Adding Positive Psychology (PP) to Your Practice

September 9, 2014 Webinar: Pearson Assessments

Michael E. Frisch
Professor of Psychology at Baylor University
Email: frisch@baylor.edu
Research Fellow of the International Society for Quality of Life
Founding Fellow in the Academy of Cognitive Psychotherapy, Aaron T. Beck, Honorary President

Websites
• Free Exercises: www.wiley.com/go/frisch
• FRISCH: http://blogs.baylor.edu/michael_b_frisch/
Plan for Today

• Thanks
• What is PP
• Why add PP
• Evidence based PP research

Plan for Today

• How to add PP to Your Practice
• Target Populations for PP
• Tools/Resources
• Your questions, cases, populations
• Evals and goodies

WHAT IS POSITIVE PSYCHOLOGY
Ill-being vs. Well-being:
We’re missing half the picture!

Focus on Whole Not Half
Moaner Lisa Happy Lisa

To make progress, we have to measure it.
“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.”
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.”

WHY ADD POSITIVE PSYCHOLOGY
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 health!

An intervention in itself…

2. Boost Your Clinical Effectiveness

Therapy + Positive Psychology =
or
Medication + Positive Psychology =

1. Greater Effectiveness
2. Relapse Prevention
   --essential says Beck, Fava etc.


- Executive-, Professional-, Organizational-
- Personal- and Life-Coaching
- Boost the Bottom Line
- Work with high achievers to be happier and more productive
Your Future in Positive Psychology Coaching

• International Coach Federation
• ippanetwork.org
• APA's Division 13 - Society of Consulting Psychology

4. Enliven Your Own Life and Practice

Greater Happiness and Ethics

How to Add Positive Psychology to Your Practice

• Give a Well-Being Test
• Develop Positive Goals
• Apply EBT Interventions
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 & Delphino (2012)
- Textbooks: Carr; Compton & Hoffman
- Ed Diener
- Alan Kazdin
- Robert Biswas-Diener and Ben Dean
- See Frisch (2013) for details
Quality of Life Therapy
Unique: Two NIH Trials by James R. Rodrigue of Harvard and Beth Israel
- 3rd NIH Trial just funded and underway: ICDs--implantable cardioverter defibrillators
- QOLI is validated too...sensitive to intervention-related change

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.”

QOLT Four STEP

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 HELPING - greater longevity
2. R-More rewarding RELATIONSHIPS
3. S-Greater SUCCESS in Work, School, Retirement Pursuits
   - Use to sell Positive Psychology Interventions/Assessments to your clients and groups.
   - Benefits are At Risk with low QOLI scores...1-3 yrs advance

Longevity: The Nun Study

Businesses with Happy Workers

- Lower healthcare costs
- Greater customer loyalty
- Lower employee turnover
- Greater productivity and creativity
- [Workers make more $; > liked by customers, clients]
Worker Satisfaction & Firm Value
Alex Edmans (Wharton)

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

Case of Texas
• Also in Frisch 2013
Sweet 16 Recipe for Joy: 50-80%

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

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.

C A S I O

Changing Circumstances

- Basic Strategy

Changing Attitudes

- Basic Strategy

Changing Goals and Standards

- Basic Strategy

Changing Priorities or What's Important

- Basic Strategy

Boost Satisfaction in Other Areas not Considered Relevant

Basic Strategy

Problem Solve to improve situation.

- Set realistic goals and experiment with raising and lowering standards. What new goals and standards can you come up with?

- Re-evaluate priorities in life and emphasize what is most important and controllable.

- Increase satisfaction in any areas you care about for an overall boost to happiness.

PRE-INTERVENTION

I need to decide whether to make peace with Ashley or keep "blowing" her off.

50 WAYS…Job song…

Just 'cause Stan (husband) wants to sit around and "watch" the grass grow, doesn't mean I can’t travel to see the kids and grandkids.

Try for a Good Not Great job at work this week and see if "the sky falls." I can't beat my head against the wall. I can’t change Stan (husband). Stop trying and "do your own thing" more.

Walking the mall, brings me to people and is the best "antidepressant" I got!

POST-INTERVENTION

Areas of Life

Pre and Post QOLI Comments and Interventions

PRE-INTERVENTION

POST-INTERVENTION

Goals and Values

"I must put aside all my personal goals while I raise my family."

Vision Quest Exercise

- Life goal for valued areas of the QOLI

- Spiritual Life improved with Dzogchen Master from Austin and Austin Zen Center

- "I forgave Morticia, my perp, she is dumb not malevolent" (Take A Letter)

Self-Esteem

Premortobid low from hypercritical room

- I'm a loser who failed to protect my daughter. I don't deserve PT, therapy, or a lawyer.

- Success Path

- 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 truck, and survive, that is pretty amazing! I am a strong woman in the face of adversity."
### Helping

**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…to see much work to be done. I am not sure where to begin!
- Schools, sidewalks, crossing guards, city parks, 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.

### 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.
- EDU. Titian, Women’s studies, Marley and me, Edvard Munch.
- Learn re: advocacy causes

### Creativity

**“None”**

**Pottery class at comm. college.**
- Lunch with instructor
| Friends | “I have no friends in Texas and have been here eight years.”  
- Relationship skills  
  - EXPERT friends or transplanted Yankees doing well in “Bubba-land”  
  - YMCA, homeless cafe, 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 | Progress or Fine-Tuning QOLI: “Joe the Plumber, betrayed me.”  
  - Fooled on initial QOLI…Mating in Captivity  
  - Take a Letter  
  - QOLI Exchange Technique  
  - Texas: 2 years to 10  
  - “You are uncommitted, out of love…You don’t care that I was run over!”  
  - Joe’s Perfect Job: “You are my everything…”  
  - Job hunt outside TX  
  - Advocate together!  
  - Couples friends & guns  
  - FAT Time, Favor Bank, McDates, Five Paths to Happiness |

| Surroundings: | Cluttered and messy with family, animals, 15 yrs collecting furniture  
  - LOVE IT, LEAVE IT OR FIX IT  
  | Too conservative.  
  - LOVE IT, LEAVE IT OR FIX IT  
  | Too redneck, conservative, dumb cowboys with no brains, hopeless dummy rednecks w/ no culture of brains or liberal values.  
  - LOVE IT, LEAVE IT OR FIX IT  
  - Search to ferret out and appreciate the good parts… |
clinical psychology and mental health applications
Couples Therapy--QOLI Exchange Technique
MDD
GAD
Social phobia
Panic
Group therapy
Caregivers
Chemical dependency

medical/behavioral medicine/OT applications
Cardiac rehab
COPD
Kidney Disease
Cancer
TBI
Caregivers
Occupational therapy
Bariatric surgery
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?ie=UTF8)
  - Toolbox CD now online at wiley.com

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: "E2B" (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

**Blessings**
- Count your blessings—big and little things I'm grateful for
- 8-in-1 Powerhouse
- Start up menu
- Daily and cumulative

**Accomplishments**
- Big and little things I got done today or accomplished in the past.

**Talents and Traits**
- Big and little things that I am good at and that people like about me.
"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."
Cliff Dancing Takes the QOLI, Part II: Put it in Writing!

- 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.

References w/ underlined RCTs


References


