

Annual World Congress on **PSYCHIATRY**

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A third wave cbt universal protocol and it's application for therapy and for a resilience prevention intervention in the community.**Daniel Hamiel***Cohen-Harris Resilience Center, Tel-Aviv, Israel*

This lecture should be taken as part of the current innovative approach to psychotherapy, directed to address masses of people who might need psychological assistance. I will present a universal short protocol mainly based on Acceptance and Commitment Therapy approach, created for psychotherapy and implemented and adapted to a resilience prevention intervention.

Based on the therapeutic protocol, an intervention that integrates emotional, physiological and cognitive behavioral techniques as well as attentional regulation, mainly mindfulness, was developed to build resilience in the community. Thousands of teachers and counselors have trained, to deliver resilience to their students (~1,000,000 nationwide). The program has been endorsed by the Ministry of Education of Israel to be part of the regular curriculum of every school. A series of empirical studies has shown the effectiveness of the program. This cost-effective approach, delivered by the teachers decreased by 50% the development of posttraumatic responses in children following severe stressful exposure.

The intervention is adapted to different age groups and cultures (Israeli Muslims, Refugees, Orthodox Jews and a pilot in schools in Norway).

Biography

Prof. Danny Hamiel teaches for many years at various universities in Israel. He heads a program for developing resilience for children in Israel, a program accepted by the Israeli Ministry of Education as a national program and is part of the curriculum of every child in the country. He is chief clinical instructor and head of the CBT unit at the Greater Mental Health Center in Tel Aviv Israel and a clinical instructor of practitioners and psychology interns at the Interdisciplinary Center in Herzliya University. He is main instructor in courses of the Israeli Association of CBT. Prof. Hamiel frequently teaches courses throughout the world.

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