



17th World Summit on

Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

May 01-03, 2017 Toronto, Canada

Posters

Positive Psychology 2017

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Military service effects on personality and psychological well-being

Paula Boros, Alexandra Alfaro and Tuyet Nguyen
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There has been a recent spike in media coverage regarding military personnel shootings. These incidents have a tendency to leave the public wondering if military service plays a role in this violence. Further, could experiences in the military lead to shifts in a person's character? In this study, researchers are interested in investigating the effects of military service on personality and psychological well-being. A quantitative one-way analysis of variance (ANOVA) was conducted involving 6660 total participants-4846 of which report having never served in the military and 1814 report that they have served on active duty. Findings are later discussed, along with implications for research on military systems and their surroundings, overlapping systems. Researchers also argue that extension of this research should be done to further explain the effects of military service on personality and psychological well-being, as well as the effects they may have on individuals and families. Researchers conclude by highlighting the possibility of clinical therapeutic intervention as having a positive impact on military personnel and their systems. By the end of this presentation, participants will be able to: 1. Understand the relationship between military service and the effects it may have on personality and psychological well-being constructs, 2. Identify ways personality and psychological well-being could impact an individual's behavior, 3. Interpret how changes resulting from service in the military within these constructs could affect interpersonal relationships and 4. Conceptualize how certain therapeutic services could have a positive impact in these systems.

Biography

Paula Boros is currently PhD student at Nova Southeastern University. Her experience covers a wide variety of settings in diverse ranges of populations. She has extensive experience within the military, having served in the US Army for several years.

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Hypnosis, empathy & attribution

Ksenia Tchoubarova
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Statement of the Problem: The proposed study has been designed to address three major deficits in knowledge regarding the impact of variations in conscious state on cognitive functioning, including a lack of information about the effects of hypnotic trance on reasoning and perception. The focus of this experiment intends to investigate the impact of hypnosis on cognition by exploring the possible effects of the hypnotic trance state on self-attribution, emotional empathy and affect.

Methodology & Theoretical Orientation: This is a mixed methods study, where the first portion incorporates a quantitative examination of hypnotic induction (independent variable) and its possible effects on emotional empathy, self-attribution and affect (dependent variables), followed by participant interviewing in which IPA is used to analyze the qualitative data. The initial fragment of the research has been carried out via a pilot study. Adult participants are selected for a laboratory analysis in a controlled observational setting (during the quantitative examination).

Findings: After partial completion, hypnotic trance is further expected to be associated with an increased capacity for emotional empathy and a decrease in the over-valuation of interpersonal failure as well as non-interpersonal success. Additionally, a methodical exploration of affect has been integrated due to an observed link between hypnotic trance and an apparent increase in positive affect, and a decrease in negative affect.

Conclusion & Significance: The project's main objective is to make a significant contribution to a greater theoretical, as well as practical understanding of the cognitive effects of hypnotic trance during induction (i.e. through investigating trance logic), specifically with regard to the cognitive mechanisms associated with perception and interpretation. An analysis of these possible shifts could assist with a deeper understanding of perception, which could initiate the development of novel approaches with regard to cognitive restructuring, while facilitating desired behavioural change through psychotherapy.

Biography

Ksenia Tchoubarova is presently completing her PhD studies in Psychotherapy and Counselling Studies in London (UK). She is extremely passionate about exploring the measurable effects of hypnotic trance on cognitive functioning. At the same time, she is a registered Clinical Hypnotherapist and a member of the British Society of Clinical Hypnosis, as well as, the Canadian Society of Clinical Hypnosis. Additionally, she possesses a solid professional and academic background in Business, with a graduate specialization in international relations.

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The integration of public and private practice in grief treatment for adult and child cases: How can they work together?

Mara Fantinati

Italian Association of EMDR, Italy

Bereavement and grief are perhaps the only traumatic event that is common to us all. Bereavement itself is a traumatic event, sharing many of the broader features of disturbances related to trauma. Grief is a process, which requires careful management at any age. Nowadays, there is a trend in psychotherapy of improving treatment outcomes whilst reducing treatment times. An integrated approach helps practitioners work with this contemporary context. This research project aims to assess how this integration can be achieved for adults and children, and the effectiveness of the treatment in a public day hospital setting. Much importance has been given to the inclusion of group therapy as representative of positive psychology and also to EMDR as an individual therapeutic protocol for the treatment of grief as a trauma.

Biography

Mara Fantinati completed her Master's degree in Clinical Psychology from Bologna University of Psychology and the Cognitive-Behavioural Psychotherapy studies at Studi Cognitivi Psychotherapy Training Institute and Research Centre. For 10 years, she worked at the Villa Igea Psychiatric Hospital in Modena, leading DBT psychotherapy groups. She perfected the study of trauma and dissociation at the Trauma Unit (Tavistock and Portman NHS Foundation Trust, London-UK) and at the Centre for Behaviour Research and Therapy (DABATEM, Istanbul-TR). She is a member of Trauma Research Group at Studi Cognitivi and Italian Company Cognitive Behavioural Therapy (SITCC) and Italian Association of EMDR.

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Effects of mindfulness and self-awareness in rest and stress: Biofeedback and neurofeedback measures and training

Rose Schnabel

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Statement of the Problem: Stress has been known to accumulate and negatively impact emotional and psychological states. When faced with stress, one of the first line of recommendations is to take time away and withdraw from the stressors. Practices such as mindfulness have been increasingly been recommended by many healthcare professionals particularly when stressors cannot be removed. Researchers in the field of neurology have reported that mindfulness meditation training can alter regions of the brain known to coordinate stress processing and physiological stress responses. In field research and in real life it can be difficult to maintain a practice of mindfulness. Without daily practice the benefits of Mindfulness are reduced. Neuro and Biofeedback can be used a real time feedback to teach self-regulation and potentially be used as an aid for mindfulness meditation. Rest as much as it prescribed for immediate relief of stress is not that clearly defined. A period of rest could provoke mind-wandering and time to think of stressful thoughts. Not only is this internal stress difficult to observe objectively from others but many have difficulty identifying and recognizing their own internal state. Lack of awareness of stress levels could contribute to difficulties in emotion regulation. The purpose of this study is to assess the effects of self-awareness (mindfulness) on stress recovery (rest/ neuro-psychophysiology).

Hypothesis: Mindfulness Meditators (MM) have significant difference in psychophysiological self awareness and emotion regulation during rest and recovery than non-Mindful Meditators (nMM).

Methodology: Psychophysiological Measure (GSR, EEG, EEG; EMG, HR, Temperature) used to measure Base-line, Rest (Post-stressors)/Recovery. Script on a computer screen with the following sequence of events will be presented: 1. Baseline psychophysiology (no stressor), stressor 1 (colour stroop test), rest, stressor 2 (numbers and speed), rest, stressor 3 (timed recall), rest period. Self-Report Methods: Mindfulness attention awareness scale (MAAS) and Short compassion scale will also be used.

Results: Significant differences were found between MM and nMM in some psychophysiological measures (EEG and GSR). Self-awareness significantly improved rest and recovery in both groups. Mindfulness and self-awareness could help improve emotional and physical effects of stress.

Biography

Rose Schnabel has expertise in Bio/Neurofeedback to assist and research methods to improve self-regulation for optimal experiences and evaluation. The application of her treatment model is useful in clinical and research settings. Her main areas of study and application are Improved Resting State, Flow State, Emotion and Cognition. She has built this model after many years of experience in research, evaluation, teaching and administration both in hospital and education institutions.

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Study of anxious profile among Moroccan students

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Introduction: Anxiety is characterized by feelings of apprehension, tension, discomfort, and fear of facing a risk of indeterminate nature. It must be distinguished from the fear that meets a real threatening situation. Moreover, schemas are the organized general representations of the experience intended to facilitate information processing: Filtering and selection, organization, recovery. Any dysfunction in these schemas could affect the normal neurocognitive and behavioral status.

Aim: To study the relationship between the activated/deactivated inadequate early maladaptive schemas and anxiety among students.

Subjects, Materials & Methods: The present study is a cross-sectional study conducted among 212 students, aged 17 to 25 years, randomly selected from different institutions of the IBN TOFAIL University, located in the city of Kenitra (NW of Morocco). Two neurocognitive tests are used: The Beck Anxiety Inventory to evaluate anxiety & the short version of the early maladaptive schema questionnaire of Schmidt, Joiner, Young and Telch (1995) which was translated in French by Rusinek (2000) to evaluate the activated and deactivated schemas.

Result: The obtained results showed that the activation of inadequate early maladaptive schemas is correlated with the Beck Anxiety Inventory: Emotional deprivation ($p < 0.05$) Isolation ($p = 0.001$) and insufficient self-control ($p < 0.01$), abandon ($p = 0.001$), vulnerability ($p < 0.05$), fear of losing control ($p < 0.05$).

Conclusion: Emotional deprivation, isolation, insufficient self-control, abandon, vulnerability, fear of losing control are found activated and correlated to anxiety among studied population. Deeper investigations are needed to understand this relationship and also to study the other possible factors that could affect this important neuro-cognitive function.

Biography

Khaoula Mammad is currently pursuing her PhD from Ibn Tofail University, Kenitra (North-West of the Kingdom). Her Master's degree research study was about early maladaptive schema and their effect on the academic performance and working memory and currently conducting a research about autism among Moroccan children. She had 2 abstracts published in *European Psychiatry*, in relation to the first study and 2 research articles are in progress.

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The prominent role of contingent self-esteem within self-objectification theory

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From a psychological perspective, the present study attempts to explain the causes of compulsive buying through analyzing the relationship between self-esteem, contingent self-esteem, and self-sexualizing behaviors within the self-objectification framework. Participants were 160 female college students aged 18-30 from a large southern university in the United States, who took part in a cross-sectional study using a systematic sampling framework. Research shows the main source of objectification is the internalization of the thin-ideal body which is depicted in mass media. Internalization of the ideal body image results in body surveillance as the initiation of self-objectification process. Accordingly, this research intends to investigate the relationship between body surveillance and self-esteem, as well as contingent self-esteem and compulsive buying. Results show that body shame and contingent self-esteem fully mediated the relationship between body surveillance and self-esteem. Additionally, self-sexualizing behaviors and self-esteem mediated the relationship between contingent self-esteem and compulsive buying. Overall, these results suggest that self-objectification (body surveillance as a consequence of internalization of the thin-ideal body) brings about contingent self-esteem and, in turn, explains changes in self-esteem and self-sexualizing behaviors. In this regard, the mediating role of self-esteem and self-sexualizing behaviors in the relationship between contingent self-esteem and compulsive buying is discussed.

Biography

Meisam Vahedi is a Graduate student from Religious Studies Department of Florida International University. He also has a Master's degree in Sociology from University of Tehran. He has conducted research in the fields of social psychology, feminist theory and family studies during his graduate studies at FIU and UT. He has presented the results of his research in the forms of posters and oral presentations in national and international conferences. The above proposal is based on his recent research on sexual-objectification, self-esteem and compulsive buying. This research applies quantitative method within the objectification framework.

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Health psychology: Expanding horizons, issues and challenges

Anand Kumar

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Health psychology is one of the most rapidly developing fields in contemporary psychology. In the field of physical health and psychological well-being, health psychology specializes in: exploring biological, psychological, cultural, societal, and environmental factors of life and how each of these affects physical health. Health and disease are the effects of a blending of biological, psychological and social factors. The bio-psycho-social model views health, wellness and illness as being a result of several different inter-related factors affecting a person's life from biological characteristics, to behavioral and social conditions. Psychological determinants in health have been in focus since the beginning of the 20th century in India and results explain that people who eat regular meals, maintain a healthy weight, do not smoke, drink little alcohol, receive adequate sleep and exercise regularly are in better health and live longer. India is developing country and passing through various transitions as organizational, educational, cultural, ethical and above all climatic and many more. Revolutionary changes in information technology in recent few decades is significantly affecting the health by synchronizing the social and spirituals life of each and every one and biggest change observable is that people are passing their time more on virtual world than real world. Achieving the high standard target and perfectionism is overall influencing total health of the individuals. In such scenario, the study and research in the area of health psychology becomes more significant and useful for mankind. Health psychology encompasses a wide range of issues to be discussed. Continuing success in health psychology depends on a strong commitment to trans-disciplinary collaboration and striving for theoretical and research developments that cultivate the multilevel, multisystem, and multivariate nature of health processes. It is high time when we must seriously come out with certain well tested strategies to assist people in maintaining healthy lifestyles.

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Soul stories - Transformational soul story

Anna Binah Feldman

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Since the beginning of time our world has been shaped by stories and the impact they leave on us. In fact, we live inside of stories and they are our most powerful tool for creating meaning in our lives. As humans, we naturally think of our lives in terms of stories. Writing, reading and listening to our own and other people's stories allow us to connect with ourselves and others in a way that has us feel less alone in our experiences. My presentation addresses the power of our soul story. This is the ability to deeply reflect on our personal experiences in order to distil the wisdom and the life lessons we have come here to learn. With our most resourceful, wise, compassionate self that is able to hold perspective, we discover the deeper truth to our stories that set us and others free. This process can shatter old patterns, transform our relationship to self and others and allow us to fully reclaim our power and life force energy. Writing our Soul Stories gives significance to our traumas and hard earned lessons as well as becoming part of our spiritual written legacy that we leave behind for our loved ones. Transforming our old stories to our soul stories is an awakening to the deeper truth of who we are. It allows us a sense of peace and acceptance of our lives. We can come to understand the complexities of our lives and how things intertwine. This gives our lives more meaning and significance which enhances our mindset. This is Positive Psychology and Empowerment and it's best! Our soul stories are what set us apart from every other human being and knowing our soul stories gives us a sense of mental clarity and energetic uplift. This transformational experience heals us physically, mentally, emotionally and spiritually. Although writing your Soul Story is not therapy, it certainly has been found to be therapeutic. My session will include an experience of connecting with your soul story and an opportunity for the brief writing of a transformational soul story.

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Is the ability to make meaning correlated to marital satisfaction?

Elizabeth Reyes-Fournier
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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)

Ellen S Katz
Inner Balance, USA

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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Mindfulness, attachment theory and human resilience for increasing mental wellbeing and longevity

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Individuals with varying mental health diagnosis from more common neurosis to complex psychosis report one commonality, a sense of extreme “loneliness”. Researchers in the UK have uncovered an alarming national trend in suicide rates with it being at its highest rate since 2011. Men, however remain three times more likely to take their own lives, according to “Samaritans Suicide statics report”: 2016. The link between social isolation and suicidal ideation is prevalent, the city of Leeds has one of the highest rates of male suicide with males being five times more likely to commit suicide than females. A recent suicide audit conducted by Professor Alan White, the Founder of the Centre for Men’s Health at Leeds Beckett University said, “There are a range of factors which can undermine men’s sense worth, such as facing employment difficulties; divorce and loss of contact with children; long term health conditions and these negative events result in low resilience that can culminate in suicide”. Repeatedly, researchers have demonstrated a link between low resilience and poor mental health, suicidal ideation and the act of suicide. Yet professionals and researchers are still exploring theories on what makes an individual “resilient”. Curiosity about what factors make one individual more resilient than another is leading to continued research into the concept of resilience. The psychological definition of resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats and significant sources of stress. There are questions which are still being investigated about resilience, as to it a personality trait which is naturally occurring or is it learned. If it is learned, does that mean resilience individuals can train themselves to become more psychology robust, overcome adversity, and have deeper mental stamina that enhances their chances of longevity. I will explore how mindfulness improves emotional intimacy between humans by building the individual’s capacity for “mentalization”. A theory of mind discussed in many areas of study and research psychology, psychotherapy and philosophy can be connected to the mindfulness concept of raising awareness, becoming aware of one’s own thoughts. It is also a core component in the development of empathy. Researchers have found that mental health conditions like depression, low mood and stress are in part caused by a failure in the capacity to mentalize. Mentalization originated as a concept in psychoanalytic literature in the 1960’s and such theories of mind are still topic of debate by researchers. The argument by researchers in attachment theories has been that securely attached individuals tend to have developed more robust ability for mentalization and therefore are more protected from psychosocial adversity.

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Transforming mental health care of children in child-headed households through application of positive psychology and psychotherapy

Jace Pillay

Rand Afrikaans University, South Africa

Child-headed households (CHH) are increasingly becoming a characteristic of society in South Africa and various parts of Africa. Given the rising number of CHH, it is inevitable that the socialization of children within the context of families emerges as an area of great concern. An understanding of children’s lives and their positions within African families in South Africa is a critical research need. The author attempts to fill the knowledge gap on the experiences of children from child-headed families by integrating several studies that were either conducted or supervised by him over the last decade. The intention is to present a holistic picture on the mental health of children from CHH within their homes, schools and communities as construed through the lens of bio-ecological systems theory and positive psychology. The findings reveal the struggles of the children with their living conditions, changing roles of family members, fears of the community and school experiences, all of which affect their mental health. A poignant feature of the studies is the resilient nature of some of the children from CHH. Taking the socio-cultural context of the children into consideration the author argues that positive psychology and psychotherapy could be instrumental in transforming the mental health care of children from CHH as manifested in their adaptations, adjustments and survival mechanisms. The findings and recommendations made in this paper have global value since there are CHH throughout the world.

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Mindfulness based resiliency training “Train before the Trauma”

Jon Carson

York Regional Police, Canada

Const. Jon Carson is bringing mindful meditation to the York Regional Police force. After spending four years in therapies after being diagnosed with PTSD in 2009, Carson was handed a magazine about mindfulness. On the cover? An officer, much like himself, speaking about meditation. The magazine marked a turning point in Carson's life, and he began practising mindfulness and meditation, first individually, before bringing it to the police organization. Today, Carson is a training and academic instructor, and he works with various officers in the force, teaching them how to incorporate mindfulness into their everyday lives and policing. “If you're able to ground yourself with breathing exercises, you come to respond more in difficult situations as opposed to reacting,” he says. He adds that instilling the values of meditation into the force is also about starting a dialogue in the policing community. “I think it has the ability to create a lasting impact to change policing, and change humanity for that matter.

Mindfulness Based Resiliency Training (MBRT): Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. York regional police are in the early stages of implementing, Utilizing Mindfulness Techniques. The essence of their program is creating cross-cultural conversations, where people of all backgrounds can explore and build a repertoire of skills for enhancing their social and emotional awareness, their decision-making process and their overall health and well-being.

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Enhancing flexibility and values coherence in groups with the ACT matrix - Acceptance and commitment therapy matrix as a tool to promote flexibility and personal values coherence in groups

Michel Andre Reyes Ortega

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The acceptance and commitment therapy matrix groups for people diagnosed with BPD are a treatment tested in a public mental health institution in Mexico City. These groups were designed to enhance psychological flexibility through discomfort acceptance and personal values awareness and they are organized through the use of a simple tool called the ACT Matrix. This workshop trains the use of the ACT Matrix, a visual diagram that teaches two basic discriminations represented by two axes: The difference between the sensory and inner experience, and the difference between moving toward who and what is important in your life as and opposition to moving away from undesired experiences like anger or guilt. The cross for this axes form four quadrants, “who and what is important”, “how can I move closer to that”, “inner obstacles” and “way to move away from those”. Attendees will learn to use the ACT Matrix as a visual metaphor that organizes analysis of personal and group experiences, guides decision making and problem solving, and enhancing people capacity to choose to do what is important for them in the face in difficult situations and feelings. Finally, attendees will learn the use of the ACT Matrix as a tool to promote group cohesion, self-validation, empathy and collaborative problem solving. The workshop focus in experiential and deliberate practice as methods to learn the use of the ACT Matrix in working with groups of people with severe difficulties for recognizing experiences and define goals in difficult life situations.

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Hope being operationalized: Psychology student's personal understanding of hope

Lindi Nel

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Statement of Problem: Within the teachings of positive psychology constructs, academics are often faced with the dilemma of theory versus practice. Surely students should grasp the theoretical foundation of constructs, but surely they also need to identify and relate to concepts in order to be fully engaged within the experiential learning curve. Researchers have reported many benefits of teaching positive psychology with emphasis on practical value – allowing for interventions to flow from the understanding.

Methodology: A qualitative research design was utilized. As a part of an introductory module on positive psychology, 29 first year students at the University of the Free State, South Africa, voluntarily agreed to discuss their understanding of hope on both a theoretical and a practical level. Semi-structured interviews and two focus groups were conducted. Students were also asked to present a personal artifact that represents hope for them. Data were analyzed through narrative and discourse analysis, which yielded the six themes across the cases.

Findings: The participants of the study reported the research project to have had personal value of significance. Furthermore themes indicated hope as mediator and moderator for current stressors, hope as facilitator for future mindedness, hope as theoretical construct to be shared with others, hope as meaning making tool for past failures, hope as an undefinable movable concept and hope as personal deliberator.

Conclusion & Significance: Given the relevance of the teaching methods of positive psychology theories and constructs and the need for students to develop hope, this study's results aids in the better understanding of 1) teaching practices that are effective and also valuable on a personal level and 2) the way students conceptualize hope for themselves

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Integration of the Buddhist concept of mindfulness (BCM) into counseling: Experiences of counselors

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Mindfulness has become an exponentially increasing concept worldwide as a means of self-actualization and psychotherapy with special attention on mindfulness-based interventions. Although the integration of the concept of mindfulness has been successful to a certain degree, it does not reflect the complexity of mindfulness as in Buddhism. Therefore, this study aimed at exploring the essence of lived experiences of counselors who integrate the Buddhist Concept of Mindfulness (BCM) into counseling within the Sri Lankan context. The study followed phenomenological approach in qualitative research framework. The sample included fifteen (15) Buddhist counselors, who integrate BCM into counseling. Purposive and snowball methods were used as means of sampling. Data was collected through open-ended face-to-face interviews followed by verbatim transcription of data and thematic analysis. Three main themes have been extracted. 'The complexity of phenomenon', was described in terms of the theories which the BCM is based on and the ultimate goal of the intervention. The 'art of intervention' described the way the counselors integrated BCM in their counseling activities and socio-cultural aspects in integration. The 'effectiveness in application' explored the lived experiences of counselors when they employ BCM methods and its impact on clients. Findings suggested the cognitive change for Right Vision was a prerequisite for Right Mindfulness through realizing the Three Characteristics of Existence: trilaksana. Path to the ultimate cessation from all sufferings: *nibbāna* is generated through being mindful in the process of detaching from worldly things. Therefore, it can be stated that BCM provides the individual the holistic approach in which all problems in life will be solved and therefore, its process is rather extensive. Thus, integration of BCM into counseling showed to be more effective with lifelong results. Potential implications and directions for further studies on mindfulness were addressed.

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Sport & exercise psychology: Applied sport exercise psychology & psychosocial factors in physical activity

Mia Kuusisto

FaceVizio tmi, Finland

Zumba: Each Zumba® class is designed to bring people together to sweat it on. Dance to great music, with great people, and burn a ton of calories without even realizing it. 15 million people are taking Zumba®-classes around the world, in 180 countries and 2,00,000 locations. Zumba® Fitness classes are often called exercise in disguise, calorie-burning dance fitness party with latin and world rhythms and mixing low-intensity with high-intensity moves for an interval style.

Nia Technique: Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life-body, mind and soul. Nia is based on the intelligent design of the body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced. Nia is non-impact, practiced barefoot, and adaptable to individual needs and abilities.

Mindful Body: Mindful Body classes combine the best techniques in training the body and mind as a whole-it combines Pilates, yoga, fascia-training, deep stretching, active stretching and different relaxation methods-creating a class that truly cares for the body while working with the mind. What makes this concept truly innovative is the fact that everything happens from the inside out. The class teaches you to listen to your body, to perform everything according to what your body tells you to do and to do only what feels good. It also teaches you to learn more about your body and how exactly we should listen to it every single day.

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Happiness at School™: Bringing joy to the classroom one laugh at a time

Susan Stephenson^{1,2,3}¹Sue Stephenson Productions Inc., Canada²University of Guelph, Canada³University of Toronto, Canada

The Happiness at School™ Project uses stand-up comedy in the classroom to promote literacy, well-being and mental health. It was first developed by Sue Stephenson in 2013 with co-developers Lead Comedian Coaches Marc Hallworth and Kyle Woolven with support of staff and students at North Kipling Middle School in the Toronto District School Board in Ontario, Canada. The project is expanding each year and this year so far has reached over 500 students. Overall, the project has the following goals for grades 7 to 10: 1. Develop high-level oral and writing for performing literacy skills; 2. Develop character strengths, including creativity, gratitude, humour and collaboration; 3. Build resiliency and relationships to cope with adversity; 4. Learn to promote positive mental health and well-being; 5. Improve school morale for both students and staff by promoting caring and healthy classroom environments, and by increasing students' self-confidence; 6. Reduce bullying by focusing on healthy and non-hurtful humour. It is based on the PERMA model of positive psychology, and teachers and students love it, because it focuses on character strengths of self-regulation, humour and gratitude and brings students out of their shells. Humour and play is a character strength that is under-valued, but critical to learning, at any age.

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Is there any association between spirituality, depression and socio-economic status among caregivers of patients with Alzheimer's disease?

Roya Samadi¹, Naghmeh Mokhber¹, Farhad Faridhosseini¹, Mehri B Haghighi¹ and Shervin Assari²¹Mashhad University of Medical Sciences, Iran²University of Michigan, USA

Statement of the Problem: Patients with Alzheimer's disease may require persistent care. This may have a large impact on the caregivers' quality of life and predisposes them to psychological distress. Spirituality, however, may act as a buffer and enhance their adaptability with stressful conditions. This study aimed to evaluate the associations between socio-economic status, spirituality and symptoms of depression in a sample of caregivers of patients with Alzheimer's disease.

Methodology & Theoretical Orientation: In this cross-sectional study, 209 outpatients with moderate Alzheimer's disease (using DSM-IV criteria and MMSE test) and their caregivers were selected. Patients' and caregivers' demographic and socio-economic data were recorded. The Spiritual Intelligence Questionnaire and Hospital Anxiety-Depression Scale were completed by caregivers.

Findings: The prevalence of high depressive symptoms was 45%. Economic status of caregivers had relationship with spirituality, as the poor group had more spirituality than the non-poor. There was no association between gender and spirituality dimensions. High spirituality was correlated with low depressive symptoms.

Conclusion & Significance: Symptoms of depression are highly prevalent in Alzheimer caregivers and are associated with spirituality. Spirituality itself may be a function of socio-economic status. Spirituality based interventions, particularly among those with higher socio-economic status maybe a useful strategy to promote mental health and quality of life of caregivers. More descriptive and interventional studies are required before adding the spiritual counseling to routine helping programs for caregivers.

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Parameters of physical appearance as an indicator of learned optimism

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The present study is aimed at the parameters of physical appearance and their relation to Learned Optimism. In physical appearance, the factors considered for research are facial expression, body language and clothing. Learned optimism can be described as a conscious effort to enhance positive self- talk to reinforce self -confidence and assure positivity. The purpose of the study is to investigate a sample of 30 young adults between the ages of 18-35 years currently either employed or studying in United Arab Emirates-Dubai for understanding their perspectives on parameters of physical appearance and further their opinions on these being indicators of learned optimism. The methodology for collecting data is focus group interview, which was further qualitatively analyzed by thematic analysis. The researchers had two hypotheses i.e. (a) Parameters of Physical appearance are indicators of Learned Optimism (b) Optimism can be imbibed, practiced and learned. The results clearly indicated that parameters of physical appearance are important resource for demonstrating optimism & that they share a significant relationship with learned optimism in current times. The research also implies a definite need for training individuals in optimism through making radical changes in their physical appearance.

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