



**CONFERÊNCIAS
2012**

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11 SET
18H30

SALÃO NOBRE

ENTRADA LIVRE

TIME PERSPECTIVE THERAPY: FROM THEORY TO CLINICAL PRACTICE

Time Perspective Therapy was developed by the Swords to assist their patients suffering from chronic and severe PTSD. Based on Philip Zimbardo's Temporal Theory as described in *The Time Paradox* (2008), measured by The Zimbardo Time Perspective Inventory (ZTPI) and quantified in a longitudinal pilot research project, Time Perspective Therapy approaches behavioral therapy through a new time-oriented method. The Swords will describe not only Temporal Theory and Time Perspective Therapy, but also unveil the results of a four year clinical trial that indicate significant decreases in patients anxiety, depression and PTSD symptoms. Time Perspective Therapy is a rapid, effective and enduring method that assists people in adapting to the depression, stress and trauma in our ever changing world.

Note: This 90 minute presentation is a requisite to attend the workshop: How to Integrate Time Perspective Therapy into Your Clinical Practice.



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