

EXISTENTIAL THEMES IN POSITIVE PSYCHOTHERAPY: THE ROLE OF PURPOSE, MATTERING, & COHERENCE IN CULTIVATING A MEANINGFUL LIFE

Heidi A. Zetzer, Ph.D.

Positive psychotherapy approaches help clients cultivate positive emotion, identify strengths, and embrace approach goals. Approach goals are expressions of clients' values, which help clients move through hard times and find the strength and motivation to persist. One way that approach goals and values are connected is through meaning in life (MIL). The purpose of this presentation is to describe three facets of MIL: (1) purpose/goals, (2) mattering, and (3) coherence, and to offer strategies for increasing a "felt sense" of meaning for the therapist and their clients.

GOAL:

The goal of this intermediate-level presentation is to educate attendees about two core principles of positive psychotherapy: (1) the role of positive emotion in fostering mental/emotional wellness and (2) the role that MIL can play in developing approach goals and modifying or persisting in the pursuit of those goals.

OBJECTIVES:

- Describe three correlates of meaning in life
- Identify at least three sources of meaning
- Describe a strategy for increasing a "felt sense" of meaning in life

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to attend
its February 2020 presentation.

Tuesday, February 11, 2020

Noon to 1:30 PM

No meals or breaks provided.

**Santa Barbara Cottage Hospital
Amphitheatre**

Dr. Heidi Zetzer has a Ph.D. in Counseling Psychology from the University of California, Santa Barbara (UCSB). She is a teaching professor in the Department of Counseling, Clinical, & School Psychology and the Director of the Hosford Counseling & Psychological Services Clinic and the Carol Ackerman Positive Psychology Clinic at UCSB. She is the president of the Association of Psychology Training Clinics and past chair of the Supervision & Training Section of the Society of Counseling Psychology (Division 17) of the American Psychological Association. Dr. Zetzer has been licensed as a psychologist since 1995 and has taught graduate level clinical and counseling psychology courses for 24 years.

Dr. Zetzer has made numerous presentations on a wide range of topics in positive psychology including hope and optimism, gratitude, forgiveness, mindfulness, and meaning in life. She participated in the development of the Meaning in Life Measure (Hill et al., 2018), which is published in *Counseling Psychology Quarterly* and was presented at the 2016 North American Chapter of the Society of Psychotherapy Research Conference.

CONTINUING EDUCATION

Physicians: Please note that Psychiatric Grand Rounds is no longer able to offer CMEs because of changes to the CME requirements.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- **Continuing Education:** Attendance for the full hour is required to receive credit. CE credit is not offered for meals or breaks.

Fees: There is no charge to Cottage Health employees. There is a \$15 fee to Non-Cottage attendees who wish to receive continuing education credit.

Certificates: Cottage Health employees will complete evaluations in HealthStream. Non-Cottage attendees will receive certificates within 10 business days of returning the evaluation and paying the \$15 fee. Detailed instructions will be provided at registration.

- Grievances may be addressed directly to the Education Department.
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:
cottagehealth.org/mentalhealth

Program Coordinators

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Target Audience:

Counselors
Psychotherapists
Psychologists
Social Workers
Nurse Practitioners
Marriage & Family Therapists
Addiction Counselors
Nurses
Clinical Nurse Specialists
Pharmacists
Occupational Therapists &
Occupational Therapy Assistants
Other Mental Health
Professionals