An introduction to Stress Management will be provided from a primarily mental health perspective, bearing multidisciplinary and historical approaches in mind, with reference to scenarios of investment and financial marketing. Empirical evidence, based on individual cases rather than large scale epidemiological data, will be discussed in this presentation.

**Dr. Walter Hannak** holds Medical Psychology, General linguistics and Philosophy qualification. He has lectured on General Psychopathology, History of Medicine, Transportation Safety Management Systems and Human Factors (Civil Aviation). His professional experience includes R&D Executive Project Management (Health Research and Aerospace) and Private Practice and Consulting in Psychotherapy and Cross-cultural Mental Health Education. Dr. Hannak has been a visiting scholar at Cambridge University (UK), Sophia University (Japan), St. Paul University (Canada), Civic Hospital, Ottawa (Canada), and Beida (China) among other university institutions where he has been appointed Honorary Professor. As a member of international expert review panels Dr. Hannak also contributed in the area of research ethics.

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