

Positive Psychology and Cognitive Behavioral Therapy

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CBT in treating athletes: A global perspective

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For over half a century, CBT has been proven to be an effective treatment for a large number of psychopathologies in a varied group of patient populations. The authors of this presentation have used CBT to treat athletes suffering from mood, anxiety, psychotic, and eating disorders for over 30 years. This structured, evidenced-based therapy has unique advantages over other forms of psychotherapy when treating elite athletes. In this presentation, the authors will share their experience of over 30 years in tailoring CBT to the needs of this unique patient population. Case examples will be employed, and interaction with the audience will be strongly encouraged. The role of CBT in treating concussed athletes will be highlighted, given the timely nature of this topic, and the growing number of athletes at all levels of participation experiencing mood symptoms post sports-concussion. Finally, work conducted by the World Psychiatric Association, Section on Sports will be presented to offer a global perspective. This session is intended for clinicians currently working with athletes, and those intending to expand their practices. A bibliography of relevant papers and chapters written in this field, including those written by the presenters, will be provided to all attendees.

Biography

David Baron is currently a Professor of Psychiatry at the Keck School of Medicine at University of Southern California, Director for Global Center for Exercise, Psychiatry and Sports at USC and Adjunct Professor at the USC School of Cinema-Television. He is currently working on cutting edge research on Traumatic Brain Injuries funded by the NFL. He received his MEd from USC, and is trained in bioethics at Georgetown University and NIH. Additionally, he was the NIMH bioethics representative at NIH.

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