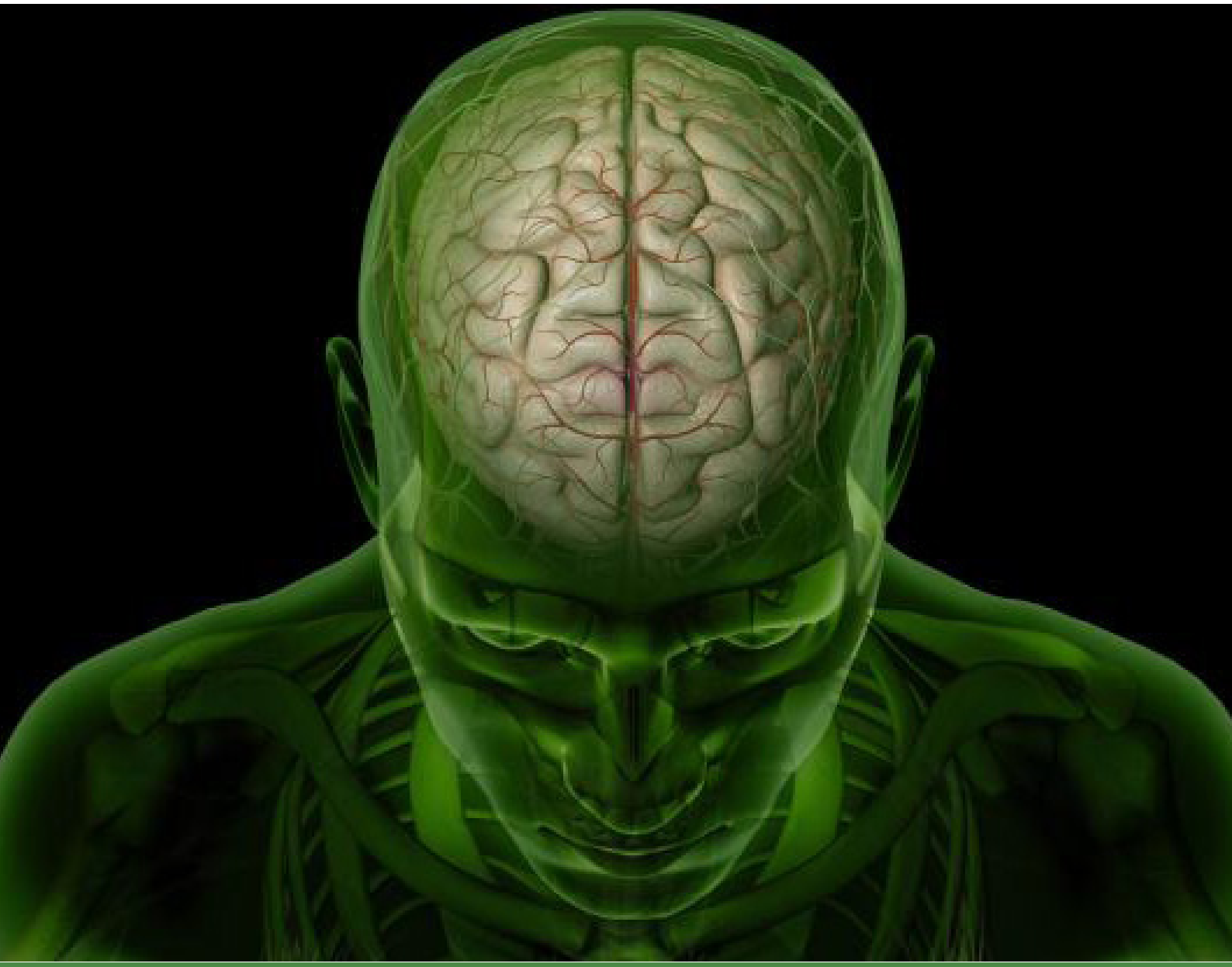
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Scientific Program

International Conference on

Positive Psychology & Cognitive Behavioral Therapy

June 13-14, 2016 Philadelphia, USA



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Day 1 June 13, 2016

8:30-9:00 Registrations

Independence C

conferenceseries.com 9:00-9:20 **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

Session Introduction

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

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	**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

Session Introduction

14:00-14:20	**Title: CBT in treating athletes: A global perspective** **David Baron,** USC, USA
14:20-14:40	**Title: Effects of a CBT based stress management program for teaching professionals augmented by complementary and alternative medicine (CAM) approach** **Hector W H Tsang & W M Cheung,** Kong Polytechnic University, China
14:40-15:00	**Title: Cognitive Behavioral Therapy versus bariatric surgery in the treatment of eating disorders** **Brigitte Karcher,** Brest University School of Medicine, France
15:00-15:40	**Title: A self-administered treatment for relief from insomnia, anxiety and trauma** **Richard Shane,** USA
15:40-16:00	**Title: Brain-based, mindfully-managed stress counseling: An interpersonal neurobiology based approach to stress counseling** **Nesrin Hisli Sahin,** Baskent University, Turkey

Networking & Refreshments Break 16:00-16:20 @ Foyer

Sessions

Cognitive Behavioral Therapy

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

Panel Discussions

Panel Discussion & Certificate Falicitation



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