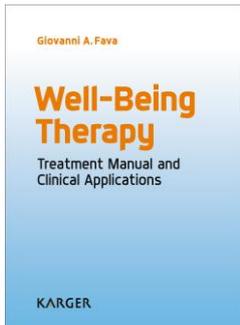


Press Release

Basel, Switzerland, March 10, 2016

A revolutionary approach to improve psychological well-being



Well-being therapy (WBT) is an innovative psychotherapeutic strategy for enhancing psychological well-being and resilience in patients with depression and anxiety disorders. This week, Giovanni A. Fava, the world-renowned psychiatrist and founder of this increasingly popular approach, has released the first treatment manual on WBT. It offers a personal account of how WBT was developed and provides a step-by-step guide on how to conduct treatment sessions for a variety of conditions.

The goal of WBT is to improve the patient's level of psychological well-being and quality of life in six major areas of personal functioning: mastery of everyday situations, autonomy, personal growth, a sense of purpose in life, positive relationships with others, and self-acceptance. The therapy was originally developed to prevent relapse in the residual phase of depression, which is a common problem. Since then, Dr. Fava's team has shown in clinical studies that WBT also works in other psychiatric conditions like general anxiety disorder, mood swings, agoraphobia, panic and posttraumatic stress disorders. More recently, WBT has been successfully tested in children and adolescents with major depression and in educational settings with groups of children.

How does WBT work?

WBT uses tools from cognitive behavioral therapy (CBT), but while CBT focuses on identifying negative thoughts and troubling emotions, WBT encourages patients to recognize their positive experiences and feelings and to record them in a daily diary. Through careful self-observation, patients learn to identify thoughts and behaviors that interfere with their sense of well-being and, in a next step, to formulate an observer's interpretation of the situation. Finally, the therapist introduces some of the areas of psychological well-being that are most relevant to the patient's experience and discusses possible modifications. WBT is a highly structured, short-term strategy that extends over 8 sessions, which may take place every week or every other week, with possible variations in structure and timing.

Giovanni Fava explains: "The focus of Well-Being Therapy is individualized, depending on the specific profile of the patient, and it is very flexible. It's not used as a first-line treatment but is typically delivered following pharmacological or other psychological interventions."

A new phase in psychotherapy

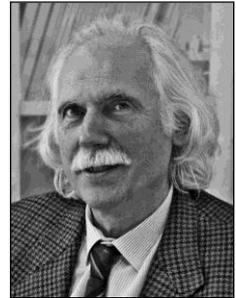
The publication of Dr. Fava's long-awaited book "is a landmark event" (Jesse H. Wright in the foreword) and marks the beginning of a new phase in the development of WBT: Session-by-session instructions are now laid out for clinicians to use in everyday practice. The book is written in an accessible style and filled with anecdotes from Dr. Fava's medical career and case studies, making it fascinating reading not only for psychiatrists and psychologists but also for a broader audience. It will most certainly promote wider use of this therapy, which offers great promise for patients to achieve recovery and lead a balanced and fulfilling life.

continued on next page

About the Author

Giovanni Andrea Fava is Professor of Clinical Psychology at the University of Bologna and Clinical Professor of Psychiatry at the State University of New York at Buffalo. He has authored more than 500 scientific papers and performed groundbreaking research in several fields. Apart from WBT he has introduced the sequential model for combining pharmacotherapy and psychotherapy, the concept of staging in psychiatry, and a new method of classifying psychosomatic distress (the Diagnostic Criteria for Psychosomatic Research).

Since 1992 he has been Editor-in-Chief of the Karger journal *Psychotherapy and Psychosomatics*. With its current impact factor of 9.196, this journal ranks fourth among the SCI psychology journals and sixth in the list of psychiatry journals.



Target audience: psychiatrists, psychologists, family physicians, pediatricians, gerontologists, counselors, educators

Further information:

Book website with sample pages: www.karger.com/well-being

Cover image and author portrait available at www.karger.com/media-relations

Website of G. Fava's Well-Being Therapy: www.well-being-therapy.com

Website of [*Psychotherapy and Psychosomatics*](#)

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