

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

Hefferon, Kate, Boniwell, Ilona



Positive Psychology Tutorial:

The Top Books of the Year Positive Psychology Tutorial The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Positive Psychology Tutorial : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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