International Conference on
Positive Psychology &
Cognitive Behavioral Therapy

June 13-14, 2016    Philadelphia, USA
### Independence C

**9:00-9:20 Opening Ceremony**

**Keynote Forum**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9:20-9:25</td>
<td>Introduction</td>
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| 9:25-10:05 | **Title:** Positive psychology progress and pitfalls: Exploring health, well-being and education  
**Ann Macaskill,** Sheffield Hallam University, United Kingdom |
| 10:05-10:45| **Title:** The Andean cosmo vision: Connecting to the heart of nature  
**Oakley E. Gordon,** University of Utah, USA |

**Group Photo**

**Networking & Refreshments Break 10:50-11:10 @ Foyer**

**Sessions**

**Positive Psychology**

**Cognitive Behavioral Therapy**

**Positive Psychological Approaches**

**Psychopathology**

**Session Chair:** **Ann Macaskill,** Sheffield Hallam University, United Kingdom

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<tr>
<th>Time</th>
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| 11:10-11:30| **Beyond happiness to greatness: Applying positive psychology to achieve a higher goal**  
**Scott Asalone,** University of Pennsylvania, USA |
| 11:30-11:50| **Energizing social interactions at work: An exploration of relationships that generate employee and organizational thriving**  
**Robert M Rosales,** University of Pennsylvania, USA |
| 11:50-12:10| **Harnessing both patient and practitioner strengths in the work of Cognitive Behavioral Therapy: The ‘dance’ of respective resources**  
**Brad Desmond,** University of Melbourne, Australia |
| 12:10-12:30| **Expanding mental health assessment to include psychological strengths: Advantages and disadvantages for patients and clinicians**  
**Ann Macaskill,** Sheffield Hallam University, United Kingdom |
| 12:30-12:50| **The Positive Psychology of African Cultural Practice: Stages and Rituals of Community in grief Work in Africa**  
**Augustine Nwoye,** University of KwaZulu-Natal, South Africa |
**Claus Dieter Stobäus,** Pontifical Chatolic University, Brazil |

**13:10-13:40 Lunch Break @ Benjamin’s Restaurant**

**Workshops**

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<th>Time</th>
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| 13:40-14:35| **The life and legacy of Abraham Maslow for positive psychology**  
**Edward Hoffman,** Yeshiva University, USA |
| 14:35-15:35| **Acceptance and commitment therapy for addictions**  
**John D. Matthews and Jesse M. Crosby,** Harvard Medical School, USA |

**Networking & Refreshments Break 15:35-15:50 @ Foyer**

**Young Research Forum**

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<th>Time</th>
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| 15:50-16:10| **Positive thought-action fusion: Possible implications for positive psychology**  
**Joan C. Craig,** University of Windsor, Canada |
| 16:10-16:30| **Heart-centered meditation and gratitude: The feasibility and acceptability of a novel positive psychology intervention among adolescents**  
**Lunthita M. Duthely,** University of Miami, USA |
| 16:30-16:50| **Uncovering core values and personality strengths through metaphor analysis**  
**Catalina Acosta Orozco,** Pontificia Universidad Javeriana, Colombia |
| 16:50-17:10| **Mindfulness, compassion for children and parents well-Being**  
**Ying MA,** The Chinese University of Hong Kong, China |
Panel Discussions

Day 2 June 14, 2016

Independence C

Keynote Forum

9:00-9:40 Title: Depression in athletes: The role of CBT
David Baron, USC, USA

9:40-10:20 Title: From fragility to flourishing: A new CBT model of resilience and a tool for developing it
Nimmi Hutnik, London South Bank University, UK

Sessions

Positive Psychology & Psychological Approaches
Social Psychology
Psychology & Health
Educational Psychology

Session Chair: Carroy Ferguson, University of Massachusetts-Boston, USA

Session Introduction

10:20-10:40 Title: Archetypal energies as the “creative urges” behind the evolution of humanistic psychology and positive psychology
Carroy (Cuf) Ferguson, University of Massachusetts-Boston, USA

Networking & Refreshments Break 10:40-11:00 @ Foyer

11:00-11:20 Title: Habits and happiness: Apply the research from positive psychology to become happier and improve your wellbeing
Braco Pobric, High Impact Consulting and Coaching, USA

11:20-11:40 Title: Experience of adversity and post traumatic growth: A positive psychological perspective on research and implications
Sukanya Ray, Suffolk University, USA

11:40-12:00 216 ‘untranslatable’ words pertaining to wellbeing
Tim Lomas, University of East London, UK

12:00-12:20 Title: Empowering attitudes towards positive psychology in the UAE
Hajra Hussain, Amity University, UAE

12:20-12:40 Title: Enhancing women’s performance in University science and mathematics in East Africa: Reflections from a ‘shadowing technique’
Augustine Nwoye, University of KwaZulu-Natal, South Africa

12:40-13:00 Title: Hope for the future and literacy achievement in a sample of impoverished South African primary school children: A positive psychology perspective
Jace Pillay, University of Johannesburg, South Africa

13:00-13:20 Title: Enhancing young children’s access to early childhood education and care settings in Tanzania
Ignasia Mligo, University of Dodoma, East Africa

Lunch Break 13:20-14:00 @ Benjamin’s Restaurant

Sessions

Advances in Psychiatric disorder treatment
Cognitive Behavioral Therapy
Psychiatry Nursing
Cognitive Therapy

Session Chair: Nimmi Hutnik, London South Bank University, UK
Session Co-Chair: Hector W.H. Tsang, Kong Polytechnic University, China
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<th>Time</th>
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<tr>
<td>14:00-14:20</td>
<td>CBT in treating athletes: A global perspective</td>
<td>David Baron, USC, USA</td>
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<td>14:20-14:40</td>
<td>Effects of a CBT based stress management program for teaching professionals augmented by complementary and alternative medicine (CAM) approach</td>
<td>Hector W H Tsang &amp; W M Cheung, Kong Polytechnic University, China</td>
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<td>14:40-15:00</td>
<td>Cognitive Behavioral Therapy versus bariatric surgery in the treatment of eating disorders</td>
<td>Brigitte Karcher, Brest University School of Medicine, France</td>
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<td>15:00-15:40</td>
<td>A self-administered treatment for relief from insomnia, anxiety and trauma</td>
<td>Richard Shane, USA</td>
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<td>15:40-16:00</td>
<td>Brain-based, mindfully-managed stress counseling: An interpersonal neurobiology based approach to stress counseling</td>
<td>Nesrin Hisli Sahin, Baskent University, Turkey</td>
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<td>Networking &amp; Refreshments Break 16:00-16:20 @ Foyer</td>
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### Cognitive Behavioral Therapy

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<td>16:20-16:40</td>
<td>Programme for management of cognitive disorders with ayurveda and yoga</td>
<td>Sushilkumar Deshmukh &amp; Pranita Joshi Deshmukh, Ashwini Ayurvedic Medical College, India</td>
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<td>16:40-17:00</td>
<td>Rethinking Attitudes Towards Children</td>
<td>Mag Alina Georgeta, Lucian Blaga University of Sibiu, Romania</td>
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<td>17:00-17:20</td>
<td>Efficacy of five sessions programme of cognitive restructuring on depressive symptomatology among chronically sick</td>
<td>Anbarin Aslam, The Islamia University of Bahawalpur, Pakistan</td>
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### Panel Discussions

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<td>Panel Discussion &amp; Certificate Falcitation</td>
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