

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

Shasha Hu



Positive Psychology Tutorial:

Whispering the Techniques of Language: An Mental Journey through **Positive Psychology Tutorial**

In a digitally-driven world where screens reign great and quick connection drowns out the subtleties of language, the profound techniques and emotional nuances hidden within phrases usually move unheard. Yet, set within the pages of **Positive Psychology Tutorial** a charming literary treasure pulsing with natural thoughts, lies a fantastic journey waiting to be undertaken. Published by a skilled wordsmith, this wonderful opus encourages viewers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very cloth of every word. Within the mental depths of the touching review, we can embark upon a sincere exploration of the book is core themes, dissect its fascinating publishing type, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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