

Positive Psychology and Cognitive Behavioral Therapy

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Heart-centered meditation and gratitude: The feasibility and acceptability of a novel positive psychology intervention among adolescents

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The positive psychology (PS) approach is a more preventative approach to well-being, rather than the traditional deficits approach of curing mental illness. Among adults, meta-analyses (40 randomized control PS interventions) demonstrated effectiveness for health promotion in general populations, as well as among subgroups with specific diagnoses. The research among youth has evolved to the point that PS interventions' affect on different factors under the general umbrellas of psychological functioning and school functioning bring promise for the prospects of expanding into field youth development. Positive Psychology interventions target increasing strengths, such as optimistic outlook and positive emotions, such as the emotion of gratitude, among youth and adults. Most gratitude interventions among youth include journaling and making a gratitude visits. Contemplative practices such as Hatha Yoga and meditation also proved effective in increasing well-being among youth. A review of the literature revealed a paucity of well-being studies bringing the two paradigms together. Different techniques can be practiced within the specific disciplines of contemplative sciences. Duthely's (2015) novel approach included meditation techniques infused with visualizations on gratitude described in Chinmoy (2010) as the basis for an this quasi-experimental study conducted among school-aged adolescents. During this oral presentation, Dr. Duthely will discuss the theoretical framework for the intervention and present the data regarding feasibility, acceptability, as well as preliminary outcomes of the analyses.

Biography

Lunthita M Duthely completed her MS at te University of Miami and her EdD with School of Advanced Studies, Educational Leadership, University of Phoenix. She oversees data management to support research related to women and infants, and authored 31 papers and abstracts in peer-reviewed journals in the area of maternal/child health. She is experienced in two contemplative practices: 200-level-hour Hatha Yoga instruction, and 21 years facilitating *Sri Chinmoy The Path of the Heart* meditation workshops to adults and students. She travelled to 33 countries, facilitating well-being and sports programs. She is a member of several professional organizations, including International Positive Psychology Association (IPPA).

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