

Positive Psychology and Cognitive Behavioral Therapy

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Treating substance abusing male offenders of intimate partner violence with an integrated cognitive behavioral therapy approach: Moving beyond a one size fits all approach

Caroline J Easton

Rochester Institute of Technology, USA

This talk will highlight the importance of utilizing comprehensive assessments and treatments that are grounded in evidenced based science and practice. Moreover, typologies of offenders and risk factors for violence will be discussed. Discussion will occur regarding the use of CBT as a vehicle for change among clients with co-occurring addiction and IPV. A rationale will be provided to support this vehicle for change with based on the literature and NIH supported clinical trials. There is evidence across a number of randomized controlled trials regarding a cognitive behavioral therapy (CBT) approach for addiction and more recently, co-occurring addiction and IPV. Based on aspects of social learning theory, classical conditioning paradigms and operant conditioning theories for substance use disorders, CBT focuses on the implementation of effective coping skills for recognizing, avoiding, and coping with situations as an attempt to decrease the risk of alcohol and/or drug use. Likewise, coping skills can be implemented for decreasing aggressive behaviors. CBT is one of comparatively few empirically supported therapies that have been demonstrated to be effective across a range of substance use disorders and has been utilized to treat other behavioral health disorders such as depression, anxiety disorders, marital conflict and IPV. CBT is well-accepted by the clinical community and can be implemented effectively by 'real world' clinicians. In sum, this talk will highlight the importance of moving beyond a one size fits all.

cjeihst@rit.edu

Positive psychology narratives - A global perspective

Charlie Bailey

Columbia University, USA

In this diverse panel, we will be discussing research findings from the numerous studies conducted at the Global Mental Health Lab at Teachers College, Columbia University that highlight generating positive attitudes towards mental health, redefining and reframing pathology, and the resilience and the ability of people to thrive in adverse situations. Resilience narratives in undocumented youth: This section will present findings from a mixed methods study investigating the mental health needs of unaccompanied immigrant children. This highly vulnerable and understudied population is at risk for exposure to traumatic experiences in their countries of origin, during their journeys to America, and following their arrival and apprehension by U.S. immigration. However, many unaccompanied children show a remarkable ability to withstand these stressors and continue healthy development. In keeping with the characterization of resilience as a dynamic, multi-determined process that evolves over time, the study identifies a combination of interlinked individual, family, social, and structural factors that support well-being among these youth.

charliebaily@gmail.com

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