

**WPA Course on Positive Psychiatry, Psychotherapy, and Psychology,
and Healthy Aging,
Mexico City, Nov. 14, 2024**

Session date: Thursday, 14 November, 2024

Session time: 08:00-12:00

**Session title: Course: Positive Psychiatry, Psychotherapy, and Psychology,
and Healthy Aging,**

Please note that there will be a break at 10:00-10:30

Course Director:

Dr. Dilip V. Jeste (San Diego, USA)

Course Co-Director:

Dr. Hamid Peseschkian (Wiesbaden, Germany)

Faculty:

Dr. Dilip V. Jeste (San Diego, USA)

Dr. Hamid Peseschkian (Wiesbaden, Germany)

Dr. Samantha Boardman (New York, USA)

Dr. Leonardo Machado (Recife, Brazil)

Course Program:

(1) Dr. Dilip Jeste, MD: How to Keep the Brain Young and the Body Active in Later Life
8:00 – 8:30 am

Q&A 8:30 – 8:40 am

(2) Dr. Hamid Peseschkian, MD: Positive and Transcultural Psychotherapy: An
Integrative Humanistic Approach 8:40 – 9:10 am

Q&A 9:10 – 9:20 am

- (3) Dr. Samantha Boardman, MD: Positive Prescription for Vitality and Vigor in Later Life 9:20 – 9:50 am
Q&A 9:50 – 10:00 am
- (4) Break 10:00 – 10:30 am
- (5) Dr. Leonardo Machado, MD, PhD: Positive Aging in Physicians and Other Mental Healthcare Professionals 10:30 – 11:00 am
Q&A 11:00 – 11:10 am
- (6) General Discussion: 11:10 am – 12:00

Methods and materials

Presentations, PP slides, interactive discussions, general discussion, recommended readings.

Course Description

The United Nations has declared 2021-2030 as the Decade of Healthy Aging. This Course will describe the mechanisms that underlie healthy vs. unhealthy aging and the positive strategies that promote healthy aging in people with and without mental illnesses, their families, and also the mental healthcare providers themselves. The Course Faculty are internationally renowned experts in positive psychology, psychiatry, and psychotherapy. There will be time for questions and comments from the audience after each presentation and toward the end of the session.

Below is a summary of the four presentations.

(1) Dr. Jeste, past President of the American Psychiatric Association, will describe global research during the last 30 years that has clearly shown plasticity of the aging brain in people who stay active physically, cognitively, and socially. He will focus on positive psychosocial determinants of health such as quality of social connections, wisdom, resilience, and purpose in life, and how these can be enhanced at individual level as well as at societal level with age-friendly communities. He will present examples of people with serious mental illnesses whose functioning improved with aging.

(2) Dr. Peseschkian, President of the World Association for Positive and Transcultural Psychotherapy, will describe Positive Psychotherapy, a humanistic short-term therapy which has been successfully applied in the treatment of mental illnesses since 1977 in more than 40 countries. This semi-structured individual and family therapy includes

elements of different psychotherapeutic methods such as cognitive-behavior therapy, client-centered approach, and psychodynamic, humanistic, and systemic perspectives. A unique feature is its transcultural focus.

(3) Dr. Boardman, the founder of PositivprvePrescription.com, which shares practical and achievable strategies for life-enhancement and resilience-building, will cover pragmatic approaches to promote positive aging in clinical practice. The focus will be on helping older adults improve their well-being by acquiring skills and strategies that boost, bolster, and build mental health. Beliefs about aging, sense of purpose, social connections, personal strengths, and lifestyle will be addressed along with illustrative examples exploring the “what”, the “why”, and the “how” of positive aging.

(4) Dr. Machado, President of the Pernambuco Psychiatry Society in Brazil, will discuss positive aging strategies for healthcare practitioners including physicians and other clinicians, beginning at medical and other professional schools, and then aging with varied dilemmas involved at subsequent phases of life. Based on real clinical cases and some research, he will discuss the role of protective factors such as spirituality; as well the effectiveness of positive psychotherapy combined with psychopharmacology in recovery from PTSD and development of post-traumatic growth.

Recommended readings

(1) Jeste DV and Palmer BW (eds): Positive Psychiatry: A Clinical Handbook. Washington, DC: American Psychiatric Publishing, 2015

(2) Erick L. Messias, Hamid Peseschkian, and Consuelo Cagande (eds) Textbook on Positive Psychiatry, Psychotherapy and Psychology: Clinical Applications; Springer Nature, 2020.

(3) Samantha Boardman: Everyday Vitality: Turning Stress into Strength. Penguin Random House, 2021

(4) L. Machado and L.S. Matsumoto (eds): Psicologia Positiva E Psiquiatria Positiva: A Ciencia da felicidade na pratica.clinica. Published by Manole, São Paulo, Brazil, 2020.