

# POSITIVE PSYCHOLOGY



**Positive Psychology** is referred to as the psychology of well-being; it focuses on what is right with people as opposed to what is wrong with them. The formal definition is: The scientific study of optimal human functioning, focusing on factors that allow individuals and communities to *thrive*. The mission of positive psychology is: To understand and foster the factors that allow individuals, communities, and societies to *flourish*. Positive psychology employs a scientific approach to bridging the gap between cognitive-behavioral psychology and humanistic-transpersonal psychology. Some prominent names in the Positive Psychology movement include: Martin Seligman, Mihaly Csikszentmihalyi, Ed Diener, Sonja Lyubomirsky, Dan Gilbert, Barbara Fredrickson, and Tal Ben-Shahar.

**Positive Psychology vs. Positive Thinking:** Positive thinking is the process of always taking the optimistic viewpoint; finding the silver lining in every dark cloud. This practice is an essential ingredient of positive psychology and necessary for manifesting our goals. Positive thinking falls short, however, when things break bad and it often blames the victim for negative life circumstances (e.g., cancer, abuse, physical injury, etc.). Positive psychology does not share this viewpoint. While employing positive psychology requires a positive attitude, this is not at the expense of real life circumstances – you might say it gives us permission to be human.

## Positive Psychology for Rehab ~ Physical Therapy & Sports Medicine (7 hr Seminar)

**Pre-requisite: None**

- This seminar is specially designed for Athletic Trainers, Physical Therapists, and Physical Therapists Assistants.

How do you guide a non-compliant athlete, client or patient through successful rehabilitation? The positive psychological aspect of the 5 Essential Mental Skills contained in the [Winner's Mentality Enhanced Performance System](#) are presented for incorporation into your rehabilitation repertoire, not only will you become more effective in your outcome, you will accelerate the entire process – and it will be more enjoyable for everyone involved. When you rehabilitate a reconstructed ACL, you may be concentrating on the knee, but the whole athlete comes to work. Rehab is the epitome of mind/body medicine. By learning the fundamentals of how the mind works, you will empower the athlete to cause his/her rapid return to full function.

## Positive Psychology for Addictions: Thriving in Recovery (2-4 hr Workshop)

**Pre-requisite:** None

**Workshop Description:** Nicotine, alcohol, drugs, food – these addictions affect everyone. They damage individuals, families, relationships, workplace performance, and the economy. Relapse is common. This workshop is aimed at professionals who work with those in recovery – and, of course, anyone in recovery. A “Friend of Bill” for more than 20 years, Bob Reese will share his experience, current neuroscientific findings and implications, and how positive psychology interventions can assist those in recovery to thrive and flourish – and hopefully reduce recidivism.

**Workshop Objectives:** Participants will be able to:

- Discover why Neuroscience says addiction is a disease of the brain
- Discuss the importance of the Self-Talk Cycle in maintaining sobriety
- Explain how to enhance Gratitude as a personal strength
- Better understand forgiveness and learn to “let go!”
- Incorporate simple – yet profound – interventions into current therapies
- **Discover *Who You AM*** ~This is accomplished by metacognition (introspection, reflection, future thinking). Methods include journaling, vision and mission building, and counseling.
- **Come to like and respect *Who You AM!*** ~Acceptance of self evolves from taking responsibility for your actions. Respect results from assuming accountability. Discover your strengths and appreciate what you do well.
- **Develop a plan for the future** ~The 5 Essential Mental Skills can serve as a basis for your future goals, visions, and mission.
- **Recognize and accept what you can – and cannot – control in life** ~Understand the enormous power of the Serenity Prayer – and how to use it. Learn to live in Gratitude.
- **Engage in Magis thinking** ~ Always allow for “even more” in your life.

## Positive Psychology 530/430

45 hr/ 3 cr hr College Level Course

**Pre-requisite:** Introductory or General Psychology

- This course is presented at the graduate/undergraduate level (530/430). It is the same content offered in the course Bob teaches at Jefferson College of Health Sciences.
- This course is available OnLine and may be available for College credit. Please contact [bob@nextstepfacilitations.com](mailto:bob@nextstepfacilitations.com) for details.

### Course Description

This course will provide an introduction to positive psychology. It will explore the concepts, historical background, and empirical grounding of positive psychology, as well as the techniques and exercises that are designed to enhance well-being. Positive psychology is the study of how

human beings prosper in the face of adversity. The goals of positive psychology include identifying and enhancing the human strengths and virtues that make life worth living and allow individuals and communities to thrive.

**Course Objectives:**

Upon successful completion of this course, the student will be able to:

- Discuss the theory and current research of positive psychology.
- Explain the distinction between positive psychology principles and other theoretical principles of psychology.
- Explore the implications of positive psychology principles for mental and physical health.
- Apply the principles and strategies of positive psychology to increase resiliency and overall quality of life.
- Develop an understanding of the dimensions of subjective well-being and the application to individuals' lives.