The impact of positive psychotherapy on self-esteem scales in obese women

Sa'adat Bin Javaheri F, Hakim Javadi M and Soltani Shal R

University of Guilan, Iran

Introduction: Obesity has become an epidemic in the present age and results in numerous physical and psychological complications, reducing self-esteem is one of the psychiatric complications of obesity, which makes it difficult for an individual to be evaluated and interpersonal relationships.

Aim: This study aims to analyze positive psychotherapy on self-esteem scales in obese women.

Material & Methodology: This research was conducted within the framework of a case study experimental design using a multiple base line design. A statement to hold positive-thinking training sessions on the reduction of psychological damage caused by obesity in cyberspace has been published and 10 registered applicants have been evaluated and their self-esteem has been measured using Coopersmith's self-esteem questionnaire. They had low self-esteem and had repeated and multiple failures in the diet that caused psychological conditions. Selection and positive-thinking education were presented in six sessions, and the impact of these sessions on the subject was investigated and tracked.

Results: Based on the visual analysis of the results of the questionnaire, the effectiveness of the program of positive self-esteem in each subject was clinically prominent. Conclusion: The results of this study show the effect of positive attitudes on self-esteem in these women. On this basis, increase of the necessary skills led to an increase in women's self-esteem components.

Children, trauma and self-esteem: The strategies professionals and parents must learn to lead traumatized children to success

Sue Cornbluth
Parenting Beyond Trauma, LLC, USA

There are millions of children all across this world who suffer or have suffered some form of child abuse; whether that be physical, sexual, neglect or emotional. Research tells us that due to this abuse, 80% of these children can suffer attachment disorders as they grow older. This means that due to abusive relationships, children without proper help to heal will most likely end up in unhealthy adult relationships. More importantly, children lacking secure attachments are at a high risk of growing up to be parents who are incapable of establishing a secure connection with their children. Healthy parent child relationships are the cornerstone of strong developmental growth. When neglect or emotional and physical abuse occurs, the parent and child relationship can become very complicated and at times even severed. In this keynote speech Dr. Sue talks about inspiring abused and neglected children to reach their full potential by helping them to see that they are more than the abuse they have suffered. Dr. Sue shares her personal story of helping a 16 year old abused foster child overcome low self-esteem, physical abuse and self hatred to become a graduate of college and a successful mother. Fourteen years later, this young woman wrote the forward for Dr. Sue's new bestselling book, "Building-Self esteem in Children and Teens Who Are Adopted or Fostered." Dr. Sue also talks about how professionals are the "catalyst" to helping abused and neglected children move to a successful place in their lives in her speech. She shares her 3 Tier- Empowerment-Model that was based on her ground breaking research with abused children which is used by professionals worldwide to help abused and neglected children raise their self esteem. Dr. Sue will also present a workshop that will include the following: Skill building in counseling children/teens who have experienced trauma; Learning how to connect with children/teens who have been abused through giving them a "corrective emotional experience"; Learning the language to talk to a child/teen that has been abused; Learning specific tools to help build a traumatized child's/teens level of self-esteem such as joining, building resiliency and creating a sense of belonging; Improving your professional or parental toolbox in order to help abused children talk about their feelings and behaviors.