

# Skills Training in translational researchs

## STRESS, EARLY LIFE STRESS, ADDICTION AND RELATED PATHOLOGIES - SAPA

Faculty of Biology Lille 1 - Faculty of Psychology Lille 3  
University Lille 1 - Service commun formation continue

### Aims :

To provide the basis of fundamental research for training in translational approaches in psychiatry and neurology

- To understand the mechanisms of stress, its immediate and long-term effects, by providing the scientific basis from the current international basic research
- To raise awareness of the early programming by stress of chronic diseases in the adult life
- To improve knowledge from clinical and preclinical research on the relationship between stress and stress-related conditions, such as addiction and sleep disorders
- To illustrate the different therapies available to treat stress, from pharmacology to psychotherapy



### TEACHING CONTENT :

- Physiology and Neurobiology of stress (40hrs - 5 ECTS): S. Maccari, F. Nicoletti, D. Vieau, S. Morley-Fletcher, J. Mairesse.
- Psychopathologies and modern diseases related to stress (50hrs - 5 ECTS) : S. Maccari, F. Nicoletti, M. Luyat, B. Rolland, A. Amad, Y. Gidron, P. Derambure.
- Therapy of stress-related disorders (30 hrs - 5 ECTS): P. Thomas, R. Jardry, P. Fiori Nastro, A. Rousseau, B. Van den Berg.

**Duration and timings :** 2 sessions (from march to june and from september to december), contact hours 120 hrs, 8 hrs per week on Friday and Saturday morning. An exemption from part of the training may be granted on the basis of personal skills and experience.

**Fees :** 750 €. Financial support for job seekers may be provided by the Regional Training Programme

### PRACTICAL INFORMATION

Web site: <http://biologie.univ-lille1.fr/>

### Venue:

Université Lille 1 - Cité scientifique – 59655 VILLENEUVE D'ASCQ

### Applications must be sent to:

nordine.hasnaoui@univ-lille1.fr Tél : +33(0)20 43 45 23

Before March 15th for the first session and before July 31th for the second session

### Administrative Staff:

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