Introduction to Positive Psychology and the Quality of Life Inventory or QOLI

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The Simplest Positive Psychology Intervention:
Administer the QOLI
An Evidence-Based Test/Intervention

Take home message:
Along with the Quality of Life Therapy book (Frisch 2006) with 100's of interventions, the QOLI is the only tool you need to expand your practice and income to the fields of:

• Positive Psychology
  • Well-Being
  • Positive Health
Positive Psychology

• What is positive psychology...
• Science of
  • Positive health...
  • Happiness, meaning, and fulfillment in parts of life we care about...
• Positive goals
• What makes life worthwhile
Positive Psychology or Well-Being Assessment and Intervention

- The QOLI:
- A positive psychology tool for intervention and assessment
- A positive psychology measure of:
  - life satisfaction and positive health
  - positive mental health
  - well-being
- Part of Quality of Life Therapy and Coaching
  - can be added to existing therapies
  - Both are EBTs

Sweet 16 Recipe for Joy

BASIC NEEDS or "WEALTHS"
- Goals-and-Values
- --Spiritual Life
- Self-Esteem
- Health
- Money

RELATIONSHIPS
- Love
- Friends
- Co-Workers
- Relatives
- Children

ACTIVITIES: OCCUPATIONS-AVOCATIONS
- Play
- Work
  - Traditional Job
  - Homemaker
  - Retirement Pursuits
  - Volunteer, etc.
- Helping
- Learning
- Creativity
SURROUNDINGS

- Home
- Neighborhood
- Community

Why the QOLI was Developed.
How it is Unique...

Ill-being vs. Well-being:
We’re missing half the picture!
The Trinity of Happiness Benefits:

1. H--Better HEALTH and greater longevity
2. R--More rewarding RELATIONSHIPS

– Use to sell Positive Psychology Interventions-Assessments to your clients and groups.
– Benefits are At Risk with low QOLI scores

What’s Wrong with Health Care Today?

• “Therapists and psychologists have exhibited a depressive thinking style in their theories, research and treatment of psychological disorders.

• “We have tended to focus exclusively on the negative as in symptoms or what’s wrong with people…”

Aaron T. Beck and David A. Clark

• “Our preoccupation has been the relief of suffering, the alleviation of negative emotions…it is clearly not the whole story.”
Aaron T. Beck and David A. Clark

* "Treating negative mood will not automatically lead to happiness in our patients.

* "A new and expanded therapeutic perspective is needed that directly addresses issues of happiness, meaning, and contentment.

Aaron T. Beck and David A. Clark

* "At last psychologists like Ed Diener, Martin Seligman and Michael Frisch have begun to redress this imbalance."

ClinicalTrials.gov
A service of the U.S. National Institutes of Health

Quality of Life Therapy and Coaching (QOLTC) EBT or EVT:
Unique: Two NIH Trials by James R. Rodrigue of Harvard and Beth Israel
"Superior" to comparison treatments
Sensitive to intervention-related change
Also see third randomized controlled trial (Abedi et al. 2010)
RCT Results

- 2005—await lung transplant: qoltc>usual, support tx at
  - one month in qol and social intimacy with caregiver
  - three months in qol and mood disturbance
- 2006—caregivers of patients in qoltc in Rodrigue 2005 have similar effects without being in treatment. Social contagion effect.
- 2011—replication with kidney transplant patients
- 2010 Lab#2: Abedi and Vostanis: replication at different lab in different country
  - parents of children with OCD: contagion effect like Rodrigue 2006 where parents improved qol relative to controls is mirrored in children who did not get the qoltc training.

Independent evaluations: Books etc.

QOLI and QOLTC: Evidence-Based?

- Marty Seligman’s *Flourish*, pp. 292
- Ed Diener-foreword and 2012
- Robert Biswas-Diener— *Practicing PP Coaching*
- Ben Dean— *PP Coaching*
- Jeana L. Magyar-Moe’s *Therapist’s Guide to PP Interventions*
- Todd Kashdan (2011)—theory and research
“Number One Guide for Practitioners”

“Quality of Life Therapy (which uses the QOLI) is an approach to positive psychology that is state-of-the-art, evidence-based, empirically validated, and the number one guide for clinical psychologists and other practitioners who wish to learn Positive Psychology techniques for their clients.”

--Ed Diener (April 2010)
University of Illinois' Distinguished Professor of Psychology

• The Only Comprehensive, Step-by-step Approach Tested in Two NIH-funded Trials.

Why should I use the QOLI and how will it help my practice and my patients?

Use the QOLI To:

* Assess positive health
* Expand armamentarium of techniques
* Greater clinical effectiveness and relapse prevention
* Greater happiness and happiness benefits in clients
* Increase income, size and type of your practice:
  * Mental health
  * Behavioral medicine
  * Professional coaching, executive coaching, I/O
* Revitalize your practice and yourself!
QOLI features and advantages-benefits

- Level A qualification requirements
- 5’ assess w/o narrative portion
- 10’ with Narrative portion of problems that interfere with satisfaction
- Evidence-based assessment/intervention tool
- Sensitive to change
- Offers ways to expand/improve existing practices, services and income

How to Use the QOLI

I. Beef Up Your Assessments with the QOLI

Two goals in Healthcare today:
1. Cure/manage disease, disability, disorder
2. Preserve or enhance clients’ quality of life, well-being, and happiness.
   - You are missing half the picture!
   - Assess positive, not just negative mental health...
II. Do Quality of Life Therapy and Coaching with the QOLI

- Add Well-Being Interventions to your practice
  - Clinical
  - Non-clinical or “Professional Coaching”

Tom Pre-Intervention (At Risk)

Essence of Quality Of Life Therapy and Coaching
How to Intervene #1:
Five Paths to Happiness
or CASIO Approach to Problem-Solving For ANY AND ALL AREAS OF LIFE
Instructions: Brainstorm ways to boost happiness, solve problems, or reach goals using each CASIO strategy.

<table>
<thead>
<tr>
<th>Changing Circumstances</th>
<th>Changing Attitudes</th>
<th>Changing Goals and Standards</th>
<th>Changing Priorities or What’s Important</th>
<th>Boost Satisfaction in Other Areas not Considered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Strategy</td>
<td>Basic Strategy</td>
<td>Basic Strategy</td>
<td>Basic Strategy</td>
<td>Basic Strategy</td>
</tr>
<tr>
<td>Problem Solve to improve situation.</td>
<td>Find out what is really happening and what it means for you and your future.</td>
<td>Set realistic goals and experiment with relaxing and liberating standards. What new goals and standards can you agree upon?</td>
<td>Re-evaluate priorities in life and emphasize what is most important and controllable.</td>
<td>Increase satisfaction in any areas you care about for an overall boost to happiness.</td>
</tr>
</tbody>
</table>

A Test that Assesses and Treats

- Pearson’s QOLI “Profile Report” says how to treat
- Also page 15 in QOLI Handbook for Laypersons, Clients, Coaches
- Also: QOLI Test Manual and Treatment Guide
- Intervention Option: Just give the QOLI, ask about Goals in the Sweet 16 and Ways to Overcome Obstacles

How to Intervene #2:
Match Therapy or Coaching Goals with Areas of Life (Interventions)

- Part III of QOLT book
- Example:
  - Apply Work Chapter Techniques to Work Goals
  - SITIR’s Sweet 16 Interventions
  - A Woman’s Place is in the Board Room
Relationship Interventions

- Relationships Chapter
- Pick and Practice Relationship Skills
- Friends: Expert, Role-Model, Affirm-the-Spark

How *Quality of Life Therapy and Coaching* Works:

1. Makes therapy or coaching goals happen
2. Builds *Happiness, Meaning, and Success* in all valued areas of life (and overall)
To make progress, we have to measure it.
Post-Intervention and Empowerment Follow Ups

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Administer QOLI By The Book

- Page by page instructions
- QOLI Handbook
- or Delegate to Clients!?!?

Note: QOLI will document change from any intervention or therapy (Furey, 2007)
Cliff Dancing – Pre-Intervention

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Cliff Dancing – Post-Intervention

Areas with Well-being Applications

or

When will I use this test and with what demographic?
clinical psychology and mental health applications
Couples Therapy--QOLI Exchange Technique
MDD
GAD
Social phobia
Panic
Group therapy
Caregivers
Chemical dependency

medical/behavioral medicine applications
Occupational therapy
Physical therapy
Bariatric surgery
Cardiac rehab
COPD
Kidney Disease
Cancer
TBI
Caregivers

organizational, coaching, wellness, applications

• On the faculty in Ben Dean's MentorCoach program
• Marty Seligman's partner…
• Coaching, I/O Program
• “The Complete Guide to Positive Psychology Practice”
organizational, coaching, wellness, applications

- Aka Executive-, Professional-, Organizational Coaching
- Work with high achievers to be happier and more productive


1. Book: R. Biswas-Diener & Ben Dean evaluate Quality of Life Therapy and Coaching as:
   - "exciting"
   - "evidence based"
   - "empirically validated"
2. APA's Division 13 - Society of Consulting Psychology
3. www.ippa.org

What you need to get started

- "QOLI STARTER KIT"
- QOLI Handbook
- Quality of Life Therapy (Frisch 2006)
Webinar Discount and Ordering

• To Order
  – 800-627-7271 (7 AM – 6 PM Central Time)
  – www.psychcorp.com

• Webinar Discount
  – 10% off order of QOLI Materials
  – Use Effort Code: iGN

Scoring the QOLI

• Q Local™ Scoring and Reporting Software
  – On-screen scoring and report viewing
  – Progress Reports to track patient’s results over time (free of charge)

• Mail-in Scoring Services
• Hand-Scoring Materials

Webinar Evaluation

TO GET THESE GOODIES:

  – Free Client Handouts and Exercises
  – Interview videos with the leaders in the field that you may observe online and even download yourself!

1. Fill out the Webinar Evaluation that has been emailed to you.
2. Just hit “reply” to the email, type in your answers, and “send”.

Thanks in advance for helping me improve my teaching!
Talents and Traits

Big and little things that I am good at and that people like about me.

Accomplishments

Big and little things I got done today or accomplished in the past.

Blessings

Count your blessings—the big and little things I’m grateful for.
- 8-in-1 powerhouse
- start up menu
- daily and cumulative

Client Handouts and Exercises

1. Strength It Exercise (.doc)
2. Flow It (.doc)
3. PAT Exercises (.doc)
4. Mindful Breathing and Meditation (.doc)
5. Play List (.doc)
6. Happiness House
7. Occupational Survey (.doc)
8. My Best Job, Retirement Activity, or Place to Volunteer (.doc)

“You owe it to all of us to get on with what you are good at!”

--W.H. Auden