

17<sup>th</sup> World Summit on

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

May 01-03, 2017 Toronto, Canada

## Is the ability to make meaning correlated to marital satisfaction?

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Making meaning has been found to be a valuable cognitive mechanism in dealing with trauma and stress. External stressors can have a deleterious effect on marriages and cause marital dissatisfaction that can lead to divorce. This research provided the first glimpse at whether the ability to make meaning is associated with marital satisfaction. Demographic and historical information related to divorce risk factors were collected along with an individual's presence and search for meaning, using the Meaning in Life Questionnaire and the Locke Wallace Marital Adjustment Test to assess marital satisfaction. The Presence of Meaning was found to have a modest positive correlation with marital satisfaction and the Search for Meaning was found to have a weak negative correlation with marital satisfaction. In addition, Search for Meaning was found to be a weak yet significant predictor of marital dissatisfaction when controlling for the risk factors for divorce. This research shows that the relationship between the ability to make meaning is related to an individual's marital satisfaction as well as has some predictive power of marital dissatisfaction. Future research should look at Presence of Meaning as a possible protective factor in a couple's ability to endure stressors, trauma and loss.

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## Integrative interventions for chronic and acute ANS dysregulation (including anxiety, depression, PTSD and ADD)

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Having recently begun to understand psychological and emotional symptoms as at least in part traceable to developmental, complex and/or acute traumata, new experiential interventions have been endorsed by leaders in the field, emphasizing a "bottom up" rather than a "top down" approach to trauma treatment. These therapies are designed to override the brain's early structural patterns, engaging its inherent capacity for neuroplasticity-essentially rewiring it with positive experiences. From her 40-year career as a Music Therapist, Guided Imagery and Hypnotherapy Practitioner, Family Therapy and Addictions Specialist and Integrative Psychotherapist, Ellen has acquired a wide range of therapeutic interventions ranging from the use of meta-communication and indirect suggestion, to double bind theory, 12-step recovery, Jin Shin Jitsu, pranayama, gestalt, yoga therapy, shamanic practices and more. A popular instructor in both professional and lay venues, Ellen has the ability to tie seemingly unrelated strands together as she offers a full plate of possibilities for clinicians. In this session, Ellen will share anecdotal case studies to illustrate the impact of these interventions, as she takes the students through an array of mindful, varied and creative methods for over-riding the negatively biased, traumatized brain

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