14<sup>th</sup> May 2021 (12- 12:40pm)



This talk will discuss the costs/problems with non-adherence and psychological barriers to overcome them.

Speaker biography: Iris S. Fontanilla is a Registered Psychologist specializing in Health Psychology. Iris has been working in the health care sector for 20 years. Iris is one of the first New Zealand trained Health Psychologists. She gained her tertiary qualifications from the Department of Psychological Medicine, Faculty of Medical and Health Sciences, University of Auckland. She currently works as a Clinical Lead, Psychology in the Cardiovascular Directorate, Auckland District Health Board.

Iris is a Full Member of the New Zealand Psychological Society (NZPsS). She was the founding Chairperson of the New Zealand Psychological Society's Institute of Health Psychology (IHP) and held the Chairperson position until July 2020. She remains on the NZPsS IHP Committee as one of the Professional Development Co-ordinators. Iris has previously served two consecutive terms on the Executive of NZPsS as Director of Social issues and Director of Professional Development and Training respectively.

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