



**WORKSHOPS  
2012**

ISPA  
INSTITUTO  
UNIVERSITÁRIO

**12 SET**  
**9H30**

**SALA DE ATOS**

**INSCRIÇÕES E INFORMAÇÕES:**

Por email: [ci@ispa.pt](mailto:ci@ispa.pt)

Doutorandos ISPA: gratuita

Estudantes ISPA: € 25

Estudantes externos: € 50

Profissionais: € 90

# TIME PERSPECTIVE THERAPY WORKSHOP

## How to Integrate Time Perspective Therapy into Your Clinical Practice

### **RICHARD SWORD** **ROSEMARY SWORD**

**Biographies**

**Richard M. Sword** is a private practice clinical psychologist on the island of Maui. His work in behavioral medicine has helped people heal from traumatic events, accidents, physical injuries, depression, anxiety, and addiction. He played a lead role in developing a model for Psychology in Disaster Stress Response with the National Disaster Medical System and FEMA. Sword's major clinical focus has been on treating veterans and civilians suffering from Posttraumatic Stress Disorder (PTSD). His work with veterans of many wars caused him to search for a more effective treatment of PTSD, and that led him to the development of Time Perspective Therapy (co principal-investigator).

**Rosemary K.M. Sword** is a counselor and Time Perspective therapist in private practice on the island of Maui. As part of her Hawaiian heritage, she was schooled in the Hawaiian psychology based on forgiveness known as ho'oponopono (literally "to make right"). She has practiced this art form for over two decades. In recent years as a co-principal-investigator, she has helped developed Time Perspective Therapy.

**Requisite**

Participants are required to attend the 90 minute TIME PERSPECTIVE THERAPY: FROM THEORY TO CLINICAL PRACTICE.

**Synopsis**

Time Perspective Therapy (TPT) is a rapid, effective and enduring method that assists people in adapting to PTSD, depression, stress and trauma. Developed by the Swords to assist their patients suffering from chronic and severe PTSD, TPT is based on Philip Zimbardo's Temporal Theory and uses The Zimbardo Time Perspective Inventory (ZTPI) as a psychological tool to determine treatment.

In this half-day workshop, participants will learn:

- 1) How TPT is a natural evolution of cognitive behavioral therapy (CBT).
- 2) The importance of the ZTPI as a psychological test and reveals a clear therapeutic path for your clients.
- 3) How to add TPT to your current psychology practices.



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