

## **Name of the course: Basics of Positive Psychology: theoretical models and interventions**

### **Aim of the course**

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The course emphasizes the main topics of positive psychology, focusing on the psychological explanations of well-being, the current models of emotional intelligence and wisdom, the concept of stress and personality from a positive psychological perspective. We focus on the different types and efficacy of the positive psychological interventions that can be used in clinical psychology.

#### **Learning outcome, competences**

knowledge:

- about the topics, aims, research areas of positive psychology
- about the positive psychological explanations of happiness
- about the new results of positive emotions
- about the psychological models of emotional intelligence and wisdom
- about the personality conception of positive psychology
- about the stress from a positive psychological perspective, about the positive effects of coping
- about the different positive psychological interventions in clinical psychology

attitude:

- critical attitude towards the strengths and weaknesses of the different interventions
- opened and problem-centered attitude towards the personality concept of positive psychology

skills:

- can use the happiness-enhancing practices to influence the own and other's well-being
- can plan the testing procedure of intervention techniques with research
- can interpret some questions related to personality and psychopathology from a positive psychological perspective

### **Content of the course**

#### **Topics of the course**

- Positive Psychology: topics, aims, research areas, history
- The psychological explanations of happiness: Sonja Lyubomirsky
- Positive emotions: Barbara Fredrickson
- Emotional intelligence: theory, measurement, application
- Personality concept of positive psychology: strengths and virtues: Martin E. P. Seligman and Christopher Peterson
- Stress concept of positive psychology: protective personality factors, psychological immune system
- The positive effects of coping: posttraumatic growth
- Flow experience, autotelic personality: Mihaly Csikszentmihalyi
- Psychological models of wisdom
- Positive psychological interventions in clinical psychology. Empirical test of efficacy.

#### **Learning activities, learning methods**

frontal method, cooperative learning, group work

## Evaluation of outcomes

**Learning requirements, mode of evaluation, criteria of evaluation:**  
requirements

- knowledge of the theoretical materials and the required readings

mode of evaluation:

written exam related to the theoretical material (material of the presentations at the lectures, required readings). The final grade can range from 1-5.

criteria of evaluation:

- the quantity and quality of the theoretical material and their possible applications

## Reading list

### Compulsory reading list

- Csikszentmihalyi, M. (1994). *The Evolving Self: A Psychology for the Third Millennium*. New York, NY: Harper Perennial.
- Csikszentmihalyi, M. (1990). *Flow: The Psychology of Optimal Experience*. New York, NY: Harper and Row.
- Lyubomirsky, S. (2008). *The How of Happiness: A New Approach to Getting the Life You Want*. New York, NY: Penguin Books.
- Lyubomirsky, S. (2014). *The Myths of Happiness: What Should Make You Happy, but Doesn't, What Shouldn't Make You Happy, but Does*. New York, NY: Penguin Books.
- Fredrickson, B. L. (2009). *Positivity: Top-Notch Research Reveals the Upward Spiral That Will Change Your Life*. New York, NY: Three Rivers Press.
- Fredrickson, B. L. (2013). *Love 2.0: Finding Happiness and Health in Moments of Connection*. New York, NY: Hudson Street Press.
- Seligman, M. E. P. (2004). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. New York, NY: Atria Books.
- Seligman, M. E. P. (2012). *Flourish: A Visionary New Understanding of Happiness and Well-being*. New York, NY: Free Press.
- McGonigal, K. (2016). *The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It*. New York, NY: Penguin.
- Oláh A. (2005). *Anxiety, coping and flow. Empirical studies in interactional perspective*. Trefort Press, Budapest.
- Sin, N. L.; Della Porta, M. D; Lyubomirsky, S. (2011). Tailoring positive psychology. Interventions to treat depressed individuals. In S. I. Donaldson, M. Csikszentmihalyi, J. Nakamura (Eds.), *Applied Positive Psychology: Improving everyday life, health, schools, work, and society*, Routledge, New York (2011), pp. 79–96
- Aldwin, C. M. (2007). *Stress, Coping and Development. An Integrative Perspective* (2nd Ed.). The Guilford Press, New York, London. (Chapter: 12, 15)
- Ruini, C. (2017). *Positive Psychology in the Clinical Domains. Research and Practice*. Springer.