

WORKSHOP POSITIVE CBT

FROM REDUCING DISTRESS TO BUILDING SUCCESS

Recent decades have witnessed a surge in the development of competency-based, collaborative approaches to working with clients. *Positive CBT - fourth wave CBT* - reveals how traditional CBT becomes Positive CBT by shifting the focus from what is wrong with clients to what is right with them, and from what is not working to what is, thus creating a more optimistic and hopeful process to help clients and their therapists flourish.

Drawing on insights and techniques from both Positive Psychology and Solution-Focused Brief Therapy, Bannink's model reveals how Positive CBT combines the best elements of change-based and meaning-based psychotherapeutic approaches to offer a new perspective on CBT. This transition represents an important shift from repairing the worst to creating the best, from a focus on deficits to one that builds on resources and competences and from reducing distress to building success.

Prof. P. Gilbert, UK: "Positive CBT changes what we focus on and how we work in helping people change."

Prof. W. Kuyken, UK: "What Bannink is doing is radical, synthesizing CBT with the psychology of resilience in a grounded and pragmatic way."

Prof. F. Raes, Belgium: "Positive CBT offers a different approach not only for our clients but also for ourselves, therapists, as an antidote against burnout and general negativity."

After the workshop the attendants will have:

- knowledge of Positive CBT and how it is different from traditional CBT.
- knowledge of the research comparing traditional CBT with positive CBT.
- some practical Positive CBT tools (e.g. positive FBA, upward arrow technique).
- skills to enhance positive emotions and hopeful and optimistic conversations.

Description workshop

Short presentations and small-group exercises for experience-based learning.

Content

- What is Positive CBT?
- How is Positive CBT different from traditional CBT and how can it be combined? The synthesis paradigm in addition to the analysis paradigm.
- How to shift the focus from repairing the worst to creating the best.
- The changing role of Positive CBT therapists



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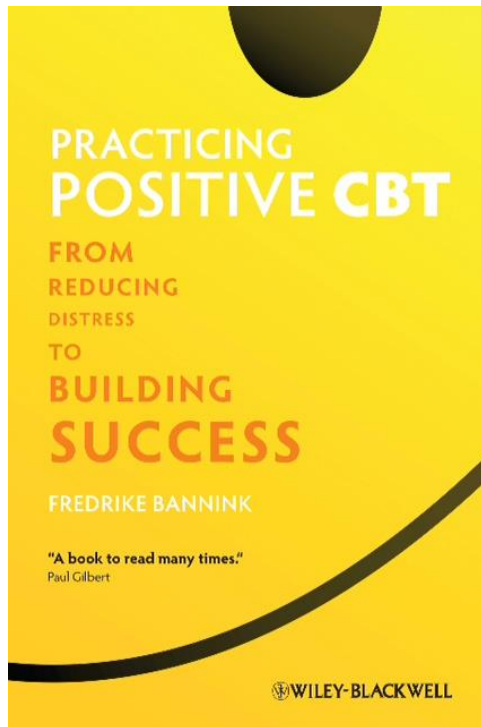
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Positive CBT

Individual and Group
Treatment Protocols for
Positive Cognitive
Behavioral Therapy



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