



The Science of Well-Being: Evidence-Based Interventions for Children, Adolescents, and Families

**A 3-day workshop in English with
distinguished American clinical
psychologists**

July 11-13, 2013

Sofia University, Conference Hall

**Co-sponsored by the Center for
Consciousness and Transformation
and the Office of the Provost, George
Mason University.**

**DR. JAMES E.
MADDUX**

**DR. ROBYN S.
MEHLENBECK**

**DR. CHRISTIANNE
ESPOSITO-
SMYTHERS**

DR. SARAH FISCHER

**Department of
Psychology
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**Registration by e-mail:
Camellia Hancheva
hancheva@phls.uni-sofia.bg**

**Registration by phone:
Valya Petkova
02 9308 524**

Fee: 50 lv.

July 11, 2013

9-12 am:

- Introduction of presenters.
- Some introductory remarks by one or two of our hosts.
- The Science of Well-Being: Evidence-Based Interventions in Clinical Developmental Psychology.
- Social-Cognitive Case Conceptualization.

2-5 pm:

- Enhancing Physical and Emotional Well-Being: Positive Psychology Interventions for Children, Adolescents, and Families.

July 12, 2013

9-10 am:

- Suicide Risk Assessment: Promoting Positive Outcomes in Troubled Youth.

10-12 am:

- Cognitive-Behavioral Skills to Enhance Mindfulness and Well Being in Adolescents: Part 1.

2-5 pm:

- Cognitive-Behavioral Skills to Enhance Mindfulness and Well-Being in Adolescents: Part 2.

July 13, 2013

9-12 am:

- Evidence-Based Interventions for Working with Families.

2- 4 pm:

- Behavior Management Skills for Parents: Dealing More Effectively with Common Behavior Problems of Young Children.

4-5 pm:

- Question & Answer/Discussion Session.

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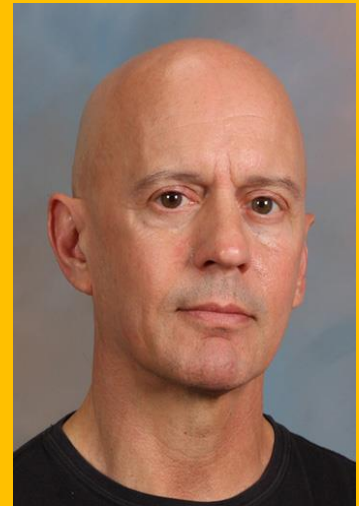
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DR. JAMES E. MADDUX is University Professor Emeritus in the Department of Psychology at George Mason University. He received his PhD in clinical psychology from the University of Alabama in 1981. His major interest is the integration of theory and research from clinical, social, and health psychology. He is the former Editor of the *Journal of Social and Clinical Psychology* and former director of the clinical psychology doctoral program at George Mason University. Dr. Maddux is a Fellow of the American Psychological Association's Divisions of General, Clinical, and Health Psychology and a Fellow of the Association for Psychological Science.



DR. ROBYN S. MEHLENBECK is a Clinical Associate Professor in the Department of Psychology at George Mason University and Director of the department's Center for Psychological Services. She received her Ph.D in clinical psychology (with a subspecialty in behavioral medicine) from University of Memphis in Memphis (Tennessee) in 1998. Her research interests include eating disorders and other weigh-related problems in children in adolescents. She also works with children with medical issues such as Type I Diabetes. Dr. Mehlenbeck has published numerous articles in American and international journals and presented her research at American and international conferences.



DR. CHRISTIANNE ESPOSITO-SMYTHERS is an Associate Professor in the Department of Psychology at George Mason University. Dr. Esposito-Smythers received her PhD in clinical psychology from the Virginia Polytechnic Institute and State University (Virginia Tech) in 2000. Her research interests include the assessment, prevention, and treatment of adolescent suicidality, substance abuse, and other high-risk behaviors. Dr. Esposito-Smythers has published numerous articles in American and international journals and presented her research at American and international conferences.



DR. SARAH FISCHER is an Assistant Professor in the Department of Psychology at George Mason University. Dr. Fischer received her Ph. D. in clinical psychology from the University of Kentucky in 2006. Dr. Fischer's research examines the influence of dimensional trait models of impulsivity on co-occurring maladaptive behavior patterns, such as binge eating, binge drinking, and self-injury. Her areas of clinical specialization are the application of Dialectical Behavior Therapy to Borderline Personality Disorder and Eating Disorders, and the treatment of Eating Disorders in adolescents and adults. Dr. Fischer has published numerous articles in American and international journals and presented her research at American and international conferences.

