

July 27, 2014

To whom it may concern,

The following paper was presented by Mohammad Khodayarifard at the Inaugural European Conference on Psychology and Behavioral Sciences on Saturday, July 26 at the Thistle Brighton in Brighton, UK

Title

The Impact of Learning Skills Instruction on Emotional Intelligence and Self-Esteem of Female High School Students

Authors

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Abstract

Objective: The purpose of this research was to investigate the impact of social and emotional regulation skills program on the emotional intelligence and self-esteem of female high school students. **Method:** 64 students were randomly chosen from first year high school female students of Behshar city, and were placed in experimental and control groups. The EQ-I (Emotional Intelligence Questionnaire Sybryashryng: 30 items) & (Rosenberg self-esteem scale: 10 items) were administered to both groups as pre-test. Then the experimental group was trained in the social-emotional skills program in 9 sessions. After finishing the instructions, the EQ-I & self-esteem scale was administered to both groups as a post-test. Data analysis was achieved through the t-test statistical test. **Result:** The results revealed that teaching social-emotional skills had a significant effect on increasing the experimental group students' emotional intelligence and self-esteem. **Conclusion:** It can be said that supporting teenagers' abilities through social skill educational programs enhances close interaction and training self-esteem. Increasing self-esteem and emotional intelligence in a person will lead to revitalizing her/his sense of ability and value and occurring changes such as having self-confidence and enjoying interaction and cooperation with others.

If you have any further questions or concerns, please let me know.

Sincerely,

Alexander Pratt
2014 European Conference Series Manager
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Handwritten notes in Persian script, including the word "زندگی" (Zandegi - Life) and a checkmark.



PSYCHOTHERAPY MEETS AFRI A

7TH WORLD CONGRESS FOR PSYCHOTHERAPY
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PROGRAM



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The essential features of Paraphilia include recurrent, intense sexual arousal, fantasies and sexual urges or behavior involving the suffering or humiliation of oneself or one's partner who can be children, non-consent persons and non-human objects. Sexual masochism disorder is a class of paraphilia, which causes impairment in occupational, social and personal areas of functioning. Masochism disorder may lead to server physical injuries and even death. In addition to drug therapy, research has shown that psychotherapy such as behavior therapy, cognitive therapy (CT) and cognitive-behavior therapy (CBT) are effective in the treatment of sexual masochism. The purpose of the present study was to report a successful case of a 35 year-old Iranian male who suffered from his homosexual desires, sexual masochism and co-morbid disorders.

This study was a case study and employed CBT consisting of cognitive reconstruction, behavior analysis, problem solving, relaxation, self-management and positivism. The instruments used in the preset study included BID, MMPI and SCL-90-R. The measures were administrated and interpreted before treatment, after treatment and once a year after the termination of treatment as a follow-up study. The results indicated that CBT not only is an effective approach for treating sexual masochism and co-morbid disorders but also offers some skills to help the subject prevent the relapse of the disorders. The roles of cognitive reconstruction, positivism and altering the subject's irrational and distorted beliefs about oneself, others and sexual behaviors were also discussed.

Keywords: Cross-cultural psychology; Cognitive-behavior therapy; Sexual masochism; Co-morbidity; Case study; Homosexuality; Collectivism; Paraphilia

- 10:30-13:00 Stream B3: The Consumer Forum
Chairperson: Victor Makarov, Russia
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- 10:30 The Importance of Psychotherapists With Regard to Treatment Outcome Process and Outcome Study in a Naturalistic Design
Peter Schulthess², Margit Koemeda², Volker Tschuschke¹, Aureliano Cramer³, Agnes von Wyl³
¹*Sigmund Freud University, Germany*
²*Swiss Charter for Psychotherapy, Switzerland*
³*Zurich University for Applied Sciences, Switzerland*
- 11:00 The Psychotherapy and Rehabilitation of Dissociative Amnesia
Angelica Staniloiu¹, Hans Markowitsch²
¹*University of Bielefeld, Germany*
²*University of Bielefeld, Germany*
- 11:15 Psychotherapy, Memory, and Memoir
Nancy Henderson-James
Independent Research, USA
- 11:30 Initial Expectations for Psychotherapy as Predictors of the Working Alliance: Adolescents', Their Parents' and Psychologists' Perspective
Neringa Grigutyte, Rasa Masioniene
Vilnius university, Lithuania
- 11:45 Empathy in Psychotherapy - Is It A Tool or a Gift?
Eugenijus Laurinaitis
Vilnius University, Lithuania
- 12:00 Grief Happens: Psychotherapy and Grief Counseling
Jane Wood
Lamar University, USA
- 12:15 Psychotherapy in the USA: Ethical/Philosophical Issues
Darlyne Nemeth
The Neuropsychology Center of Louisiana, USA

10:30-13:00 Stream C3: Culture, Psychotherapy and Africa
Chairperson: Benig Mauger, Ireland

- 10:30 Need for More Opportunities for Formal Psychotherapy Training in Africa
Sylvester Madu¹, Alfred Pritz²
¹*Anambra State University, Nigeria*
²*Sigmund Freud University, Austria*
- 11:00 A Case Study of Cognitive-Behavior Therapy in Iran: Treatment of Sexual Masochism along with Co-morbid Disorders in a Collectivist Society
Mohammad Khodayarifard¹, Alfred Pritz², Sepideh Alavi³, Yasamin Abedini⁴
¹*University of Tehran, Iran*
²*Sigmund Freud University, Austria*
³*Columbia University, USA*
⁴*University of Isfahan, Iran*
- 11:15 Psychopathology, Psychotherapy and Faith-healing from Igbo African Point of View
Ejiofo Innocent
University of Ibadan, Nigeria