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For Immediate Release

Positive Psychology Helps Clients Explore and Build Resilience through Evidenced-Based Interventions

Topic Is Keynote Address at 2015 iaedp Symposium

Pekin, IL (Jan. 23, 2015) – Traditionally, training for clinicians has focused on the lessening of symptoms as the primary way to reduce suffering. But as Dan Tomasulo, PhD, MFA, MAPP will reveal at the [2015 iaedp Symposium](#) held on March 19 - 22, during the last decade, compelling evidence from positive psychology has emerged that shows the importance of helping clients identify, explore and build their resilience through evidenced-based positive interventions.

The workshop, entitled “Wrong To Strong: What Positive Psychology Can Offer Clinical Professionals,” will be presented by keynote speaker, Dr. Tomasulo, the first licensed psychologist and psycho-dramatist to graduate from the Master of Applied Positive Psychology (MAPP) program from the University of Pennsylvania. In addition to teaching at New Jersey City University, Dr. Tomasulo also works for Martin Seligman, who is known as the Father of Positive Psychology at UPenn for the MAPP program, is a consultant for the Gerry Spence Trial Lawyer’s College and writes blogs for *Psychology Today*, *PsychCentral* and *Answers.com*.

Dr. Tomasulo’s Symposium presentation will address the challenging and immensely broad work emanating from Seligman as a foundation for positive psychology with history that has yielded a new platform from which positive psychology can thrive. Communicated in the workshop will be PERMA, the acronym for well-being reflected in our positive emotions, engagement, relationships, meaning, and achievement. The workshop is derived from these principles and the evidenced-based research on positive interventions.

Dr. Tomasulo’s presentation will be held on Saturday, March 21 and is one of the over 40 workshops and feature gatherings at this year’s iaedp Symposium for eating disorder professionals. “Our

line-up of professionals presenting at this year's Symposium is extraordinary," said Bonnie Harken, Managing Director of The iaedp Foundation. "The most noted eating disorders professionals from around the country and internationally will be in attendance to both present and learn about new research and treatments in our field. The knowledge gained during this short period of time will be outstanding for all those in attendance."

For registration information about the 2015 iaedp Symposium in Phoenix at the Pointe Hilton Tapatio Cliffs Resort, go to iaedp.com.

About iaedp: Since 1985, the [International Association of Eating Disorders Professionals](http://iaedp.com) has provided education and training standards to an international and multidisciplinary group of various healthcare treatment providers and helping professions.

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