



Psychological Trauma, Adaptation, and Resilience



Michael Dolezal

Lecture & Lecturer Overview

Dr. Dolezal is a clinical psychologist whose research and clinical practice both focus on understanding and treating the psychological consequences of traumatic events. He is trained as a trauma psychologist and has provided trauma focused therapy and trauma-informed care to military personnel, first responders, individuals with traumatic physical injuries, and members of the general public. His research seeks to prevent PTSD, and he is currently using systems-based research approaches to try and better understand the psychological adaptation and recovery processes that unfold after stressful and traumatic events. In this lecture, Dr. Dolezal will provide an introduction to psychological trauma and the impact that trauma can have on our overall health and well-being, current treatment approaches to address the impacts of trauma, and an introduction to adaptation and resilience processes in the face of stressors and traumatic events.



Select Week

1	7	12
2	8	13
3	9	14
4	10	15
5	11	16
6		

Date

02 December 2026