

## Positive CBT application with families of children with Autism

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Positive Cognitive Behavioral Therapy (Positive CBT) integrates the research and practice of the positive psychology movement and of solution-focused brief therapy (SFBT) within the cognitive behavioral therapy (Bannink, 2012). Furthermore, there are several differences between Positive CBT and **traditional CBT**. Such as, the positive CBT focuses on increasing the desired behavior instead of decreasing the problem behavior. Also, positive CBT focuses more in **formulating** goals more than exploring the problem. On the other hand, We suggested using Positive CBT with families of children with Autism to support them to feel better and more empowered especially in dealing with problematic behaviors, and to focus on better moments. Moreover, we gave the families homework suggestions to focus on what is going better and to write it down on the diary of better moments. Finally, the overall goal of applying **positive CBT** strategies with families of children with Autism is to see beautiful and good little things in life.

### Biography

Reem Abdulrazzak has completed her Master degree from Dar-Alhekma University in Jeddah in Behavioral Science in Applied Behavior Analysis, and currently she is a PhD researcher in King Saud University in Riyadh in the field of Psychology. She had more than 17 years experience as a psychologist in the Saudi Ministry of Education for students with disabilities. Also, she has certificate in building leadership of change from University of Toronto. She is founder of psychologist assistant application that published on the app store and Android. Also, she is an author of 50 ideas series books:-

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