

COGNITIVE-BEHAVIORAL COUNSELING UNIT

The Central Library provides its services to all employees of the university, including members of the educational and administrative staff, students, as well as to beneficiaries users who are not registered in the university, such as researchers, graduate students and community women, and from this point of view the Behavioral Counseling Unit provides its services and training programs free of charge.

The Power Positive confrontation Program at The Princess Nourah Bint Abdlaruhman University

The Deanship of Library Affairs represented by the Committee for Human Sciences (Nourah's Health Program) is pleased to introduce you to the program (positive confrontation) presentation of the psychologist, Prof. Suad bin Abdulaziz Al-Haqan ead of the Cognitive Behavioral Counseling Unit.

The main goal of the program is to provide the technical trainees with positive confrontation "Constructive Communication" to "Achieve Mental health" and psychological well-being, which is reflected in the stability and cohesion of society.

Nevertheless, at the end of the program, women will be able to develop the positive confrontation, improve mental health, prevent bullies, use pressure as a motivation, invest body language, self-esteem and how to relax.

The Axes includes:

- Definition of positive confrontation and its causes.
- Promote mental health through positive confrontation.

- Patterns of confrontation.
- Concepts related to positive confrontation.
- The nature of the relationship between psychological toughness and positive confrontation.
- [Cognitive coping strategies to deal with stress.](#)

This program held more than one kind of courses like the course of:

- The meaning of life
- Self-control

[Understanding Knowledge Society](#)

The Report attempts to establish how governments can lead and how societies can organize for this transformation. While the recipe seems complex, it is based on four key assumptions:

1. In the process of knowledge development, there are two main assets that can develop ad indefinite: people (all people everywhere, even "the others" who, like poor people, hitherto have been treated as dangerous deviants) as creative beings and carriers of tacit knowledge; and, information (explicit knowledge³) that triggers people's creative reflection, leading to the appearance of "new meaning."
2. The skill to mass-produce knowledge is being brought to fruition in a world that is organized predominantly into market democracies. The social institutions of the currently existing democracies and currently existing markets must allow (or be transformed to allow) limitless development and use in the process of knowledge development of people and information. This poses a challenge as the currently existing democracies feature minorities with narrow encompassing interests that are allowed, by lack of genuine participation, to control public power and to channel in a disproportionate way, public resources and developmental opportunities in their own direction. This translates into limited developmental opportunities for many (or most) that happen to be on the other side of the power divide. And, the currently existing markets are addicted to an easy opportunity to split the total

cost of the production of many goods and services into two parts. One part (the smaller, the better) is used to calculate the price at which the goods and services are offered on the market. The other one (as large as the producer can get away with) is usually referred to as "negative externalities." The net negative externalities constitute the loss to society as a whole. They translate into limited development opportunities for people and gradually increasing stress on the biosphere. In the post-modern world, in which mass-produced knowledge "to do" offers investment opportunities in products with Understanding Knowledge Societies xi high risk content, they add a concern about "human safety" and "safety of life" in general to the traditional development agenda that, till now, has been predominantly focused on achieving "high quality" of life.

3. To be a Smart Knowledge Society (as distinct from a Nominal or Warped Knowledge Society), it is not enough to be rich in main assets and to take care of their development. A new sense of direction in development and a commitment to this new direction must assure high levels of quality and safety of life. Mass production of the knowledge "to do," piling up technological innovations, and converting them into products and services in the framework of the Knowledge Economy managed by the currently existing market does not by itself assure high levels of quality and safety of life for all people everywhere. The new direction in development can be formulated on the basis of using the techniques and means to mass-produce knowledge to turn out and apply the knowledge "to be," to co-exist" and "to maintain developmental equilibrium."

4. And finally, deployment of modern ICT in the context of knowledge development allows the addition of the prefix "mass-" to the production, diffusion and utilization of knowledge. However, as illustrated below, in the future, ICT as a means for accelerating production of knowledge is a resource whose impact on this process will diminish and stabilize as a constant. People are the only factor for accelerating the development of knowledge that is not finite and will not become obsolete.



Figure (1)



Figure (2)

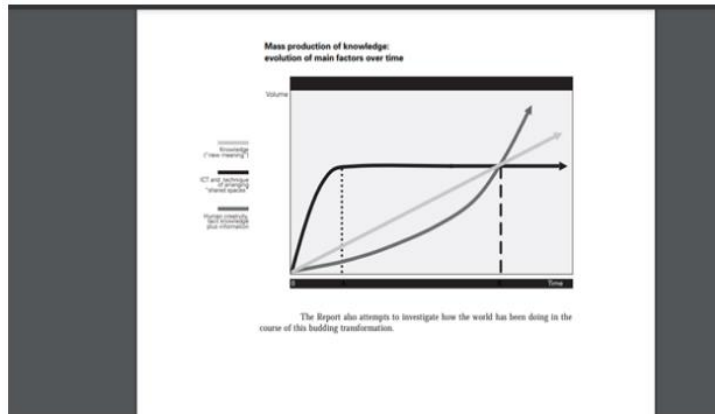


Figure (3)

Power and prosperity: the case of narrow and broad encompassing interest

"If markets breed prosperity, why don't the ubiquitous markets in the low-income economies make these economies prosperous (...)? [There are] only two general conditions for a market economy to generate success: (...) secure and well-defined individual rights (...) [and] absence of perdition of any kind. These two conditions are most likely to be satisfied (...) in secure, rights-respecting democracies (...). Though lasting democracies (...) suffer from narrow special interests, it is by no means inevitable that this must always be true. (...) Narrow special interests are always tiny minorities. The problem is [not with their existence, but with the fact] that minorities so tiny that they have an incentive to ignore the damage that they do to society [as a whole] nonetheless (in part because of the ignorance of the mass of the citizenry) are able to influence public policy (...).

Consider the incentives facing an individual criminal in a populous society. Other things being equal, a criminal is better off in a rich society than in the poor society: there is more to steal. (...)

In the 1920's, China was in large part under the control of various warlords. They were men who led armed bands with which they conquered a territory and then appointed themselves lords of the territories they had conquered. They taxed their subjects heavily and used the proceeds to serve their own interests. (...) a bandit leader, if he is strong enough to hold a territory securely and monopolize theft there, has an encompassing interest in his domain. (...) He serves his interest by spending some of the resources that he controls to deter crime among his subjects and to provide other public goods.

(...) the improvement in outcomes that arises when there is a shift from the destructive to the constructive use of power (...) is due to another invisible hand. This invisible hand – shall we call it the invisible hand on the left – guides encompassing interests to use their power, at least to some degree, in accord with the social interest, even when serving the public good was not part of the intention. (...)

[A candidate in democratic elections] needs only a majority to win, and he may be able to "buy" the majority by transferring income from the population at large to the prospective majority. The taxes used for this transfer would impair incentives and reduce society's output just as an autocrat's redistribution to himself does. (...)

(...) Astonishingly, sometimes [democratic] majorities and especially super-majorities have a sufficiently encompassing interest in society that they will out of pure self-interest, forgo redistribution to themselves and treat the minority as well as they treat themselves. Whenever there is a super-encompassing interest, the second invisible hand – the one that guides encompassing interest in the use of coercive power – works in complete accord with the interest of all."

Source: Mancur Olson, *Power and Prosperity: Outgrowing Communist and Capitalist Dictatorships*, Basic Books, 2000

Figure (4)