

# WORKSHOP 5

## Positive Psychology in the Context for CFT



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### **Bio:**

Ernst Bohlmeijer is professor of mental health promotion at the department of Psychology, Health & Technology at the Faculty of Behavioural Sciences at Twente University. He has a special interest in the development and evaluation of innovative interventions in mental health care. He developed eight interventions aiming at enhancing resilience and well-being and reducing distress based on positive psychology, acceptance and commitment therapy and compassion focused therapy.

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### **Abstract:**

Compassion Focused Therapy helps people understand that the human brain evolved in ways that can make emotion regulation difficult especially in context of difficult early life histories. While many therapies focus on threat processes, CFT also focuses on the importance of social connectedness and social affiliation as major resource for emotion regulations and well-being. Positive psychology is the science of well-being and flourishing, bringing these approaches into CFT offer new avenues for research and therapy.

Positive clinical psychology has a central proposition that focusing on aspects of positive functioning such as positive emotions, positive relationships, optimism, personal growth and using strengths will lead to more balanced mental health care and enhance the effectiveness of psychotherapy. There is rapidly growing evidence for the effectiveness of positive psychology interventions (PPIs) in clinical populations. In addition, many clients highly appreciate a complementary positive approach. Importantly the dimensions of flourishing vs languishing offer new ways to help people lead meaningful lives.

In this experiential workshop participants will be introduced to the core principles and evidence-base of PPIs, concepts of flourishing vs languishing and how to measure and them. At the end of the workshop participants will be able to see new ways to integrate PPIs in CFT as positive psychotherapy interventions.