



CREATING AND SUSTAINING  
PSYCHOLOGICALLY HEALTHY WORKPLACES:

Learning from Research and Practice

May 28, 2014

**FOR IMMEDIATE RELEASE**

## **BULLYING AND VIOLENCE IN THE WORKPLACE:**

### **JUST-ANNOUNCED CONFERENCE TO FOCUS ON NEW INFORMATION ABOUT PSYCHOLOGICALLY HEALTHY WORKPLACES**

**Vancouver, Canada** Workplace bullying and violence are in the headlines, and experts associated with an upcoming conference can offer evidence-based tips both for employees on the receiving end of abuse, and for employers who may need to be improving their workplace policies.

The psychologically healthy workplace issue is very topical, with recent BC incidents involving violence against bus drivers and nurses.

There is **brand new evidence about workplace psychological health:**

- according to a very recent survey, 27 percent of people have suffered abusive conduct at work
- while it may be easy to put workplace harassment down to personality conflicts, in reality workplace harassment is most often a product of the workplace culture itself
- on any given week, roughly half a million Canadians will miss work due to a mental health problem or illness
- attacks on BC bus drivers, teachers, and nurses are increasing

***Creating and Sustaining Psychologically Healthy Workplaces: Learning from Research and Practice*** will be held on June 26-27, 2014 at the University of British Columbia with videoconference satellites in Prince George, Kelowna and Kamloops.

#### **Speaker Topics**

- Creating psychologically healthy, safe, and productive workplaces
- Addressing bullying in the workplace
- **Mitigating violence** in the workplace
- Effective interventions **addressing depression and anxiety at work**
- Implementing stress management and **burn-out prevention** programs
- Workplace behaviors of ill & injured employees
- Improving absence management: New directions in Return to Work / Stay at Work
- Learning from research and practice

The conference brings together business/labour leadership, government policy-makers, WCB administrators, human resource professionals, occupational health and safety professionals, shop stewards, supervisors and managers and other stakeholders who play a role in creating and sustaining psychologically healthy workplaces to learn from academic research, applied research, and innovations in program development, implementation, and evaluation.

The **Canadian Institute for the Relief of Pain and Disability (CIRPD)** has, since 1986, played a major role in bringing together researchers, health professionals and patients to prevent and reduce pain, pain-related suffering and disability. CIRPD is an affiliate member of the Canadian Cochrane Collaboration which is dedicated to the production and dissemination of findings from a synthesis of high quality research.

Registrations are now open:

<http://cirpd.org/resources/conferences/CIRPD/Pages/Registration.aspx>

For more information: <http://cirpd.org/resources/conferences/CIRPD/Pages/Conference2014.aspx>

For **speaker bio's** or to **schedule interviews with experts**:

please contact: Lisa Mighton at 778-684-4148 or [education@cirpd.org](mailto:education@cirpd.org).

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