



17th World Summit on

Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

May 01-03, 2017 Toronto, Canada

Keynote Forum Day 1

Positive Psychology 2017

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Braco Pobric

High Impact Consulting, Training and Coaching Division, USA

Create, promote and deliver: How to bring effective positive psychology programs to businesses, schools, non-profit and other organizations?

This workshop is designed for aspiring coaches and teachers looking to bring positive psychology programs for corporations, small businesses and schools. In this interactive session, participants will learn how to begin developing their own ideas and proposals for potential clients-and how to present those programs effectively. The session is divided into three major parts and a short research section: In the create section, we will discuss the basics of how to design a clear but comprehensive workshop program. We will discuss what business leaders are looking to bring to their employees, and how you can build a program around their needs. In the promote section, we will go over the basic marketing skills you will need to convince businesses that you are the right person with the right program for their companies. In the deliver section, we will talk about what makes a great teacher of positive psychology, and how you can prepare others to bring positivity into their professional-and personal-lives. Finally, in a brief research section, we will discuss some of the most important resources (books, articles, etc.) that you can turn to as the foundation for your program. You will also learn how to find additional resources to support your specific efforts. By the end of this fun, interactive, and engaging session, participants will have the basic tools necessary to start developing positive psychology workshops that business leaders will be eager to implement in their offices.

Biography

Braco Pobric is the bestselling Author of "*Habits and Happiness: How to Become Happier and Improve Your Wellbeing by Changing Your Habits*". He received a Certificate in Positive Psychology from Dr. Tal Ben Shahar-Wholebeing Institute. He was a Presenter at the Fourth World Congress of Positive Psychology, International Conference on Positive Psychology and Cognitive Behavioral Therapy, International Festival of Positive Education and teaches Applied Positive Psychology in corporations, public programs and as a Personal Coach. He has over 18,000 registered online students from 155 countries. Formerly, he was a Certified Trainer and Business Coach for Dale Carnegie Training. He is the Director at ICAP and was previously the Vice President at Merrill Lynch and a Manager at KPMG.

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Mark Andrew Holowchak

University of the Incarnate Word, USA

The scientificity of positive psychology: Rising star or empty suit?

Positive Psychology, a prodigiously influential global movement in psychology, is defined as the scientific study of the strengths that enable individuals and communities to thrive. It is grounded on the notion that “people want to lead meaningful and fulfilling lives, to cultivate what is best within them and to enhance their experiences of love, work, and play. Positive Psychology, turning away from psychopathology and promising to enhance the happiness and wellbeing of non-pathological persons, is said to be a practical application of the “scientific method” to real-life scenarios of everyday people to enhance or give free reign to their “signature strengths.” Adherents, assessed through numerous quizzes designed to assess their measure of happiness, are “taught” techniques for enhancing their wellbeing, and the best tutors are, of course, Positive Psychologists. There is avowedly nothing prescriptive or evaluative in such quizzes and tutorials; they, it is said, aim to be at the level of dispassionate, above-board scientific inquiry. Because it concerns humans’ feelings, traits, and strengths or virtues, Positive Psychology has limitless applications in everyday life. As such, it promises, and the mountains of interdisciplinary literature on it have already shown this, collaborative research with numerous sciences or disciplines, even psychotherapy. Such collaboration is evidence of its abundant fruitfulness and scope—two seemly feathers in its cap. Yet those very successes *viz.* that it seems to do everything and does everything well should give us pause. Science seldom ever works out so neatly, so cleanly. In short, this “signature strength”—that it promises to help just about everyone in all aspects of life—could be its greatest flaw. To personify the discipline “Is Positive Psychology a rising star—in the words of Martin Seligman, “the road out” of “the parking lot of life”—or an empty suit—in the words of Richard Lazarus, “just another one of the many fads that come and go in our field”? This essay offers an answer to that question.

Biography

Mark Andrew Holowchak is a professional Philosopher and Historian of Science. He specializes in psychotherapy, ethics, and the writings of Thomas Jefferson. He has published over 40 books and over 100 peer-reviewed articles on topics such as psychotherapy, ancient philosophy and ethics, philosophy of sport, and critical thinking. He is an Avid Writer and is also the Founder of Phi-Psy Therapy (PPT)—a cognitive-based and principally self-help approach to psychological therapy, chiefly based on ancient Greek and Roman Stoicism, which also draws from other ancient sources (e.g., the writings of Aristotle) as well as contemporary psychological approaches to therapy—especially those with a cognitive base. His current research includes Positive Psychology.

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Sandy Joy Weston

Weston Fitness, USA

Train your head, body will follow

Train Your Mind, Body Will Follow”, takes complicated subjects about the brain and body and breaks it down. From her experience as NBC10 Philadelphia’s Fitness expert, and coaching members of her gym to athletes, Sandy is able to help a wide-range of audiences tap into the power of their mentality. By fusing her expertise on kinesiology and positive psychology, she has created a system which helps her audience cultivate awareness and personal motivation through power statements. The formula was created in collaboration with Professors from Temple University’s Kinesiology Department, and The University of Pennsylvania’s Positive Psychology Department to address the way the mind and body function both separately and together. The components of the presentation, such as the creating power statements, and tracking personal progress are designed to take between 1-3 minutes per day, making it possible for anyone to adapt to this method of positive thinking. In the same way, physical therapy patients work on moving certain muscles, they are working to train their brain on reconnecting the association to these muscles, as well. We are training our brain to create action plans through affirmations and cultivating positive habits. This system is designed not to over-complicate things, but present these ideas in a manner that appeal to our innate craving for action. Not only is the awareness of the mind-body connection shown to make us happier, but the fact that we can tap into our motivations through this connection and increase our abilities to meet our goals, as well.

Biography

Sandy Joy Weston is the Owner of Weston Fitness in Philadelphia. She received her Master’s degree in Exercise Physiology from Temple University, and achieved her Bachelor of Science in Dance from West Chester University. Starting as a premiere personal trainer for stars like the 76ers and Flyers, she has now expanded her business to include 8 corporate fitness sites, and has a growing blog and book. She speaks all over the world, appearing in magazines, newspapers, and on television and radio shows regularly. She lights up a room with her personality and simple system for achieving any goal.

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Keynote Forum Day 2

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Javier Fiz Perez,

Dafne Cataluna & Gabriele Giorgi

European University of Rome, Italy

Workplace bullying and its relationship with job satisfaction and psychological well-being

Purpose: The purpose of this study is to examine the prevalence rate of workplace bullying in a sample of Italian and Spanish employees, and its differential consequences on employees' job satisfaction and psychological well-being. The effects of workplace bullying on job satisfaction and psychological well-being were explored taking into account a contextualized approach.

Design/Methodology/Approach: Cross-sectional study was adopted, in which a sample of 1,151 employees in Italy and 705 in Spain completed a questionnaire. We hypothesized that the relationship between exposure to bullying behaviors and psychological well-being is mediated by job satisfaction, and that this simple mediation model is moderated by the country (moderated mediation).

Findings: Results suggest that no particular differences exist in bullying prevalence among Spanish and Italian employees. However, we found scientific confirmation of our hypothesized moderated mediation model.

Research Limitations/Implications: Nevertheless the limitations of the sample studied, findings capture contextual differences in the bullying phenomenon, which may have several implications for further research in this domain, as well as for designing interventions to deal with workplace bullying.

Originality/Value: Although this study explores bullying in different cultural contexts without investigating specific cultural values, it establishes the roots to evaluate workplace bullying from a contextualized perspective.

Biography

Javier Fiz Perez teaches Developmental Psychology, Span of life and application of Education in Clinical and Organizational fields. He is responsible for the development of international research and is a Senior Researcher at the Laboratory of Applied Psychology in the field of Organizational Psychology (Business and Health Lab) at the European University of Rome. He's a Psychologist and Psychotherapist in Italy and a Member of the Advisory Board of the Academic Senate of l'Accademia Tiberina. He is also the Scientific Research Director of the European Institute of Positive Psychology (IEPP, Madrid).

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Merethe Dronnen

Volda University College, Norway

Positive emotions, neuroscience and bodily responses: How these three are connected and the implications for psychological, social and physical well-being

A scientific and a practical look at how building and exhibiting positive emotions can influence mind and body will be presented. How is the brain and neuroscience connected to this? What bodily responses can be found connected to positive emotions? In this presentation, the author will also speak about the implications for psychological, social and physical well-being. The author presents a scientific presentation of the latest research about positive emotions from the field of positive psychology as well as a scientific presentation from the neuroscience field. These two are being compared and contrasted in this presentation. Last, but not least, The author will present scientifically proven evidence of how positive emotional states can trigger lasting changes in the structure and function of the brain, and how these emotions are connected to general health, resilience against stress and disease. Last, the author will give practical examples on how these implications can be applied across diverse fields and practices.

Biography

Merethe Dronnen holds a PhD in Organizational Leadership with specialization in Positive Psychology and Leadership, and currently works as Associate Professor at Volda University College, where she lectures in Master's courses in leadership, motivation and learning. She previously worked 8 years as a Personnel Manager, and 6 years as a School Pedagogical- psychological Advisor. She is also the Managing Director of Positive Change, bringing academic level courses to leaders, coaches, HR around the world. She is an author and a popular speaker in subjects like Positive Psychology, Motivation, and Leadership.

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Carroy (Cuf) Ferguson

University of Massachusetts, USA

Archetypal energies as a framework for resilience and optimal mental health

The focus of this presentation is to call attention to what I call Archetypal Energies in my newest book, *“Evolving The Human Race Game”*, and to discuss how they can be used as a framework for resilience and optimal mental health. The book received the 2016 Living Now Evergreen Best Book Bronze Medal Award for Spiritual Leadership. In the book, Archetypal Energies, transcending all cultures, are defined as Higher Vibrational Energies that operate deep within our psyches, at both individual and collective levels. We tend to experience them as “creative urges” to move us toward our optimal selves and optimal realities. Easily recognized terms are used to evoke a common sense of these Archetypal Energies (e.g., Trust, Love, Acceptance, Harmony, Inclusion, Patience, Wisdom, Courage, Truth). There are three types of Archetypal Energies (overall 25 of them) that establish a healthy disposition for growth and resilience. Each Archetypal Energy has its own transcendent value, purpose, quality, and “voice” unique to the individual. To illustrate the links among Archetypal Energies, resilience, and optimal mental health, I will use as a case study the experience of African Americans in the United States. To assist in understanding the case study, psycho-historical themes and research findings will be drawn from: (a) Psycho-historical information and original essays in my book, *“Transitions in Consciousness from an African American Perspective”* (e.g., Chapter 2, “Toward A Psychology of Black Mental Health”); (b) The literature and research on resilience (e.g., Liebenberg & Unger’s “Resilience In Action”); and (c) My other writings related to choice (e.g., “The Power of ‘Yes’ and ‘No’: The Relation To Consciousness, Probable Realities, and ‘E-motions’”) and healing wounds in the psyche (e.g., “Healing Our Race-Linked Wounds”). Relevant mental health and resiliency tools and strategies for accessing Archetypal Energies will also be identified.

Biography

Carroy (Cuf) Ferguson holds a PhD in Psychology from Boston College. He is a Tenured Professor, former Dean, and currently human Service Internship Coordinator at University of Massachusetts-Boston. In 2006, he made history by becoming the first African-American President of the Association for Humanistic Psychology, and is currently in that role again. He is an Author of books and articles; a Clinical Practitioner; Associate Editor in the Journal of Humanistic Psychology and co-Founder of two visionary organizations (Associates in Human Understanding; Interculture, Inc.). His forthcoming book is titled, *“Living In Synchronicity: A Prequel To Evolving The Human Race Game”*.

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Sylvia Kwok Lai Yuk Ching

City University of Hong Kong, Hong Kong

Integrating positive psychology and elements of music therapy to alleviate adolescent anxiety

Background: Positive psychology, with its emphasis on building up a person's cognitive, emotional and social strengths, provides a sound theoretical basis in programs for anxious adolescents. In addition, music therapy enables adolescents to explore and understand their emotions, cognition and behavior in a musical environment where their hope, emotional competence and problem-solving abilities can be developed and enhanced. Hence, elements of music therapy will be integrated with positive psychology in designing an intensive group-based program for adolescents with anxiety and its effectiveness are examined.

Goals: Goals of this study were to 1. Integrate positive psychology (hope & emotional intelligence) and elements of music therapy in designing a group protocol for alleviating adolescents' anxiety and increasing their happiness, and 2. Examine the effectiveness of the designed protocol in increasing the sense of hope and enhancing emotional intelligence, hence decreasing anxiety and increasing subjective happiness of the adolescents.

Methods: A randomized wait-list controlled trial was conducted. A total of 63 students with mean age 13.6 from six different secondary schools studying Grade 8 to 9 in Hong Kong, China, was randomly assigned to join the programme, while another 63 students act as wait-list control group. They had anxiety score 9 or above in the Anxiety Sub-scale of the Hospital Anxiety and Depression Scale. Pre-test and post-test data was collected to examine the adolescents' change after participating in a 10-session programme. Measures include Hospital Anxiety and Depression Scale, Dispositional Hope Scale, Social Problem Solving Inventory, Emotional Intelligence Scale.

Results: The interaction effect of Time X Group on anxiety, emotional competence, hope, and social problem solving was examined using mixed ANOVA, with gender, grade and religious belief controlled. Students in the experimental group had significant decrease in anxiety, increase in emotional competence and hope, increase in happiness after controlling for the change in the control group, while no significant interaction effect was found in social problem solving.

Conclusion: Integrating positive psychology and elements of music therapy is effective in enhancing hope and emotional competence, decreasing anxiety and increasing subjective happiness in adolescents. Hence, further promotion of similar programme in schools is necessary to alleviate adolescent anxiety.

Biography

Sylvia Kwok has completed her PhD from the Chinese University of Hong Kong. She is the Convenor of the Positive Education Laboratory at the City University of Hong Kong. She has published a number of papers in reputed international refereed journals. In addition, she has obtained more than US\$1,000,000 grants for different mental health projects. She pioneered in applying positive psychology intervention to alleviate anxiety, depression and suicidal ideation among Chinese children and adolescents. Her research has contributed to a paradigm shift from a pathological orientation to a positive orientation. The positive psychology projects have increased awareness of the school personnel and social welfare administrators to adopt whole-agency positive psychology approach in their schools and social welfare agencies to enhance well-being of the students, the teachers, the clients, and the agency staff. Her expertise in clinical research is well recognized locally and internationally.

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Keynote Forum Day 3

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Fredrike P Bannink

University of Amsterdam, Netherlands

Positive Psychology: The applications

More and more professionals are discovering the potential of positive psychology. In the author's recent book "*201 Positive Psychology Applications*", she invites all professionals working in (mental) health, coaching, organizations, education, sports, and society to focus (more) on strengths and what is working. The many applications described in her book are based on the five elements of Seligman's *Well-being theory*: 1. Positive emotion, 2. Engagement, 3. Positive relationships, 4. Meaning and 5. Accomplishment. These five elements can help individuals reach a life of fulfillment, happiness and meaning. The model can also be applied to institutions to develop programs to help people develop new cognitive and emotional tools. Professionals may use them themselves, or present them to their clients, patients, students, employees or coaches. Most applications can be used in several settings. The author is a master at presenting big ideas in manageable parts, offers participants many ideas and easy-to-implement applications to take the "what" of positive psychology to the "how." From humor to self-compassion, and from gratitude to reflecting on how people wish to be remembered, they will find all they need to maximize their and others life experiences.

Biography

Fredrike P Bannink is a Clinical Psychologist, Cognitive Behavioural Therapist, Solution-Focused Brief Therapist and PP Trainer and Supervisor. She is the Master of Dispute Resolution; International Full Certified ADR Mediator and Conflict Coach, Mental Health Trainer for doctors. She owns a clinic for therapy, training, coaching and mediation practice in Amsterdam, Netherlands. She is also an International Keynote Speaker, Trainer and Author of more than 30 books.

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