



*Debra Kaysen, PhD  
Clinical Psychologist & Professor,  
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Sciences, Stanford University*

## Moving from Surviving to Thriving in the Context of Chronic Stress

Dr. Debra Kaysen will present a webinar focusing on her work as a leading researcher on the effects of traumatic stress and related mental health concerns. Dr. Kaysen has focused her efforts on ways to help provide more accessible mental health care to those in need, including improving COVID-19 related mental health concerns among healthcare workers. Dr. Kaysen will discuss specific strategies to help mitigate stress associated with COVID-19, and to help build resilience. The lecture includes a one hour presentation and a Q&A session.

**Date and time:**  
**Tuesday, March 30, 2021**  
**6:30 p.m. - 7:30 p.m. PST**  
*Participants may join meeting at 6:15 p.m.*

**Free Webinar:**  
Please register by March 28  
to obtain your zoom link.  
[www.alanhufoundation.org  
/events](http://www.alanhufoundation.org/events)

*This event is free. RSVP at [www.alanhufoundation.org/events](http://www.alanhufoundation.org/events)*

*Our mission is to promote mental health,  
raise awareness and remove stigma  
surrounding psychiatric disorders, and  
support fundamental research for cures.*