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THE SCIENCE OF WELL-BEING: EVIDENCE OF EASTERN THERAPIES ENHANCING
THE CHARACTER TRAITS ASSOCIATED WITH WELL-BEING- WELL-BEING
PSYCHIATRY

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Mental health professionals and their patients are increasingly aware of the basic need of all human beings for a source of meaning that is greater than one's self. This growth in awareness is driven by the professional's practical goal of reducing disability from mental disorders and by the heart felt wishes of the suffering for their therapists to recognize of the need for self transcendence. This has resulted in mental health professionals and the general public's growing awareness of the need to foster spirituality and well-being in clinical practice. We now see a groundswell of professional work to focus on the development of health and happiness, rather than merely to fight disease and distress. This presentation will consider the practical necessity to reduce disability, and understanding the science of well-being including the stages of self-awareness on the path to well-being. Considering the interpersonal neurobiology view of well-being. Ultimately discussing the developing of well-being through therapies such as Cloninger's "The happy life- Voyages to well-being" and D'Souza's Evidence based East-West Spiritually Augmented Well-being therapy. seven catalytic exercises for each day of the week. This allows attention to spirituality based on principles of psychobiology with roots in compassion and tolerance, rather than on the basis of dogmatic judgments that are rooted in fear and intolerance. Thus only by addressing spirituality in a scientific and non judgmental manner can we make psychology and psychiatry into a science of well-being that is able to reduce stigma and disability of psychological disorders