



**TITLE:** Flourishing with Dialectical Behavior Therapy: a creativity dialectics approach for individuals at the expanded awareness, spiritual fulfillment and flow experience stage of change

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### ABSTRACT (upto 300 words)

Dialectical behavior therapy (DBT) is a gold standard treatment of choice for individuals with severe behavioral dysregulation (Stage 1), quiet desperation (Stage 2), problems in living (Stage 3) and incompleteness (Stage 4). To date, Stage 4 of treatment is least defined and specified in the DBT theory and practice despite offering the greatest promise for sustained joy and flourishing. Based on over half a century of research on flow experiences and vital engagement, creativity dialectics is introduced in this webinar alongside systematic ways they can be usefully applied to support individuals in stage 4 of DBT treatment and support their ongoing efforts to flourish. Moreover, an alternative diary card - Values-Flow diary card- is presented and discussed which, along with standard behavioral and, mindfulness and acceptance goals, can provide essential skills for creativity dialectics and a sequential blueprint for intervention at this stage of treatment.

### BIOGRAPHY (upto 200 words)

Cedomir Ignjatovic has completed his PHD from Centre for Wellbeing Science at The University of Melbourne's Graduate School of Education, Australia. He is co-director of a clinical psychology clinic in Sydney and has over 15 years training and experience applying Acceptance and Commitment and Dialectical Behavior Therapies. He worked for Department of Health in Sydney's cross-culturally diverse Western Sydney region for nearly a decade. His research areas include the integration of clinical psychology and flow and vital engagement theories and principals in applied settings. He recently published a highly regarded chapter on Values-Flow in contextual psychotherapy which can be accessed at <https://www.intechopen.com/online-first/values-flow-in-contextual-psychotherapy-the-what-why-and-how-of-sustainable-values-based-behaviour>

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