

### **Feedback for Professor Barrett participation on VIII Brazilian Congress of Cognitive Therapy**

The participation of Professor Paula Barrett in the VIII Brazilian Congress of Cognitive Therapy was a huge success, bringing to Brazil the most updated knowledge in mental disorders prevention and promotion of mental well being. Dr. Paula Barrett gave several lectures in the VIII Brazilian Congress of Cognitive Therapy. These activities are described as follow:

6<sup>th</sup> April 2011 - Pre-event short course: Introduction to CBT programs in groups – Friends program. 8 hours. There were 80 participants approximately

07<sup>th</sup> April 2011 – Major Plenary session - Building resilience in families and schools – Quo Vadis? Paula Barrett /AUS. 2 hours. There were 600 participants approximately

08<sup>th</sup> April 2011 – Plenary morning session - Strategies for parents to create resilient children . Paula Barrett/AUS. 1hour30min There were 600 participants approximately

08<sup>th</sup> April 2011 – Plenary afternoon session - Programs Friends for Life: TCC in groups for kids and adolescents. Paula Barrett/AUS. 2 hours. There were 600 participants approximately

09<sup>th</sup> April 2011 – Closing Plenary session - Specialists discussion – New Frontiers for Cognitive Therapy: Paula Barrett/AUS - Irismar Reis de Oliveira/BA - Emilia Afrangé/SP - Circe Petersen/RS - Cristiano Nabuco de Abreu/SP - Daniela Levy/SP. 1 hour. There were 600 participants approximately

11<sup>th</sup> and 12<sup>th</sup> April 2011 – Post congress workshop - Fun friends, friends for life and my friends- youth resilience program. 8 hours. There were 50 participants approximately

All activities above went extraordinary well, as Dr. Paula thought with great passion and knowledge for the choused themes. The lecturer has shown a resourcefulness background during all the conference that was contagious and probably the milestone of VII CBTC conference. The Brazilian scientific community received very well the FRIENDS program and is at the moment conducting the first courses in many cities and states in Brazil.

Due to Paula's skills, the organizing committee decided to release the post conference workshop, which was a success. This activity had around 50 participants, whom aimed to be the first Brazilians to receive a full time training program in Brazil. Overall the participants had a great evaluation of Dr. Barrett's participation, detaching learned content related to risk and protection factors associated to human development, as well as strategies to manage anxiety and depression.

We are delighted with the wonderful work of Professor Barrett and all the potential of the FRIENDS program to provide to the coming generations a broader emotional and social intelligence. I can see Brazil, in the next years, becoming one of the countries around the world with more quickly and large expansion of this program. We are very grateful to Dr. Paula Barrett to all her contribution, which may have a major impact on thousands of lives in Brazil.

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