How to Add Positive Psychology to Your Practice

September 19, 2013 Webinar: Pearson Assessments

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Founding Fellow in the Academy of Cognitive Psychotherapy
Aaron T. Beck, Honorary President

How to Add Positive Psychology to Your Practice

• Give a Well-Being Test
• Develop Positive Goals
• Apply EBT Interventions

Plan for Today

• Go through these steps in an actual case
• Take your cases and questions
• Quick intro to field of pp/well-being
Definitions

- Scientific study and promotion of:
  - Happiness, meaning
  - Positive goals and strengths
  - Satisfaction with Life a la QOLI
  - “Subjective Well-being”...
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.”
What's Wrong with Health Care Today?

* "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.”

1. Beef Up Your Assessments

Two goals in Healthcare today:

1. Cure/manage disease, disability, disorder
2. Preserve or enhance clients' quality of life, well-being, and happiness.

* Assess positive, not just negative mental health…
2. Boost Your Clinical Effectiveness

Therapy + Positive Psychology =

or

Medication + Positive Psychology =

1. Greater Effectiveness
2. Relapse Prevention

• Positive Psychology “Therapy”


• Aka Executive-, Professional-, Organizational Coaching
• Personal- and Life-Coaching
• Boost the Bottom Line
• Work with high achievers to be happier and more productive

Your Future in Positive Psychology Coaching

1. R. Biswas-Diener & Ben Dean (2007) Frisch’s QOLTC:
   - “exciting”
   - “evidence based”
   - “empirically validated”
2. APA’s Division 13 - Society of Consulting Psychology
3. International Coach Federation
4. ippanetwork.org
Evidence-Based Positive Psychology.

Assessment: QOLI or Quality of Life Inventory
Intervention: Quality of Life Therapy or Quality of Life Therapy and Coaching/QOLTC

Independent Evaluations
- Marty Seligman’s *Flourish*, pp. 292 & MAPP
- Rashid & Seligman 2014
- Textbooks: Carr; Compton & Hoffman
- Ed Diener 2013
- Alan Kazdin
- Robert Biswas-Diener
- See Frisch (in press) for details
Quality of Life Therapy and Coaching (QOLTC) …
Unique: Two NIH Trials by James R. Rodrigue of Harvard and Beth Israel
“Superior” to comparison treatments/interventions
QOLI is sensitive to intervention-related change

Rodrigue and others 2005
Rodrigue and others 2006
Rodrigue and others 2011
Abedi and Vostanis 2010

RCT Results

Rodrigue et al.
• 2005—await lung transplant: QOLTC >usual, Supportive Tx at:
  – one and three months in qol
  – Move from low to average range on QOLI
  – three months in mood disturbance
  – one month in social intimacy with caregiver/spouse
• 2006 article—Social contagion to caregivers:
  – caregivers get similar effects as patients in Rodrigue et al. 2005 without being in treatment!
2011—replication with kidney transplant patients
Abedi & Vostanis: Beleaguered Parents of OCD Kids Study
• 2010—parents of children with OCD
  – contagion effect like Rodrigue et al. 2006 where parents improved qol relative to controls is mirrored in children who did not get the QOLTC training.
Results of RCT:
From page 2430 of Rodrigue et al. 2005:
• “Several primary findings emerged from this study:
  
  1. “A brief, targeted psychological intervention, that is, Quality of Life Therapy, leads to significant improvements in quality of life, mood disturbance, and social intimacy.”
  
  2. “Improvements in quality of life and mood appear to be maintained for as long as 3 months after treatment.”
  
  3. “While the treatment-as-usual protocol appears to yield some short-term benefits in mood, Quality of Life Therapy was found to be a more effective treatment overall for transplant patients.”

Contagious to Caregivers
• “Caregivers whose spouses received QOLT reported vicarious gains in quality of life, mood, and social intimacy, relative to those who received the usual or standard intervention involving emotional and educational support.”
  
  • “These findings suggest that beneficial effects extend beyond the client to their spouses who are often caregivers.”


Replication of Rodrigue et al., 2005: Rodrigue et al. 2011, pp. 709
• “The findings show that it is possible to improve
  
  – quality of life,
  – psychological functioning, and
  – social intimacy

• with Quality of Life Therapy while patients wait for [KIDNEY] transplantation.

• “The current study found that the Quality of Life Therapy group had superior quality of life outcomes relative to both Supportive Therapy and Standard Care groups.”
1. Give Rationale (and Build Motivation)
2. Positive Psychology Assessment.
3. Positive Psychology Interventions
4. Re-Assessment, Fine Tuning, Outcome, Prophylactic Follow-ups.

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

Longevity: The Nun Study
Worker Satisfaction & Firm Value
Alex Edmans (Wharton)

Companies with satisfied workers in ensuing years, have higher share prices, controlling for other starting factors.

Businesses with Happy Workers
- Lower healthcare costs
- Greater customer loyalty
- Lower employee turnover
- Greater productivity and creativity

Ill-being vs. Well-being:
We’re missing half the picture!
Case

• Suicide in Texas is Redundant
• or SITIR
To make progress, we have to measure it.
Sweet 16 Recipe for Joy

**BASIC NEEDS or “WEALTHS”**
- Goals-and-Values
- Self-Esteem
- Health
- Money

**RELATIONSHIPS**
- Love
- Friends
- Relatives
- Children
ACTIVITIES: OCCUPATIONS-AVOCATIONS

- Play
- Work
  - Traditional Job
  - Homemaker
  - Retirement Pursuits
  - Volunteer, etc.
- Helping
- Learning
- Creativity

SURROUNDINGS

- Home
- Neighborhood
- Community

Areas of Life | Pre and Post QOLI Comments and Interventions | POST-INTERVENTION
--- | --- | ---
Goals & Values | “I must put aside all my personal goals while I raise my family.” | Vision Quest Exercise
 |  | Life goals for valued areas of the QOL
 |  | Spiritual Life improved with Dzogchen Master from Austin and Austin Zen Center
 |  | “I forgive Morticia, my perp; she is dumb not malevolent” (Take A Letter)
Self-Esteem | Premorbid low from hypercritical mom | Success Path
 |  | “I’m a loser who failed to protect my daughter. I don’t deserve PT, therapy, or a lawyer”
 |  | Journaling, Thought record
 |  | “My Self-esteem is up. I LIKE ME! I am a pretty good Mother. I stood by Annie. I took the blow for Annie, I’m a strong woman, who protected her kid like a cop taking a bullet for the president!”
 |  | Now I know that I can get KNOCKED DOWN by a book, and survive; that is pretty amazing!
 |  | I am a strong woman in the face of adversity.
Helping Routine

- "I know that I am here to teach others. This accident presented itself to me for my use. I'm here to serve others...I see much work to be done. I am not sure where to begin! Schools, sidewalks, crossing guards, city park, recycling, bike paths.
- "In ten years, the agony surrounding this injustice will have subsided. Hopefully we can look back and see that many measures were undertaken to better protect the thousands of children who walk to and from school every day.
- SAFETY ADVOCATE w/ husband.
  - - cross walks at "scene of the crime"
  - Makes friends while volunteering at café run with homeless.
  - See “Work” for mentoring project.

Helping

- "I wish I had something here."

Work

- "I’ve been promoted out of what I love [high flows]. Too much supervising others!"
- "I’m the token woman on the grievance committee."
- "I’d like to mentor girls in science and engineering."

Job Enrichment to make work a “Passionate Calling”
- "Work That Satisfies"
- Relationship Skills

Learning Play

- "Nada. None. My brain is mush."

Playlist and Routine
- Go to Baylor’s public lectures.
- EX: Titian, Women’s studies, Marley and me, Edward Munch.
- Learn re: advocacy causes

Creativity

- "None"

Pottery class at comm. college.
- Lunch with instructor
Skypes" weekly with Vermont sisters

Relationship skills
- EXPERT friends or transplanted Yankees doing well in “Bubba-land”
- YMCA, homeless café, pottery class
- Native Texans like "Mother Teresa"
- "shooting the crap outta stuff" at Guns R’ Us

Relatives

Only call sisters at holidays.

“Skypes” weekly with Vermont sisters

Love in Country Songs

- Beauty’s in the Eye of the Beerholder
- My Wife Ran Off With My Best Friend, and I Miss Him.
- You’re the Reason Our Kids Are So Ugly

Progress or Fine-Tuning QOL:
- "Joe. the Plumber, betrayed me."
- "You are my everything... The multicultural wake, job hunt outside TX..."
- "You are uncommitted, out of love... You don’t care that I was run over!"
- "You are my everything... The multicultural wake, job hunt outside TX..."
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### Surroundings:

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<th>Home</th>
<th>Cluttered and messy with family, animals, 15 yrs collecting furniture</th>
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### Home Surroundings

“Too conservative.”

### Home

Cluttered and messy with family, animals, 15 yrs collecting furniture

### Five Paths to Happiness

**Instructions:** Brainstorm possible solutions under each CASIO strategy for managing or solving a problem or for boosting your fulfillment and satisfaction in a valued area of life.

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### Cliff Dancing (At Risk)

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"After taking the QOLI for the first time I began to think about what I considered to be really important in my life. It is important for me to begin thinking this way considering that I am not far from the end of my life. Knowing what I consider to be most important will help me lead the life I really want. I believe that if I can figure out what is most important I can focus on that more. That's how I can account for such different scores the second time around. I think that in my case taking the QOLI helped me to get into the mindset needed in order to make important decisions about how I would like to live my life."

The QOLI forced me to look at each area of my life, evaluate my weaknesses in it, and devise a plan to strengthen those areas. I have never physically written down problems or goals for different aspects of my life. I found that the written word holds me more accountable than do my thoughts. Although I did not stay true to some of my goals, the quality of my life in other areas where I did pursue my goals increased.
Key Intervention: Add Goals to YOUR QOLI.

...goals that pull you forward

- High, challenging, and specific
- Intrinsic or from the heart
- **Measureable**, written, “on the 7 o’clock news!”
- Supported by friends…Pursued with friends?!
- Take out a contract (5 W’s, W W W W H)

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clinical psychology and mental health applications
Couples Therapy--QOLI Exchange Technique
MDD
GAD
Social phobia
Panic
Group therapy
Caregivers
Chemical dependency

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medical/behavioral medicine applications
Cardiac rehab
COPD
Kidney Disease
Cancer
TBI
Caregivers
Occupational therapy
Bariatric surgery
<table>
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<th>Blessings</th>
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<tr>
<td>Count your blessings—the big and little things I’m grateful for</td>
</tr>
<tr>
<td>-8-in-1 Powerhouse</td>
</tr>
<tr>
<td>-start up menu</td>
</tr>
<tr>
<td>-daily and cumulative</td>
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<th>Talents and Traits</th>
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<td>Big and little things that I am good at and that people like about me.</td>
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**What you need to get started**

- **QOLI materials**
  - “QOLI STARTER KIT”
  - QOLI Handbook

- **Quality of Life Therapy (Frisch 2006)**
  
  [Link](http://www.amazon.com/exec/obidos/tg/detail/-/0471213519/qid=1116019877/sr=1-1/ref=sr_1_1/103-4814745-3565452?v=glance&s=books)

  Toolbox CD now online at wiley.com

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**To Order QOLI**

- **Pearson Assessments**
  - 800-627-7271 (7 AM – 6 PM Central Time)
  - [www.psychcorp.com](http://www.psychcorp.com)

- **Use 10% Discount Code until 10/31/13:**
  - “I3E” [cap letters, case sensitive]
“You owe it to all of us to get on with what you are good at!”

--W.H. Auden

Thank You!!

Case Conference:
Your Questions, Cases, IA, EBTs from each Sweet 16

http://www.youtube.com/user/BaylorAcademics
References


