User Training Webinar

Introductions

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Additional QOLI Resources

- Sent Today: pptx, Frisch 2013, Positive Psychology in Schools
- If you do Evaluation of Webinar, you will also receive the NEW PSQ or Positive Psychology Practices Questionnaire and BAT Exercise

- Adding Positive Psychology to Your Practice Webinar

Other training resources:
- Ben Dean’s Mentor Coach: The Complete Guide to Positive Psychology webinar (google “mentor coach” for dates)
- Quality of Life Therapy book by Frisch
Websites
• Free Exercises, Interviews, Songs:
  • http://sites.baylor.edu/michael_b_frisch/

Resources for Children, School Psych.
• Assess well-being: QOLI for teens and adults
  • For children’s assessment: contact huebner@gwm.sc.edu
  • For Autism Spectrum and Intellectual Disability Disorders, contact roberth@sc.edu
  -- For more on the latest in positive psychology in school psychology, contact mfurlong@education.ucsb.edu and huebner@gwm.sc.edu
• Sent to you!: Furlong, M. J., Gilman, R. & Huebner, E. S. (2014). (Eds.), Handbook of positive psychology in the schools (2nd ed.). New York, NY: Routledge.

Agenda
• Introduction and Overview
• Product Details
• QOLI Administration
• Understanding QOLI Results and Treatments
• QOLI Interpretation
• Treatment and Interventions
• Getting Started
Introduction and Overview

- The QOLI measures:
  - Your overall satisfaction with life
  - aka Happiness, Well-being, Quality of Life
  - Your success in fulfilling your most cherished needs, goals, and
    wishes in the “Sweet 16” areas of life related to “happiness, well
    being”

- Results are compared to:
  - Nationwide norm sample of healthy, functioning teens and adults
    from across the United States
  - Evidence-Based (Ed Diener, Marty Seligman, Frisch 2013...)
  - Theory of Well-Being
    - 20 to 50% Genetic or Pick your parents well!
    - Fifty to 80% of your overall happiness or satisfaction is composed
      of the “Sweet 16” areas of life measured by the QOLI

Sweet 16 Recipe for Joy:

**Basic Needs**
- 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

Product Details

- 5 minutes
- Rate Sweet 16 by importance and satisfaction—32 items
- No specific qualifications to purchase this test
- 6-grade reading level

http://www.pearsonclinical.com

- Administration Options
  - Digital
  - Paper/pencil
- Scoring Options
  - Digital
  - Manual
- Reporting options
  - Computer-Profile/Progress Report
  - Hand-scoring Worksheet
Who should take it
How to administer
Who could administer
How to introduce
Applications

**QOLI ADMINISTRATION**

### Who Should Take It

QOLI is useful for evaluating, treating and counseling the "well being" of clients, patients, and students with mental health, coaching, life, behavioral, substance abuse, and educational issues

- **Ideal Settings**
  - Psychological
    - Private Practice
    - Individually or Group therapy
  - Employee assistance programs
  - Medical
    - Cardiovascular, sleep, cancer treatment programs
    - Public health programs
    - Chemical dependency, chronic pain programs
  - Education
  - Coaching
    - Organization development initiatives
    - Academic/ Vocational
    - Military, Probation/Parole
    - Criminal offenders/Halfway houses
    - Bariatric
    - Personal
    - Wellness

### How To Administer

- It may be administered individually or in groups
- No specific qualifications are needed to administer or interpret
- Step by step instructions in the "QOLI Handbook"
- Not a cookie-cutter approach to happiness for all—clients can remove areas not deemed important
Who Could Administer

- Psychologists
- Counselors
- Social Workers
- Educators
- Therapists
- Professional, Executive, Personal Life Coaches
- Nurses
- Occupational & Physical Therapists
- Clients, Patients, Self, Colleagues, Co-workers, Friends

No specific qualifications to purchase and use this test

How to introduce to Clients

- This test measures how happy you are compared with others across the United States
- Expect a Trinity of Benefits:
  - Happy people with meaningful lives are healthier, have better relationships, and are more successful in work, school, and retirement pursuits
  - The QOLI can help us quickly identify the specific areas of happiness and unhappiness in your life so we can quickly identify the best interventions/strategies for you to achieve your goals
  - [It is important that you take your time completing the inventory and be as open and honest as possible]

A Tool for Baseline Positive Mental Health Assessment

- To provide a picture of positive feelings and experiences not symptoms
- To beef up a traditional assessment
  - Measure WELL-BEING and happiness
  - Not just ILL-BEING, sx's, negative affects!
A Tool for Treatment/Intervention

- Boost clients’ initial treatment response to say, medication or cognitive therapy
- Prevent relapse in the many disorders that tend to re-occur like anxiety and depression
- Planning tx, chart progress, and provide outcomes assessment

A Tool for Executive and Life Coaching

- To document the effectiveness of coaching interventions and generate a life list of long-term, POSITIVE goals.
- Helps plan, fine-tune, and measure the outcome of coaching efforts
- To measure the outcome of any organizational change or development effort

Just completed trial shown to empower women in Iran!

Executive- and Life-Coaching

Quality-of-Life-Therapy to Enhance Self-Regulation in Muslim Women: A Randomized Coaching Trial

Zahra Izadikhah
University of Isfahan—Iran
Michael B. Frisch
Baylor University—USA
Zahra Padash
University of Isfahan—Iran
Sepideh Dehghani
University of Tehran—Iran
Peter O’Connor
Queensland University of Technology—Brisbane, Australia

Under Review Journal of Positive Psychology
A Tool For Laypersons and Clients to Take and Score Themselves!

- Laypersons and clients can obtain this test on their own, to assess their overall quality of life, to start a personal growth program aimed at greater happiness and meaning, or to chart the progress and outcome of such growth efforts in a scientific way.
- Therapists and coaches can assign the QOLI to clients as homework in personal growth. Clients can be told to get the test on their own or through their existing therapist or coach.

A Tool for Counseling Retirement and Aging

- 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.
- To measure assets and strengths as well as problems in a non-pathological way.

A Tool to Predict Success In College

- To identify students at risk of dropping out
- To accurately predicts academic retention one to three years in advance (ex. Frisch and others, 2005).
Further Applications:

- In substance abuse/chemical dependency programs: to measure outcomes, help build motivation for treatment and yield a blueprint for a balanced, drug-free lifestyle
- In financial planning: to assess life goals, values, and priorities
- In research and quality assurance programs: to help measure treatment outcomes for a wide array of physical and psychological disorders
- In personal growth counseling: to measure growth in meaning, fulfillment, and life list success
- In Employee Assistance Programs—EAPs: to measure assets and strengths as well as problems in living in a non-pathological way

2 Output Measures
Examples

UNDERSTANDING QOLI RESULTS AND TREATMENTS

Two Output Measures

- Overall Quality of Life
- Weighted Satisfaction Profile OR SWEET 16 PROFILE

QOLI results are easy to understand and provide suggestions regarding areas for growth or intervention
Overall Quality of Life

- Score and classification
  - High, average, low, very low
  - Let’s look at a case...

Cliff Dancing (At Risk)
Pre-Intervention

The Cause and Solution for Overall Score: Sweet 16 Profile

- Measures the Sweet 16 areas of life:
- Goes From -6 To 6
- Dark areas to light areas
- Identifies which areas of your life contribute to your overall happiness and which areas detract from your contentment and meaning in life.
  - Areas of dissatisfaction are obvious targets for action, change, and intervention
  - Areas of satisfaction are strengths to celebrate and use to further life goals
Overall Quality of Life: The Outcome

- Score and classification
  - Low, Very Low AND Percentile "Sticker Shock"...20%
  - People in the low and very low range are at risk in the trilogy areas of health, relationships, work-school-retirement.
  - They may often get sick with colds etc. and are at risk for getting depressed: Supportive relationships may be strained, unfulfilling, or even non-existent. They may be unsatisfied and unproductive at work. They are at risk for dropping out of school. They may get little satisfaction in their leisure and retirement pursuits or hobbies.
  - They are not making steady progress in achieving goals.
  - Some of their most cherished needs, goals, and wishes are not getting fulfilled.
  - It is difficult for them to find and build rewarding circumstances in their lives.
  - They need to apply evidence-based interventions for specific areas of unhappiness in order to boost overall happiness and meaning.
Overall Quality of Life: The Outcome

- Score and classification
  - High & average
  - People in the high and average areas are not at risk in the trinity areas of health, relationships, work-school-retirement. They find and build rewarding circumstances in their lives. They set goals and make steady progress toward achieving these goals.
  - No client left behind!
  - These happy people can still learn to be EVEN happier and more successful, using positive psychology techniques!

TREATMENTS/INTERVENTIONS

Match Therapy or Coaching Goals with a Sweet 16 Area of Life
Part III of QOLT book: Tested Interventions for Each Area
Example:
- Apply Work Chapter Techniques to Work Goals
- Love it, Leave it, Fix it Strategies for Surroundings

Tom in College:
Pre-Intervention (At Risk)
© 2015, QOLT Profile Report Pearson Assessments, All Rights Reserved.
Tom’s Relationship Interventions

• Pick and Practice Relationship Skills from Relationship Chapter
• Take A Letter to Mom and Dad
• Emotional Honesty and the “11th Commandment”
• Friends: “Expert”, Role Model, who Affirm-the-Spark
• Find a Friend, Find a Mate
• Favor Bank with Fiance, Platonic friends

Tom’s Post-Intervention & Empowerment Follow Ups
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Key Intervention:
Add Positive Goals to Your QOL!

...goals that pull you forward

• High, challenging, and specific
• Intrinsic or from the heart
• Supported by friends...Pursued with friends?!
Blessings
Count your blessings—the big and little
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

Materials

Websites

GETTING STARTED
What You Need To Get Started

- QOLI materials (Pearson)
  - "QOLI STARTER KIT" (paper/pencil/web)
  - "QOLI Handbook" - step-by-step for all
  - [http://www.pearsonclinical.com/psychology/products/100000635/quality‐of‐life‐inventory‐qoli.html](http://www.pearsonclinical.com/psychology/products/100000635/quality‐of‐life‐inventory‐qoli.html) [Select "Pricing…"]
- Quality of Life Therapy (Frisch 2006, John Wiley & Sons)
  - 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
  - Best: Call customer service at 800‐627‐7271 (7 AM – 6 PM) Central Time
  - Order online at [http://www.pearsonclinical.com](http://www.pearsonclinical.com)
  - Email customer support at clinicalcustomersupport@pearson.com

- Use 10% Discount Code: (within next 30 days)
  - "IE3" (cap letters, case sensitive)

Thank You!!