Adding Positive Psychology (PP) to Your Practice

Webinar: Pearson Assessments

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Outline for Today

• [2 Webinars—Add PP, QOLI User]
• What is PP
• Why add PP
• PP research
• How to add PP
• PP Using QOLI and QOLTC
• Target Populations for PP
• PP Tools/Resources

WHAT IS POSITIVE PSYCHOLOGY
WHY ADD POSITIVE PSYCHOLOGY

Ill-being vs. Well-being:
We’re missing half the picture!
1. Redress the Imbalance of Negative Psychology:
   Aaron T. Beck and David A. Clark
   • "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…
   • "Our preoccupation has been the relief of suffering, the alleviation of negative emotions…it is clearly not the whole story.

2. Improve Health and Well Being Outcomes
   • "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.
   • Two goals in Healthcare today:
     1. Cure/manage disease, disability, disorder
     2. Preserve or enhance clients’ quality of life, well-being, and happiness.

3. Beef Up Your Evidence Based Assessments
   To capture all of human experience…
   Add a well-being To an ill-being assessment pkg.
4. Boost Your Clinical Effectiveness

Add a pinch of pp to existing Tx’s/Meds for:

1. Greater Effectiveness
2. Relapse Prevention

essential says Beck, Fava, new book Positive Clinical Psychology

5. Add A Whole New Area of Practice and Source of Income.

- Coaching
- Incl: Executive-, Professional-, Organizational-, Personal- and Life-
- Work with high achievers getting them to be happier and more productive
- Work with a different clientele: those w/o DSM disorders

Your Future in Positive Psychology Coaching

- http://sites.baylor.edu/michael_b_frisch/
- ippanetwork.org
- International Coach Federation
6. Enliven Your Own Life and Practice

Greater Happiness and Ethics in Your Own Life

Rationale for PP:
The Trinity of Happiness Benefits

1. BETTER HEALTH and LONGEVITY
2. More REWARDING RELATIONSHIPS
3. GREATER SUCCESS in Work, School, & Retirement Pursuits
   - Those with low QOLI scores are AT RISK for trinity problems

Longevity: The Nun Study

(Danner, Soudon, et al.)
Businesses with Happy Workers

- Greater income, productivity and creativity
- Greater customer affection, loyalty
- Lower healthcare costs & turnover

POSITIVE PSYCHOLOGY RESEARCH

- Three NIH Trials by James R. Rodrigue of Harvard and Beth Israel
  Rodrigue and others 2005
  Rodrigue and others 2006
  Rodrigue and others 2011
  Heart Disease Study: http://onlinelibrary.wiley.com/doi/10.1111/pace.12620/epdf

- Replication in different lab: Abedi, M.R. and Vostanis, P. (2010). Quality of Life Therapy for parents of children with obsessive-compulsive disorders. All studies use and validate the QOLI

- More studies in progress…
- Veterans Individual Placement and Support Towards Advancing Recovery (VIP-STAR NCT01817712)
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 Study: Rodrigue et al. 2011, pp. 709

Quality of Life Therapy while patients wait for KIDNEY transplant

- "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."
Summary: Evidence-Based Positive Psychology.

1. Assessment: QOLI or Quality of Life Inventory

2. Intervention: Quality-of-Life-Therapy or Quality of Life Therapy and Coaching

Independent Evaluations
- Marty Seligman’s Flourish, pp. 292, MAPP: Rashid & Seligman
- PP Textbooks: Carr; Compton & Hoffman
- Ed Diener
- Alan Kazdin
- Robert Emmons-Diener and Ben Dean


How to Add Positive Psychology to Your Practice

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

Positive Psychology USING QOLI and QOLT
Sweet 16 Recipe for Joy: 50-80%

**Basic Needs or "Wealths"**
- Goals-and-Values
- Self-Esteem
- Health
- Money

**Activities/Occupations-Avocations**
- Play
- Work
- Money
- Helping
- Learning
- Creativity

**Relationships**
- Love
- Friends
- Relatives
- Children

**Surroundings**
- Home
- Neighborhood
- Community
Case of Texas

• Also in Frisch 2013 that was sent to you
**Texas Interventions**

**Sweet 16 Areas of Life**

<table>
<thead>
<tr>
<th>Goals and Values</th>
<th>Pre-intervention QOLI</th>
<th>Interventions and Outcomes</th>
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<tbody>
<tr>
<td><strong>Self-Esteem</strong></td>
<td>&quot;I must put aside all my personal goals while I pursue my career and raise my family.&quot;</td>
<td><strong>Vision Quest Exercise</strong></td>
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<tr>
<td>Premorbid low from hypercritical mom</td>
<td></td>
<td><em>Life goals for valued areas of the QOLI</em></td>
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<tr>
<td>&quot;I'm a loser who failed to protect my daughter. I don't deserve PT, therapy, or a lawyer.&quot;</td>
<td></td>
<td><strong>Success Path: progress toward goals reflected in her Journaling</strong></td>
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- "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. I protected this kid like a cop taking a bullet for the president!"
- "Now I know that I can get KNOCKED DOWN by a truck, and survive. That is pretty amazing."
- "I am a strong woman in the face of adversity."
Helping Routine Exercise—see journal

- 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.

SAFETY ADVOCATE with husband.
- cross walks at "scene of the crime"

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 Exercise to make work a "Passionate Calling"
- Relationship Skills to re-negotiate duties
- More graphic design of plane interiors
- Fewer comm's
- Company wants a Mentor for comm PR, future employee!

Creativity

- "None"

Pottery class at community college.
- lunch with instructor, a kind Native Texan, "Mother Teresa"

Learning/Play

"Nada. None. My brain is mush."

Play List Exercise
- Go to Baylor's public lectures.
- EX. Titian, Women's studies, Edvard Munch.

Friends

"I have no friends in Texas and have been here eight years."

Relationship skill-building Exercises
- "EXPERT friends"—transplanted Yankees at YMCA doing well in "Bubba-land"

Relatives

Only call sisters at holidays.

Love

"Joe, the Plumber, betrayed me."

Emerging in a progress assessment!

- Dating in Casualting
- QOI Exchange Technique reveals...
- "You betrayed me..."
- Years in Texas: from 2 years to 8!
- 2 tomahawks: "you are my enemy"
- Texas holidays and friends: "shooting the crap more stuff at Guns R' Us"
- FAT Time, McDates, Favor Bank
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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<tr>
<td>Changing Circumstances</td>
<td>Changing Attitudes</td>
<td>Changing Goals and Standards</td>
<td>Changing Priorities or What's Important</td>
<td>Boost Satisfaction in Other Areas not Considered before</td>
</tr>
<tr>
<td>Basic Strategy</td>
<td>Basic Strategy</td>
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<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 raising and lowering standards. What new goals and standards can you come up with?</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>
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Texas changed her life by getting out of house, pursuing service, creativity and learning in community, and making friends. Texas changed her attitude with cog retraining; “I'm here to serve others… I'm a caring person who protected her children, waiting and being a student for the president.”

Texas lowered her standards for money and increased satisfaction with finances without any change in income or wealth! “Most fun stuff didn't cost money!” Volunteer work, McDonald's with honey, shooting her 50 caliber pistol at GUNS ARE US! Texas decided to put more priority on self-care and marriage. Giving Tree Syndrome. Balanced life, not just meaningful!

Texas satisfied with physical activity in Health. Doing pilates at home and walking dog alone. Put some extra effort by joining the Y and really helped mood and friendships. “Expert friend” Yankees tell her the cool stuff to do in Texas.
Provider Types

• Psychologists
• Counselors
• Social Workers
• Educators
• Therapists
• Coaches
• Nurses
• Occupational & Physical Therapists
• Self

Provider Settings

– Psychological
  • Private or Group Practice
  • Individual or Group Therapy
– Medical
  • Cardiac, transplant, bariatric, cancer treatment programs
  • Rehab programs
  • Chemical dependency, chronic pain programs
  • CT
– V.O and Employee assistance programs
– Organization development initiatives
– Academic/Vocational/Career
– College and Career counseling centers
– Residential Treatment
– Military (Probation/Parole)
– Parental
– Wellness

Clinical Psychology And Mental Health Applications

• Couples Therapy–QOLU Exchange Technique
• MDD
• GAD
• Social phobia
• Panic
• Chemical dependency
• Caregivers support
• Career success
• To plan and evaluate retirement pursuits aimed at greater happiness, meaning, and quality of life
• To help measure “successful aging” as defined by leaders in the field
Medical/Behavioral Medicine/OT Applications

- Chronic Pain
- Cardiac rehab
- COPD
- Cancer
- Caregivers
- Bariatric surgery
- TBI
- Transplant Medicine-Lung, Liver, Kidney Disease

School Psychology: Assessments & Interventions

- Assess well-being: QOLI for late teens and adults age 17 and above.
- Interventions: Quality of Life Therapy book and companion website of exercises.

For younger teens and children’s assessment-interventions contact:
Dr. Scott Huebner, huebner@gwm.sc.edu
Dr. Michael Furlong, mfurlong@education.ucsb.edu

POSITIVE PSYCHOLOGY TOOLS AND RESOURCES
What You Need To Get Started

• QOLI materials (Pearson)
  – QOLI STARTER KIT (digital vs. hand-scored)
  – QOLI Handbook: more interventions, short “how to”
    • http://www.pearsonclinical.com/psychology/products/100000635/qualit
ty-of-life-inventory-qoli.html
• Quality of Life Therapy (Frisch 2006)
  • 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
  • Incl: 300-page, online “Toolbox CD” of client exercises you may edit and personalize—Scroll down to Downloads section:

Where to Find it

• Pearson Assessments
  – Order online at http://www.pearsonclinical.com
  – Call customer service at 800-627-7271 (7 AM – 6 PM) Central Time
  – Email customer support at clinicalcustomersupport@pearson.com
• Use 10% Discount Code: “IE3” (within next 30 days)
  “IE3” (cap letters, case sensitive)
Websites

• Free Exercises:
• Dr. Frisch:
  http://sites.baylor.edu/michael_b_frisch/
• Questions?