Aim of the course:
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. Students can learn about happiness-enhancing practices; therefore, they can get some own experiences related to the suggested techniques.

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

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

**Learning activities, learning methods**

frontal method, cooperative learning, group work

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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

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