Adding Positive Psychology (PP) to Your Practice

September 15, 2015 Webinar: Pearson Assessments

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Outline for Today

• 2 Webinars
• 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 make progress, we have to measure it.
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 etc.

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, Snowdon, et al.)
Businesses with Happy Workers

- Greater productivity and creativity
- Greater customer loyalty
- Lower healthcare costs
- Lower employee turnover
- [Workers make more $; better liked by customers, clients]

POSITIVE PSYCHOLOGY RESEARCH

Validation Research

- Two NIH Trials by James R. Rodrigue of Harvard and Beth Israel
  Rodrigue and others 2005
  Rodrigue and others 2006
  Rodrigue and others 2011
  Quality of Life Therapy for parents of children with obsessive-compulsive disorder.
  All studies use the GOLI
- More studies in progress...
- Portable defibrillators:
  Positive Therapy for Autonomic Function & Mood in ICD Patients
  (PAM-ICD) NCT02038619
  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 flourishing, pp. 292 & MAPP
- PP Textbooks: Carr, Compton & Hoffman
- Ed Diener
- Alan Kazdin
- Robert Biswas-Diener and Ben Dean
- See Frisch (in press, 2013)


How to Add Positive Psychology to Your Practice

• Give a Well-Being Test
• Develop Positive Goals
• Apply EBT Interventions
### 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
<table>
<thead>
<tr>
<th>Sweet 16 Areas of Life</th>
<th>Pre-Intervention QOLI</th>
<th>Interventions and Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Goals and Values</td>
<td><strong>I must put aside all my personal goals while I pursue my career and raise my family.</strong></td>
<td><strong>Vision Quest Exercise</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Life goals for valued areas of the QOLI</td>
</tr>
<tr>
<td>Self-Esteem</td>
<td>Premorbid low from hypercritical mom</td>
<td><strong>Success Path: progress toward goals Reflective in her Journaling</strong></td>
</tr>
</tbody>
</table>
|                        | "I’m a loser who failed to protect my daughter. I don’t deserve PT, therapy, or a lawyer." | "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 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. Schools, sidewalks, crossing guards, city park, recycling, bike paths.
SAFETY ADVOCATE w/ husband.
• cross walks at “scene of the crime”
|                        |                       | **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 employees! |
|                        |                       | **Play List Exercise**  |
|                        |                       | Go to Baylor’s public lectures.
• EX: Tshin, Women’s studies, Edward Munch. |
|                        |                       | **Creativity**  |
|                        | "None"  |  |
|                        |                       | **Learning/ Play**  |
|                        | "Nada. None. My brain is mush."

*Note: The document contains handwritten notes and is partially obscured. The text is difficult to read in some sections.*
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”
- Texas hobbies: “shooting the crap outta stuff” at Guns R’ Us

Relatives

Only call sisters at holidays.

“Skypes” weekly with Vermont sisters and did a book club, watched Downton Abbey.

Love

“Joe, the Plumber, betrayed me.”

Emerged in a progress assessment!

QOLI Exchange Technique

Years in Texas: from 2 years to 10!

Shoot guns and advocate together!

FAT Time, Favor Bank, McDates

Home Cluttered and messy

LOVE IT, LEAVE IT OR FIX IT
- Division of labor
- “Housekeeper Therapy”

Neighborhood “Too conservative.”

LOVE IT, LEAVE IT OR FIX IT
- “Too redneck, conservative….”

Community

Too redneck, conservative….

LOVE IT, LEAVE IT OR FIX IT
- “Too redneck, conservative….”

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.

<table>
<thead>
<tr>
<th>CASIO</th>
<th>Changing Circumstances</th>
<th>Changing Attitudes</th>
<th>Changing Goals and Standards</th>
<th>Changing Priorities or What’s Important</th>
<th>Boost Satisfaction in Other Areas not Considered Before</th>
</tr>
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<tbody>
<tr>
<td>Basic Strategy</td>
<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 area you care about for an overall boost to happiness.</td>
</tr>
<tr>
<td>Texas changed circumstances by getting out of house, pursuing service, creativity and learning in comm., making friends</td>
<td>Texas changed her attitude with sql goals. If you don’t serve others… I’m a strong woman, I have to be a leader for the president.</td>
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<td>Texas decided to put more priority on self-care and marriage. Giving this sympathy something (but not too much!)</td>
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TARGET POPULATIONS FOR POSITIVE PSYCHOLOGY

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
- CFT
- Career
  - Employee assistance programs
- Academic/Vocational
- College and career counseling centers
- Residential Treatment
- Criminal offenders/family houses
- Military, Probation/Parole
- Personal
- Wellness
Clinical Psychology And Mental Health Applications

- Couples Therapy--QOLI Exchange Technique
- MDD
- GAD
- Social phobia
- Panic
- Caregivers support
- Chemical dependency
- Career success
- Successful intervention outcomes
- Student support
- 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

- Cardiac rehab
- COPD
- Kidney Disease
- Cancer
- Caregivers
- Bariatric surgery
- Chronic Pain and Rehab
- TBI

School Psychology: Strengths-based Assessment-Intervention Approach

- Assess well-being: QOLI for teens and adults
  - For children’s assess: contact huebner@gwm.sc.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”
• Quality of Life Therapy (Frisch 2006)
  http://www.amazon.com/exec/obidos/tg/detail/-/0471213519/sr=1-1/ref=sr_1_1/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)
“You owe it to all of us to get on with what you are good at!”

--W.H. Auden

Questions

• Q & A
Websites

- Dr. Frisch: http://sites.baylor.edu/michael_b_frisch/
- Questions?

Thank You!!