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

Instructor: David M. Pratt, Ph.D., MSW

Class Content and Schedule:

Day 1

8:45 -10:30 AM	Theoretical Foundations of Positive Psychology
10:30 – 12 PM	Promoting Resilience via Self-Regulation Skills
12 – 12:30 PM	Lunch
12:30 – 4:00 PM	Fostering Positive Emotions & Optimism

Day 2

8:45 – 10:30 AM	Pursuing Personal Growth
10:30 - 12 PM	Building Positive Relationships & Support
12 -12:30 PM	Lunch
12:30 – 4:00 PM	Involving Parents to Promote Resilience, Positive Emotions & Personal Growth