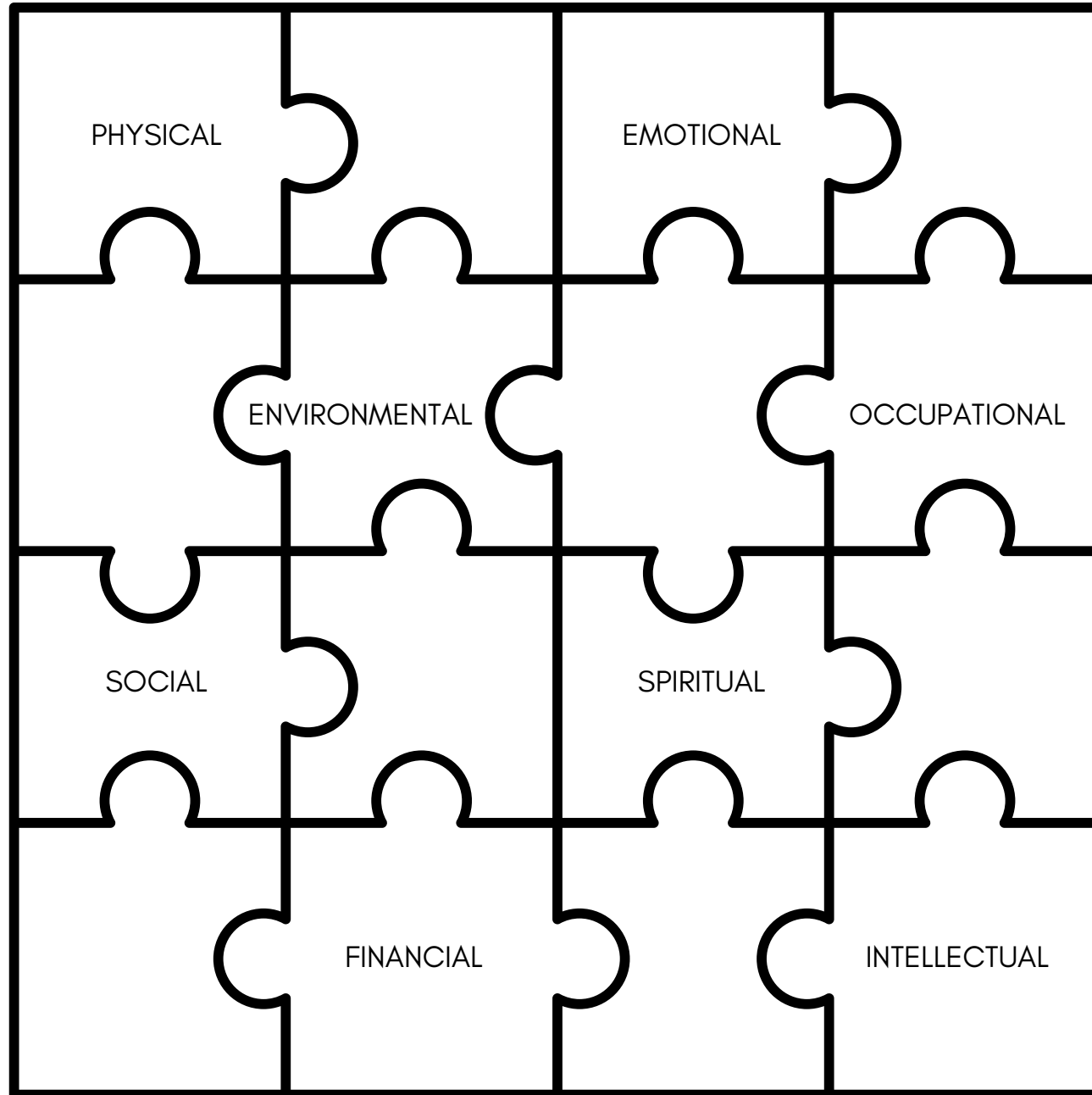


# APPLIED PERFORMANCE THERAPY

"HAVING A PRACTICAL PURPOSE OR USE - ESPECIALLY AS IT RELATES TO ENHANCED PERFORMANCE - PROMOTING A STATE OF BALANCE & WELL-BEING."

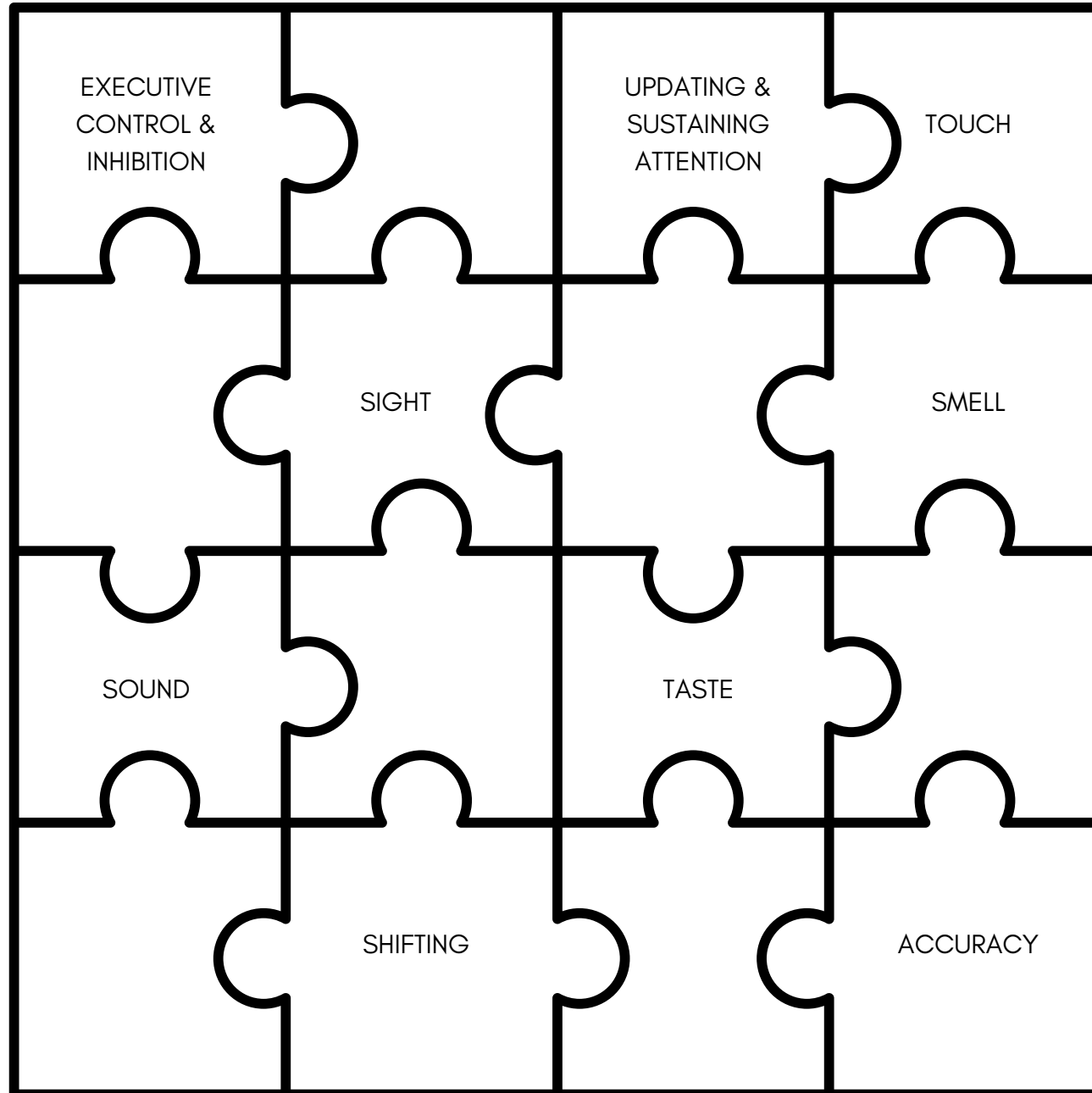


Adapted from: 1. Swarbrick, M. (2012). A wellness approach to mental health recovery: Recovery of people with mental illness Philosophical and related perspectives, 30-38. 2. Swarbrick, M. (2023). The evolution of the Wellness Model. Unpublished manuscript. Freehold, NJ: Collaborative Support Programs of New Jersey, Inc.



# APPLIED **PERFORMANCE** THERAPY

"THE MANNER IN WHICH WE REACT OR FULFILL OUR INTENDED PURPOSE."

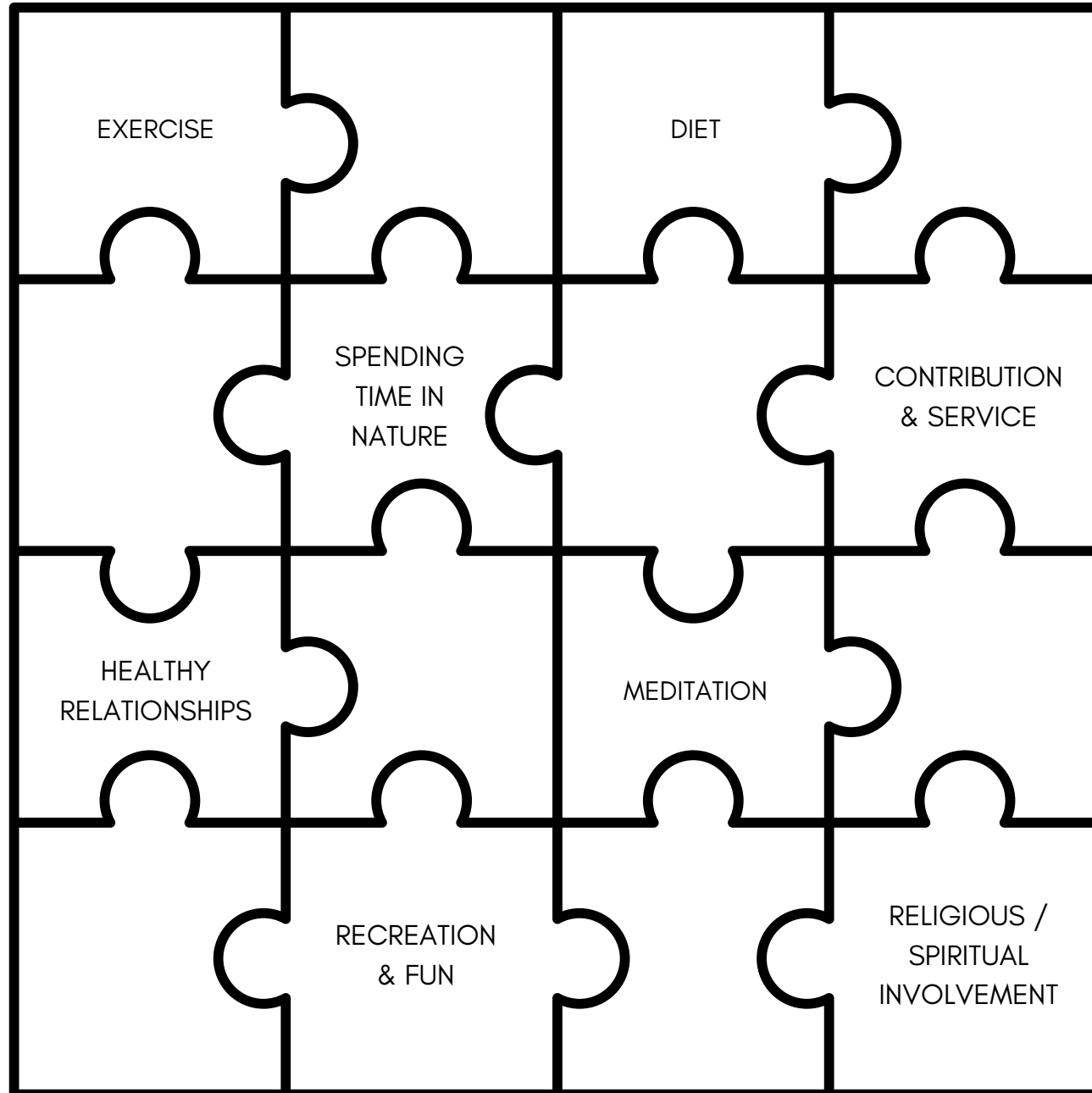


Adapted from Verhaeghen, P. (2021). Mindfulness as attention training: Meta-analyses on the links between attention performance and mindfulness interventions, long-term meditation practice, and trait mindfulness. Mindfulness, 12, 564-581.



# APPLIED PERFORMANCE **THERAPY**

"ANY ACTION, HOBBY, TASK, PRACTICE, ETC. WHICH HAS A HEALING POWER/QUALITY."



Adapted from Walsh, R. (2011). Lifestyle and mental health. American psychologist, 66(7), 579.

APTOMAHA.COM

