

Advances in Cognitive Behavioral Therapy: Positive Psychology Interventions to Promote Resilience, Positive Emotions & Personal Growth in Youth

Outline

9:00-9:30	Theoretical Foundations
9:30-10:00	Resilience & the ABCDE Model
10:00-10:15	Break
10:15-11:00	Promoting Positive Emotions & Optimism
11:00-12:00	Pursuing Personal Growth
12:00-1:00	Lunch
1:00-2:30	Building Positive Relationships & Social Support
2:30-2:45	Break
2:45-4:00	Positive Parenting Skills to Promote Resilience, Positive Emotions & Personal Growth