

Allegheny General Hospital  
Continuing Medical Education  
320 East North Avenue  
Pittsburgh, Pennsylvania 15212-4772

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*Featuring Special Guest Speaker*

**Bill O'Hanlon, MS, LMFT**

*Renowned Author, Storyteller and  
Irreverent Humorist*

*Please post or circulate*

ALLEGHENY GENERAL HOSPITAL

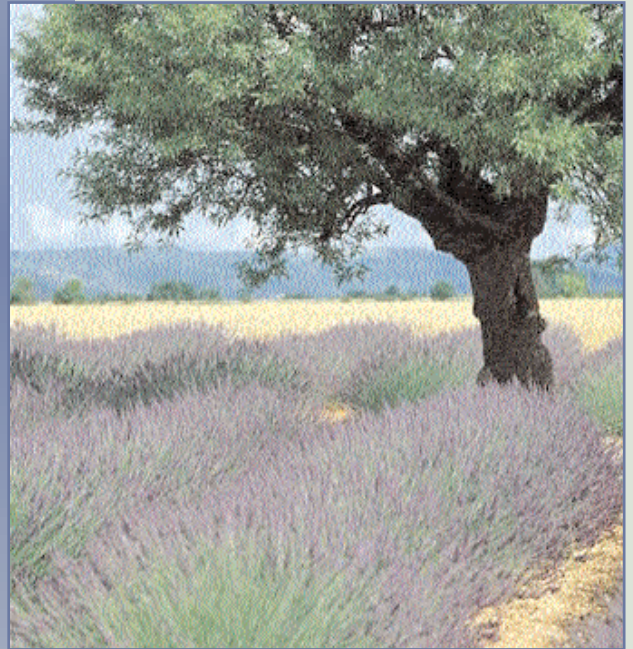
*Esther Mandelker, Ph.D. Memorial Conference*

## Positive Psychology: Practical Applications in Clinical Work

*Friday, May 1, 2009*

*George J. Magovern, M.D. Conference Center  
Allegheny General Hospital  
Pittsburgh, Pennsylvania*

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*Sponsored by*

Department of Psychiatry  
Allegheny General Hospital  
Pittsburgh, Pennsylvania



## Course Director

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### **Nancy Kennedy, PsyD**

Assistant Professor of Psychiatry  
Drexel University College of Medicine  
Department of Psychiatry  
Allegheny General Hospital  
Pittsburgh, Pennsylvania

## Guest Presenter

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### **Bill O'Hanlon, MS, LMFT**

Bill O'Hanlon, MS, LMFT, has authored or co-authored 28 books, the latest being *Write is a Verb* (Writers Digest Books, July 2007), *Pathways to Spirituality* (W.W. Norton), *Change 101: A Practical Guide to Creating Change* (W.W. Norton, Fall 2006), and *Thriving Through Crisis* (Penguin/Perigee; winner of the Books for a Better Life Award). He has published 54 articles or book chapters. His books have been translated into 15 languages: French, Spanish, Portuguese, Swedish, Finnish, German, Chinese, Bulgarian, Turkish, Korean, Indonesian, Italian, Croatian, Arabic and Japanese. He has appeared on Oprah (with his book *Do One Thing Different*), The Today Show, and a variety of other television and radio programs. Since 1977, Bill has given over 2000 talks around the world. He has been a top-rated presenter at many national conferences and was awarded the Outstanding Mental Health Educator of the Year in 2001 by the New England Educational Institute. Bill is a Licensed Mental Health Professional, Certified Professional Counselor, and a Licensed Marriage and Family Therapist. Bill is a clinical member of AAMFT (and a winner of the 2003 New Mexico AMFT Distinguished Service Award), certified by the National Board of Certified Clinical Hypnotherapists and a Fellow and a Board Member of the American Psychotherapy Association. He is known for his storytelling, irreverent humor, clear and accessible style and his boundless enthusiasm for whatever he is doing. His seminars are as entertaining as they are educational.

## Conference Location

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George J. Magovern, M.D. Conference Center  
Allegheny General Hospital  
320 East North Avenue  
Pittsburgh, Pennsylvania 15212-4772

## Conference Overview

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Positive Psychology is the study of human happiness and life satisfaction what works in life as demonstrated through research. But it isn't always obvious how to translate this research into clinical work. This workshop will offer a solid research base and methods of doing therapy and changework that derive from and fit with this research. Participants will get a chance to try out this approach in the workshop and learn how to apply it with clients.

## Intended Audience and Objectives

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This course is intended for psychiatrists, psychologists, social workers, and other mental health professionals interested in using Positive Psychology research in psychotherapy and changework. At the conclusion of this conference, participants should be able to:

- use at least three Positive Psychology research findings in clinical work
- list the four life energies that can help clients find their life and work directions
- list at least three factors that increase happiness

## Accreditation

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### ***CE for Psychologists (also applies to Social Workers)***

Allegheny General Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. Allegheny General Hospital maintains responsibility for this program and its content.

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*In accordance with the Accreditation Council for Continuing Medical Education (ACCME) and the policy of Allegheny General Hospital, presenters must disclose all relevant financial relationships, which in the context of their presentation(s), could be perceived as a real or apparent conflict of interest, (e.g., ownership of stock, honoraria or consulting fees). Any identifiable conflicts will be resolved prior to the activity. Any such relationships will be disclosed to the learner prior to the presentation(s).*

## Conference Schedule

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7:45 a.m. Registration and Continental Breakfast

8:30 a.m. Introductions and Announcements

**P. V. Nickell, MD**

*Assistant Professor of Psychiatry  
Drexel University College of Medicine  
Chairman, Department of Psychiatry  
Allegheny General Hospital*

**Anthony Mannarino, PhD**

*Professor of Psychiatry  
Drexel University College of Medicine  
Vice President, Department of Psychiatry  
Allegheny General Hospital*

8:45 a.m. Introduction to Positive Psychology

**Bill O'Hanlon, MS, LMFT**

- *The gap between Positive Psychology research and clinical practice*
- *What some psychotically optimistic dogs can teach us about effective clinical work*
- *The optimistic therapist*
- *Research on the benefits and drawbacks of optimism and being positive*
- *Possibilities vs. positive thinking*
- *Future Pull: The restoration of hope in clinical work*
- *Resilience research: What helps people bounce back from troubles and traumas*
- *Post-traumatic stress into post-traumatic success*
- *What the research shows makes people happy and what doesn't*
- *Applications of happiness research to clinical work*

10:45 a.m. B R E A K

11:00 a.m. Connections and Relationships

- *The importance of good connections and relationships for the good life*
- *Social intelligence*
- *What we can learn from happy couples*

12:30 p.m. L U N C H

1:30 p.m. The New Brain Science and Positive Psychology

- *Clinical applications of brain plasticity research in changework*

3:00 p.m. B R E A K

3:15 p.m. Meaning and Purpose in the Good Life

- *Elements of the meaningful life: Translating into clinical work*
- *The four life energies: Finding direction and purposeful work*
- *It's not about you: Mitzvah Therapy*
- *The components of Positive Psychology: A summary (The S.O.A.P. model)*

4:15 p.m. A D J O U R N M E N T

## Ester Mandelker, Ph.D

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The late **Dr. Ester Mandelker** began her career at Allegheny General Hospital in 1988 as a clinical psychologist. She received a Master of Arts degree from Roosevelt University in Chicago in 1972 and a Ph.D. from the University of Pittsburgh in 1983. Earlier in her career, Dr. Mandelker was a teacher in Israel and in Pittsburgh.

During her tenure at AGH, Dr. Mandelker was an integral part of the inpatient and outpatient treatment teams, providing group, individual treatment, assessment and supervision services. She was active in the design and implementation of the psychiatric residency and psychology internship and training programs. Over the years, Dr. Mandelker was known for her extraordinary psychotherapy skills as well as her teaching and supervision abilities. She was named teacher of the year in the residency program in 2001.

Because Dr. Mandelker was tireless in her pursuit of excellence as a psychologist and mentor, and was a beloved faculty member, the Department of Psychiatry at Allegheny General Hospital initiated the Ester Mandelker Excellence in Psychotherapy Award and established the Ester Mandelker Memorial Library. In that same spirit, the Department is honored to dedicate this conference to her memory.

This conference is generously supported by a gift from the Mandelker family.

## Parking

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Parking will be available at no charge in the Allegheny General Hospital employee garage (General Robinson Street Garage) located on Pittsburgh's North Shore between PNC Park and Heinz Field. The hospital will provide shuttle transportation between the garage and the hospital before and after the conference. **Please bring your parking ticket to the registration desk for validation.**

Directions for the parking garage can be found on our Web site at [www.aghcme.org](http://www.aghcme.org).

## Overnight Accommodations

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Log onto [www.best-pittsburgh-hotels.com](http://www.best-pittsburgh-hotels.com) for a complete listing of local hotels.

## Refund Policy

A refund of the registration fee, less a 10 percent processing fee, will be made when a written request or a telephone request followed by a written confirmation is received prior to **April 17, 2009**. After this date, refunds will not be made. Fees will not be refunded for failure to attend.

Allegheny General Hospital reserves the right to cancel or postpone any conference because of unforeseen circumstances or insufficient enrollment. In the event of such cancellation, full tuition will be refunded.

## Registration Information

The registration fee includes conference materials, break refreshments, lunch and parking at the General Robinson Street Garage.

**Fee:** \$85

\$40 WPAHS Employees and Students  
NC Allegheny General Hospital Employees  
(including Suburban Campus)

**Deadline:** April 17, 2009

(After this date, registrations will be taken on a space available basis.)

**To Register:** Complete the registration form and return it with the registration fee to:

Continuing Medical Education  
Allegheny General Hospital  
320 East North Avenue  
Pittsburgh, Pennsylvania 15212-4772  
(412) 359-4952 (412) 359-8218 fax

The preferred method of payment is by VISA, MasterCard, American Express or Discover; however, checks will be accepted made payable to **Allegheny General Hospital**.

## Additional Information

For additional questions concerning the conference, please contact the Continuing Medical Education office by e-mail: [tmariani@wpahs.org](mailto:tmariani@wpahs.org), by calling (412) 359-4952 or by fax at (412) 359-8218.

## Positive Psychology: Practical Applications in Clinical Work

Friday, May 1, 2009

**Please indicate:**  I would like a vegetarian lunch.  
 I will utilize the shuttle service from the employee parking garage on General Robinson Street.

Name \_\_\_\_\_

(print name and degree, if applicable, as you wish it to appear on badge)

Degree \_\_\_\_\_

Specialty \_\_\_\_\_

(for accreditation purposes)

Occupation \_\_\_\_\_

Hospital or Organization \_\_\_\_\_

Home or  Business Address (including department):  
(where you prefer mail to be sent)

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Day Telephone ( ) \_\_\_\_\_

FAX# ( ) \_\_\_\_\_

E-mail \_\_\_\_\_

**Method of Payment:**  Credit Card  Check

Total Amount \$ \_\_\_\_\_

**Credit Card:**  VISA  American Express

MasterCard  Discover

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Name as it appears on card \_\_\_\_\_

Signature \_\_\_\_\_

If you require assistance with hearing, vision or mobility to make this conference accessible to you, please check this box and contact the CME office at (412) 359-4952 two weeks prior to the conference date.