Powering Through
How Much Is Too Much?

ALBIZU UNIVERSITY



#AlbizuUniversity
#AskTheExperts

Thursday,
Oct. 14, 2021
From 1-2 p.m. (ET)

Join Top Albizu University Psychologists For a Discussion On the Growing Importance of Mental Health Self-Care

Moderator
Dr. Scott Bauer, Psy.D., M.Sc.PP., M.S., L.M.H.C.,
Albizu Asst. Prof., Practicum II Spvsr., Master's in Psychology Programs

Panelist
Dr. Jessica Popham, Ph.D., LMFT,
Faculty and Practicum Coordinator, Albizu Master's in Psychology Programs



Panelist
Dr. Isaac Tourgeman, Ph.D., M.S. ClinPharm
Albizu Assistant Professor, Psychology Doctoral Program



Panelist
Yamila Lezcano, LMHC,
Albizu Asst. Prof. Undergrad Psych. & Education; Director of the Miami Mental Health Awareness Initiative



Panelist
Orlando Castro, LMHC,
Albizu Graduate, Private Practice Family Counselor; Director of the Adolescent Unit at Larkin Hospital of South Miami.

Media Contact
Jennifer J.H. Pierce
jpierce@piersongrant.com
(954) 295-JJHP (5547)

Free Mental Health Webinar Open to the Public
Albizu University Psychology Team Discusses the Pressures of Powering Through

One-Hour Complimentary Webinar on Thursday, October 14, 2021, 1:00-2:00 pm

MIAMI, Fla. – (September 30, 2021) – After high-profile Olympians Naomi Osaka and Simone Biles upended the world's long-held notion of athletic grit by taking mental health time-outs in the midst of competition, their actions sparked heated debate over the benefits and dangers associated with the traditional sports strategy of powering through adversity.

On October 14, 2021, a panel of Albizu University psychology professors and mental health professionals convenes for a one-hour webinar, free and open to the public, to analyze the no pain-no gain concept of the winning at all costs and how to determine where to draw the line in the quest for championship, whether in sports or other competitive endeavors.

The discussion will center on the importance of prioritizing mental and physical health and the stigma that persists around admitting exhaustion.

To register, click here: **https://bit.ly/3maHlBS.**

Moderated by Albizu Assistant Professor **Dr. Scott Bauer**, Psy.D., M.Sc.PP., M.S., L.M.H.C., who also serves as Practicum II Supervisor for Albizu's Master's in Psychology Programs, the panel includes:

Dr. Isaac Tourgeman, Ph.D., M.S. ClinPharm, Faculty Member and Professor-Doctoral Program Psychology at Albizu University

Dr. Jessica Popham, Ph.D., LMFT, Faculty and Practicum Coordinator for Albizu Master's in Psychology Programs

Assistant Professor **Yamila Lezcano**, LMHC, Assistant Professor for Albizu's Undergraduate Psychology and Education Program

Albizu Graduate **Orlando Castro**, LMHC, Private Practice Family Counselor and Director of the Adolescent Unit at Larkin Hospital of South Miami.

"Mental health challenges with individuals must be addressed. When an individual with these challenges makes a boundary that they are feeling overwhelmed, stressed and not balanced... I believe that the

individual is acting in the best interest of their mental health limitations. A good example of this is the young Olympian who made a boundary for her mental health. It's about time that we acknowledge this. Ignoring our mental health needs can lead to real and lasting negative consequences. This is especially true for children and adolescents. Where did become ok to stress out the individual until they break?" Dr. Bauer emphasized.

Indeed, a recent Harvard Business Review report noted " . . . an important shift in the narrative of mental health in sports . . . increased awareness of the numerous career dynamics that pose mental health risks to athletes: unsustainable expectations for perfection and constant improvement, enormous public pressure to win, pervasive demand to outwork or outlast an opponent, and relatively short career spans that can end in the blink of an eye due to injury."

About Albizu University

Proud of its roots and commitment to excellence in program offerings, Albizu University is a private, non-profit institution of higher learning with campuses in San Juan, Puerto Rico and Miami, Florida, and a University Center in Mayagüez, Puerto Rico. It was the only regionally accredited secular University in the continental United States named in honor of a Hispanic, the distinguished Puerto Rican psychologist Dr. Carlos Albizu-Miranda. To date, over 9,000 graduates call Albizu University their Alma Mater—a university that prides itself on educating culturally competent individuals capable of serving the diverse populations of our global community. Albizu University offers undergraduate and graduate programs in psychology, education, speech-language pathology, human services, and criminal justice, as well as an ESOL program, taught by a diverse, expert faculty. Total enrollment is over 2,000 students representing 65 countries. Albizu University's Miami Campus was recently recognized as the top institution for *Best Online Master's in Organizational Psychology Programs 2020* by BestColleges.com. For more information, visit albizu.edu.

###