



Workshop: Positive Psychology in Practice

Promoting wellbeing and resilience

Where: TBD

When: 2-Day Workshop (either consecutive days or week/s apart)

The focus of Positive Psychology is understanding and cultivating that which enables flourishing and achievement in individuals, groups, communities, and organizations. In this workshop you will learn about interventions designed to enhance psychological wellbeing and resilience in your clients that are based upon insights from theory, research and practice of Positive Psychology. Opportunities for putting Positive Psychology into practice and discussion will be included in the program.

Upon completion of this workshop, participants will:

1. Be able to contrast traditional psychology with Positive Psychology.
2. Understand the basic principles and practice of Positive Psychology.
3. Understand the role of positive and negative emotions in wellbeing.
4. Be able to apply an array of Positive Psychology interventions.
5. Be able to link experience with theory & research.

For more information or to register call: 613.299.0781
Email: Lydia@soulinmotion.ca
W: soulinmotion.ca

Standard Registration: \$395
Early bird: \$295
Student: \$195

Morning tea, lunch and afternoon snack included.

Facilitator: Lydia levleva, PhD. Lydia has been deeply immersed in the teaching and practice of PP for over a dozen years. She has developed a keen understanding of the processes involved in PP interventions and the supporting evidence base. This evolved from, and is integrated with her extensive experience and expertise in the areas of sport and performance psychology, and psychology of health and wellness. Lydia developed and taught among the first university courses on PP in Australia (ACAP), and is currently coordinator of the *Happiness and Positive Psychology* online course within the Masters of Wellness program at RMIT University. Lydia is author of the book: *Imagine – Using mental imagery to reach your full potential* (Big Sky Publishing), and associated guided imagery recordings. For more about Lydia and her practice – go to: soulinmotion.ca



This 2 day workshop provides 14 face-to-face hours for CPD points, and has been designed to extend the clinical knowledge and applied skills of counselors, psychotherapist, psychologists, coaches, social workers, and allied practitioners.

POSITIVE PSYCHOLOGY IN PRACTICE PROGRAM		
	Day 1: Foundations	Day 2: Theory, Practice and Evidence
9:30-11:00	Evolution and Foundation of Positive Psychology (PP) <ul style="list-style-type: none"> • Authentic Happiness and Psychological Wellbeing (PWB) • From Languishing to Flourishing • Happiness Set Point vs Positivity Ratio ➤ PP Activity & Discussion 	Mindfulness in Action <ul style="list-style-type: none"> • Foundational Skill of Mindfulness • GLADO Model of Wellbeing • Savouring versus Dwelling ➤ PP Activity & Discussion
11-11:15	Break	
11:15-12:30	PERMA Theory of PWB Eudaimonia vs Hedonia <ul style="list-style-type: none"> • Happiness Myths • Hedonic treadmill ➤ PP Activity & Discussion 	Gratitude & Kindness in Action <ul style="list-style-type: none"> • Gratitude Letter/Visit • Appreciation & PWB • Random Acts of Kindness • Loving Kindness Meditation ➤ PP Activities & Discussion
12:30 – 1:00	Lunch	
1:00- 2:30	Positive Emotions <ul style="list-style-type: none"> • Role of positive and negative emotions • Broaden and Build Theory • Positivity Resonance ➤ PP Activity & Discussion 	Practical Hope, Optimism and Self-Efficacy <ul style="list-style-type: none"> • Hope: Worrying or Planning? • Optimism: What could go right? • Self-Efficacy: Worst enemy to best ally • Positive images ➤ PP Activity & Discussion
2:30-2:45	Break	
2:45-3:45	Optimal Experience & Flow <ul style="list-style-type: none"> • Characteristics of Flow • Conditions for Flow • Roadblocks to Flow ➤ PP Activity & Discussion 	Resilience <ul style="list-style-type: none"> • Post Traumatic Growth • Building Mental Fitness • Spirituality /Meaning/Happiness & Health link ➤ PP Activity & Discussion
3:45-5:30	Character Strengths & Virtues <ul style="list-style-type: none"> • Concept of Signature Strengths • Upside & Downside of Signature Strengths • Values (Signature Strengths) in Action (VIA) ➤ PP Activity & Discussion 	“Other People Matter” – Positivity in Relationships <ul style="list-style-type: none"> • Currency of Wellness = Connection • Positivity Resonance revisited. ➤ PP Activity & Discussion ➤ Reviewing highlights.

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