Independence C

Day 1  June 13, 2016

8:30-9:00  Registrations

Opening Ceremony

Keynote Forum

9:20-9:25  Introduction
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

11:10-11:30  Title: Beyond happiness to greatness: Applying positive psychology to achieve a higher goal
Scott Asalone, University of Pennsylvania, USA
11:30-11:50  Title: 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  Title: 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  Title: The Positive Psychology of African Cultural Practice: Stages and Rituals of Community Intervention in grief Work in Africa
Augustine Nwoye, University of KwaZulu-Natal, South Africa
12:50-13:10  Title: School Physical Education: Welfare, Motivation and Positive Psychology
Claus Dieter Stobäus, Pontifical Chatolic University, Brazil

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

Workshops

13:40-14:35  Title: The life and legacy of Abraham Maslow for positive psychology
Edward Hoffman, Yeshiva University, USA
14:35-15:35  Title: 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

15:50-16:10  Title: Positive thought-action fusion: Possible implications for positive psychology
Joan C. Craig, University of Windsor, Canada
16:10-16:30  Title: 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  Title: Uncovering core values and personality strengths through metaphor analysis
Catalina Acosta Orozco, Pontificia Universidad Javeriana, Colombia
16:50-17:10  Title: Mindfulness, compassion for children and parents well-Being
Ying MA, The Chinese University of Hong Kong, China
17:10-17:30  
**Title:** A Local Conception of Happiness: Huzur  
**Gulden Esat,** Marmara University, Turkey

17:30-17:50  
**Title:** Cognitive Behavioral Therapy (CBT) and anxiety disorders: An empirical review  
**Gowri Agarwal,** Maniben Nanavati Women’s College, India

17:50-18:10  
**Title:** The effects of mindfulness training on the quality of life of male Filipino soldiers with major depressive disorder in a selected military hospital  
**Cielo Rodriguez and Francesca Isabela Rosales,** University of Santo Tomas, Philippines

18:10-18:30  
**Title:** Cognitive rest: An integrated literature review the Journal of school nursing  
**Kathleen H Schneider,** Austin Community College, USA

**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

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

11:00-11:20  
**Title:** Habits and happiness: Apply the research from positive psychology to become happier and improve your wellbeing  
**Braco Pobic,** 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  
**Title:** Towards a positive cross-cultural lexicography: Enriching our emotional landscape through 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
<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>14:00-14:20</td>
<td>CBT in treating athletes: A global perspective</td>
<td>David Baron, USC, USA</td>
</tr>
<tr>
<td>14:20-14:40</td>
<td>Effects of a CBT based stress management program for teaching professionals augmented</td>
<td>Hector W H Tsang &amp; W M Cheung, Kong Polytechnic University, China</td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>15:00-15:40</td>
<td>A self-administered treatment for relief from insomnia, anxiety and trauma</td>
<td>Richard Shane, USA</td>
</tr>
<tr>
<td>15:40-16:00</td>
<td>approach to stress counseling</td>
<td>Nesrin Hisli Sahin, Baskent University, Turkey</td>
</tr>
<tr>
<td></td>
<td>Networking &amp; Refreshments Break 16:00-16:20 @ Foyer</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Sessions</strong></td>
<td></td>
</tr>
<tr>
<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>
</tr>
<tr>
<td>16:40-17:00</td>
<td>Rethinking Attitudes Towards Children</td>
<td>Mag Alina Georgeta, Lucian Blaga University of Sibiu, Romania</td>
</tr>
<tr>
<td>17:00-17:20</td>
<td>Efficacy of five sessions programme of cognitive restructuring on depressive</td>
<td>Anbarin Aslam, The Islamia University of Bahawalpur, Pakistan</td>
</tr>
<tr>
<td></td>
<td><strong>Panel Discussions</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Panel Discussion &amp; Certificate Falcitation</td>
<td></td>
</tr>
</tbody>
</table>

**Session: Cognitive Behavioral Therapy**

**Panel Discussions:**

- Programme for management of cognitive disorders with ayurveda and yoga
- Rethinking Attitudes Towards Children
- Efficacy of five sessions programme of cognitive restructuring on depressive

**Panel Discussion & Certificate Falcitation**

**Bookmark your dates**

2nd International Conference on Positive Psychology

May 25-26, 2017 Chicago, USA

E-mail: positivepsychology@psychiatryconferences.com; positivepsychology@conferenceseries.com
Website: positivepsychology.conferenceseries.com

2nd International Conference on Cognitive Behavioral Therapy

May 25-26, 2017 Chicago, USA

E-mail: cbt@psychiatryconferences.com; cbt@conferenceseries.com
Website: cognitivebehavioraltheraoy.conferenceseries.com

Conference Series LLC Ltd

47 Churchfield Road, London, UK, W3 6AY | Toll Free: +1-800-014-8923