

6th International Conference on

Depression, Anxiety and Stress Management

April 25-26, 2019 | London, UK

**Pat Gwyer***British Psychological Society, UK*

Smarter life growth an integrated Cognitive Behavioural Therapy (i-CBT) approach to wellbeing and happiness

The smarter life growth approach to wellbeing and happiness is a third wave integrative cognitive behavioral therapy (i-CBT) approach. Following several years of development, research and evaluation and the approach offers a transdiagnostic solution focused understanding that can be applied across many coaching, positive and clinical situations to a range of problems. Because people are unique and no one approach has all the answers and the smarter life growth approach integrates a number of different theoretical paradigms. This is done so as a clinician can collaboratively create the best fit between the person and their difficulty from a range of options. It is suggested that such integrative approaches are more flexible and personalised because they adapt to fit the person instead of trying to fit the person to the model. This approach was adopted and differs from manualised approaches because people and their problems do not fit manuals and are unique in their experiences. Additionally, integrated therapies differ from eclectic approaches as they integrate the separate parts into a coherent whole and emphasise the reciprocal links between the different parts. These distinct but connected parts can include the skills and techniques of the approach as well as the individual's internal and external realities their biological, social, psychological and spiritual selves as well as their past, anticipated future and their potential, ideal and actual selves and their unique strengths and talents.

Biography

Pat Gwyer is a world leading expert in wellbeing, happiness and success. His integrative approach combines Applied Psychology and the work of John Maxwell, the world leading authority on leadership and personal growth. On completing his PhD he worked as a researcher for a UK law enforcement agency and taught at several universities. In 2006, he completed his second doctorate in Clinical Psychology and then MSc in Applied Positive Psychology and Coaching Psychology. He specialises in consultancy for individuals and organisations and is the Clinical Advisor for the mountain way a specialist veteran charity promoting post traumatic growth.

drpatgwyer@gmail.com