

WEEK 12: THE FUTURE OF POSITIVE PSYCHOLOGY

Future of Positive Psychology

Good

- Of 60 diagnosable disorders, 14 are now treatable and 2 are now curable.
- A science of mental illness was developed. Depression and alcoholism could now be measured and classified.
 - The causality of these mental illnesses could now be understood. Could look across time at genetics with some reliability

The science of mental illness

- Taxonomy and reliable diagnosis
- Measuring "fuzzy" concepts
- Discover causes by longitudinal and experimental methods
- Invent treatments (Tx and Rx)

Not Good

- Psychologists and psychiatrists became victimologists and pathologisers. View of human nature became if you were in trouble.
- Forgot people made choices and autonomy and that most people had lives and forgot to help people flourish.
- Forgot about helping people flourish, the goal of positive psychology.

Planning A Savouring Experience

Planning your savouring experience:

- Ask first for permission to "try something new" (like the miracle question)
 - Psychoeducate on why you think this could be helpful
1. Choose something enjoyable to savour: there are many kinds of positive enjoyable experiences that are worth savouring. It does not have to be something huge or particularly different to what you normally do. It could be visiting a museum, art gallery, sports game, beach, star gazing etc.
 2. Set aside some time for savouring: now work out a time that you could engage in the activity and spend Time savouring after the event (as well as during the event). Why would this particular time be suitable?
 3. Gather materials needed: is there anything you need to take with you? Would you prefer to take a picnic lunch for example, rather than deal with the noise and expense of a cafe?
 4. Set out on your savouring experience: when you arrive at your destination engage in any practices/ rituals you use to set aside worries or concerns that may interfere with your experience. What do you need to be fully in the moment on your savouring experience?
 5. Saviour: try and identify exactly what it is that you find enjoyable about this activity. What do you see, hear and smell around you? How do you feel? Notice the moments of awe and wonder. Notice any

Positive Psychology Tutorial

Martin Bolt



Positive Psychology Tutorial:

The book delves into Positive Psychology Tutorial. Positive Psychology Tutorial is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Positive Psychology Tutorial, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Positive Psychology Tutorial
 - Chapter 2: Essential Elements of Positive Psychology Tutorial
 - Chapter 3: Positive Psychology Tutorial in Everyday Life
 - Chapter 4: Positive Psychology Tutorial in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Positive Psychology Tutorial. This chapter will explore what Positive Psychology Tutorial is, why Positive Psychology Tutorial is vital, and how to effectively learn about Positive Psychology Tutorial.
3. In chapter 2, the author will delve into the foundational concepts of Positive Psychology Tutorial. This chapter will elucidate the essential principles that must be understood to grasp Positive Psychology Tutorial in its entirety.
4. In chapter 3, this book will examine the practical applications of Positive Psychology Tutorial in daily life. The third chapter will showcase real-world examples of how Positive Psychology Tutorial can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Positive Psychology Tutorial in specific contexts. The fourth chapter will explore how Positive Psychology Tutorial is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Positive Psychology Tutorial. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Positive Psychology Tutorial.

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