

Intergenerational Mental Health (IMH): Navigating the Frontiers of Risk, Resilience, and Prevention

Brief Course Description:

Mental illness is not confined to individual experiences; it often spans generations, weaving through families and shaping lives in profound ways. This groundbreaking course offers a transformative exploration of the mechanisms driving the intergenerational transmission of mental health risks. Through the integration of clinical cases, user perspectives, scientific advancements and conceptual innovation, participants will explore how genetic, epigenetic, environmental, and neurobiological factors come together to influence risk and resilience.

Designed for clinicians, researchers, and policymakers, this course presents state-of-the-art biomarkers, predictive models, and ethical frameworks to address one of the most pressing challenges in modern mental health. Through interactive discussions, case studies, and hands-on applications, participants will acquire tools to disrupt cycles of mental illness, foster resilience, and develop forward-thinking strategies for family care.

Course Objectives:

By participating in this course, attendees will:

1. Understand the interplay of genetic, neurobiological, and environmental factors in mental health transmission.
2. Learn about the latest research to identify risk and resilience indicators in clinical and research settings.
3. Discover state-of-the-art personalized approaches for risk assessment and prevention using multimodal frameworks.
4. Get a sense of the ethical dimensions of mental health risk prediction, including autonomy, stigma, and access to care.
5. Be introduced to actionable strategies to support families and individuals, disrupting the cycle of generational mental health challenges.