The course deals with various approaches that have developed since the 1990s from the classical cognitive-behavioral approach (CBT). These approaches challenged the need to directly change the content of thinking and the system of beliefs and perceptions of the person and offered alternatives to it. In these approaches known as the third wave of CBT the perception of the source of psychopathology in general is the effort to avoid unpleasant emotions that challenge the person in any price. These approaches use a universal protocol that focuses on the need to live with unpleasant emotions, to accept them in different ways without trying to correct them, and to show how one can grow from them. Based on universal elements these approaches are also suitable for prevention and not just for psychotherapy, and have the potential to reach large masses of people in interventions that are not just individual. In view of the great need of the population for mental help and even more for mental growth, these approaches give hope not only to the individual but also to the community as a whole. In this course we
will focus on working with children and youth where preventive interventions are even more significant. We will mainly refer to the Acceptance Commitment Therapy (ACT), MBCT - Mindfulness based cbt, compassionate therapy and more

A key component of the course will be a kind of self-care intervention in which participants discreetly assimilate the knowledge they have acquired, in improving coping with a personal issue.
Lesson 1
Kelly_Mcgonigal _How_to_make_stress_your_friend_  http://www.ted.com/talks/lang/he/
Hayes S, C, From loss to love:
https://www.psychologytoday.com/us/articles/201806/loss-love


Lesson 3
Steven Hayes On defusion
https://www.youtube.com/watch?v=GnSHpBRLJrQ

Setting free the bears: escape from thought suppression
a0024985.PMID: 22082381/10.1037

Lesson 4
Carol Dweck The_power_of_believing_that_you_can_improve https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?language=he#t-608664

Daniel Kahneman The_riddle_of_experience_vs_memory
http://www.ted.com/talks/daniel_kahneman_the_riddle_of_experience_vs_memory.html

Lesson 5

Amy Cuddy: Your body language shapes who you are
https://www.ted.com/talks/

Jeffrey Schwartz: How Mindfulness Can Change Your Brain. https://www.youtube.com/watch?v=MmREWz6jVnE


Martin_Seligman_On_the_state_of_psychology

Dan_Gilbert_Ask why are we happy
http://www.ted.com/talks/lang/he/dan_gilbertasks_why_are_we_happy.html


Anna E. Allmann, Lisa W. Coyne, Rebecca Michel, Robert McGowan, Chapter 17 – Acceptance and commitment therapy- enhanced exposures for children and adolescents, 

