

Positive Psychology and Cognitive Behavioral Therapy

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Positive psychology narratives - A global perspective

Jennifer Chien-Wen Kao
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. Strong Minds: Interpersonal psychotherapy (IPT), an evidence-based therapy for depression has been adapted, tested and is now being disseminated in its group formed by a non-governmental organization (Strong Minds) for use with depressed women in Ugandan rural communities. Following intervention termination, many of the women in the groups decided on their own to continue meeting. They also ran peer-led groups to assist other community members. We have been following a cohort of women who were in treatment and will present 6-month follow-up data on their activities.

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Marina Marcus
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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. The empowered voices of project Ancur: In collaboration with MINDS Foundation, this formative pilot study aimed to develop the baseline for building future stepped-care, effective and culturally relevant pathways for integrating mental health as a vital and accessible component to healthcare for sex workers in rural Gujarat State, India. This cross-sectional pilot study investigated the mental health needs, the current health care delivery routes and the barriers to mental health care for females engaged in home-based sex work in rural communities of Gujarat. These women had never been asked about their stories or their needs. Through this study, they were given a platform to speak of their experience.

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