

# Positive Psychology and Cognitive Behavioral Therapy

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## What psychotherapists can learn from good traditional healers?

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Traditional practices in health care are as old as mankind itself. The faith healers were in fact the first doctors treating patients with herbal medicines (ancestor of pharmacology) and prayers, religious ceremonies (ancestor of psychotherapy). Psychotherapy was not “discovered” in the 19th Century and in the beginning of the 20th; the word was already used by Arrazi in the Middle East more than 1,000 years ago. Despite differences between the cultural backgrounds of the ancient and modern approaches to psychotherapy, psychotherapists may learn from traditional healers. Among the most important features of traditional practices is the shared cultural belief, which is part of the cultural identity. Very often, psychotherapists in low and middle income countries (LAMIC, 80% of the world population) are not consonant with the cultural background of their societies, because modern psychotherapies have been developed in “Western” countries. The work before us is to explain to the public the principles and efficacy of psychotherapy, making it part of the cultural mainstream. Even if this is done in an intensive way, it will still take two or three decades to achieve this goal. Another feature is the involvement of the family and the community, while modern psychotherapy, often, addresses the individual only. The question is how important to adapt psychotherapeutic techniques to less individualistic societies. Another feature of traditional practices is the strong paternalistic relationship, which is considered to be a bad aspect in modern psychotherapy. Notions such as transference/counter transference or therapeutic alliance need to be reassessed in the light of real life in LAMIC. Georges Devereux in the 60s and 70s of last century tried to bridge the gap, but this path has been forgotten since. Clinical examples will be given for each of the issues discussed.

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## Training the next generation counseling psychologists-organizing first practicum class

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Since Taiwan passed the Psychologist Act in 2001, counseling and clinical psychology licensure systems were established. Training programs have grown fast and young people are eager to involve into the profession. People who received a master degree from a government-accredited counseling and/or clinical psychology program for at least 2 years plus one year full-time internship can be qualified to seat in the national licensure examination. After passing the examination, they can be recognized as licensed psychologists. While the licensure examination serves as a gate keeper of the profession, the practicum classes and internship training are the keys to control and to shape the quality the professional practices. Thus, by having more innovative training strategies being shared, we can improve the professional field and move forward. The presentation aims to provide the participants a dynamic model of counseling and psychotherapy practicum class. The presenter first provides an analysis of novice trainees’ learning struggles and corresponding tasks from the developmental perspective. Then, the presenter demonstrates a series of topics (e.g., counselors’ self-care, termination, ethical concerns, etc.) and in-class activities (e.g., role plays, psychodrama, case presentations, etc.) that help trainees to improve their awareness, knowledge, and skills. In addition, the presenter describes various mentoring strategies (e.g., weekly reflection papers, 3-way meetings) and explain their educational mechanisms in training counseling psychologists. Lastly, the presenter shares her lessons learned from her past teaching experiences. The presenter hopes to use her own training practices to encourage more trainers to share their unique and effective training modules.

### Notes:

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