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Practicing positive CBT from reducing distress to building success

Recent decades have witnessed a surge in the development of competency-based, collaborative approaches to working with clients. Practicing positive CBT reveals how traditional CBT can become positive CBT by shifting the focus of therapy from what is wrong with clients to what is right with them, and from what is not working to what is, thus creating a more optimistic process that empowers clients and therapists to flourish. Drawing on insights and techniques from positive psychology and solution-focused brief therapy, Fredrike Bannink reveals how positive CBT combines the best elements of change-based and meaning-based psychotherapeutic approaches to offer a new perspective on traditional CBT. This transition represents an important shift from problem analysis to goal analysis, from a focus on deficits and the learning of new behaviours to one that builds on resources and competences clients already possess and from reducing distress to building success. After the workshop the attendants will have: 1. Knowledge of Positive CBT and how it is different from traditional CBT, 2. Skills to enhance positive emotions and hopeful and optimistic conversations, 3. Practical Positive CBT tools (e.g. positive FBA). The author also discusses the following points: 1. What is Positive CBT? 2. How is Positive CBT different from traditional CBT and how can it be combined? 3. What is the role of the Positive CBT therapist? 4. How to find competences, resources and what works to build successes within a CBT framework

Biography

Fredrike P Bannink is a Clinical Psychologist, and a Master of Dispute Resolution and an International Full Certified ADR Mediator and Conflict Coach based in Amsterdam. She has a training, coaching and mediation practice in Amsterdam, the Netherlands. She has been a Mediator for the Court of Amsterdam for many years and is a Founding Member of Mediators beyond Borders. She is an internationally recognized Keynote Speaker and Trainer, and the author of 25+ books on solution-focused interviewing in psychotherapy, coaching, conflict management/mediation, leadership supervision and on positive psychology. She is a Clinical Psychologist; CBT, SFBT and PP Trainer and Supervisor. She is the Chair of EABCT Special Interest Group Positive CBT, Trainer at the Mental Health Team Doctors without Borders. She is the owner of a therapy, training, coaching and mediation practice in Amsterdam. She is an International Keynote Speaker, Presenter, Trainer and Author of 30+ books.

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