

第75回東伏見スポーツサイエンス研究会

日時 2022年10月27日(Thursday) 16:30~18:00

場所 東伏見キャンパス79-205室

演題

Psychological Flexibility as a Framework of Wellbeing: An ACT Approach

Dr. Akihiko Masuda (University of Hawai'i at Mānoa)

■Abstract:

The aim of this invited talk is to present the overview of wellbeing (健康・幸福) from the Psychological Flexibility Model, one of the major conceptual and applied frameworks of wellbeing in evidence-based psychology in recent years. To do so, I will start with presenting a brief history of evidence-based psychotherapy (i.e., behavior therapy) and how the way it approaches to wellbeing has changed over time. Then, I will present a brief overview of Acceptance and Commitment Therapy (ACT), one of the most widely studied cognitive behavior therapies in recent years, as well as its approach to wellbeing in theory and practice. More specifically, I will present that ACT views purposeful living (生きがいのある生活) or psychological flexibility (心理的柔軟性) as the essence of wellbeing. Furthermore, this purposeful living/psychological flexibility is characterized by the reflection of openness, awareness, and engaging (Masuda & Rizvi, 2020). Finally, I am going to present my current and previous research on the applicability of psychological flexibility model to a range of psychosocial concerns across racially and ethnically diverse population. The last section entails a series of cross-sectional studies examining the application of psychological flexibility model to racially and ethnically diverse samples as well as small ACT studies on stigma/prejudice and eating disorders.

■Bio:

Akihiko Masuda, Ph.D., is Professor of Clinical Psychology at the University of Hawai'i at Mānoa. His primary areas of interest include philosophy of science, clinical behavior analysis, acceptance- and mindfulness-based behavioral therapies, wellbeing, diversity, and Zen Buddhism. He is the author of more than 90 peer-reviewed papers and 40 book chapters. He is the editor of the book Mindfulness and Acceptance in Multicultural Competency (New Harbinger, 2014) and co-editor of the books Handbook of Zen, Mindfulness, and Behavioral Health (Springer, 2017), Prejudice, Stigma, Privilege, and Oppression: A Behavioral Health Handbook (Springer, 2020), Avoiding Questionable Research Practice in Applied Psychology (Springer, 2022), and Behavior Therapy: First, Second, and Third Waves (Springer 2022).

