

Course Description

Clinical Application of Positive Psychology

Leading Lecturer: Henrietta Nagy

Aim of the course

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

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)