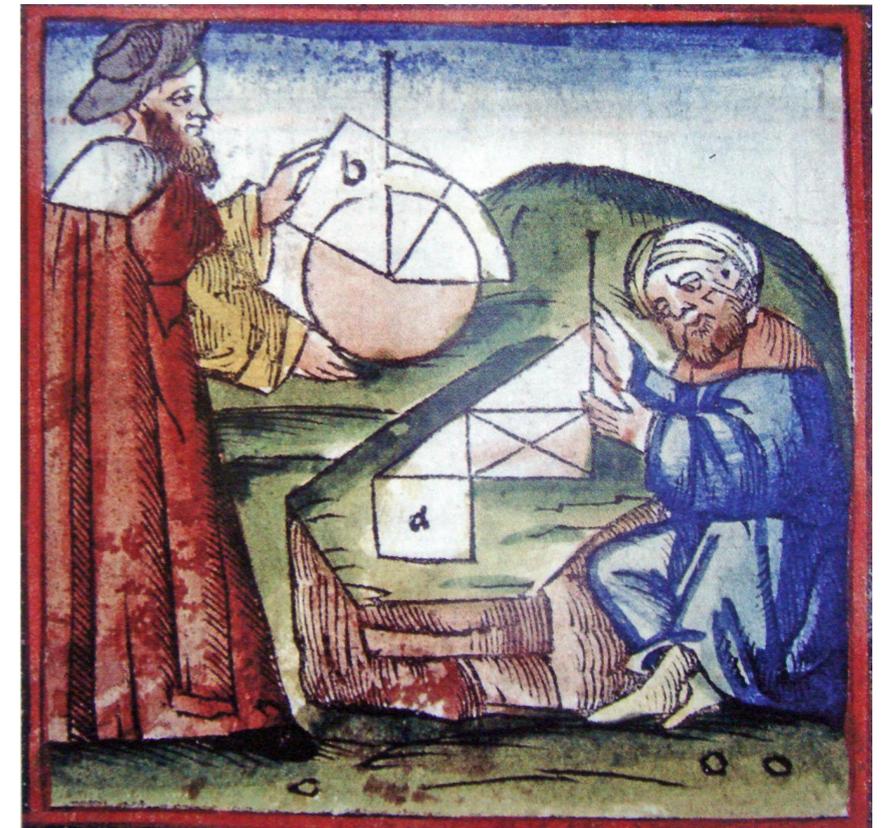


INTEGRATING
POSITIVE
PSYCHOLOGY INTO
YOUR CLINICAL
PRACTICE

*Valerie Jencks, LMFT, LCPC
Prairie Family Therapy*



THERE
ARE
NO
ABSOL
UTE
TRUTH



*Dividing the Human Condition:
Men of Science versus Men of Faith*

MEN OF SCIENCE

- Symptom and disease driven
- Allopathic
- Cure stuff
- Fix stuff
- Can't be fixed? Demons.

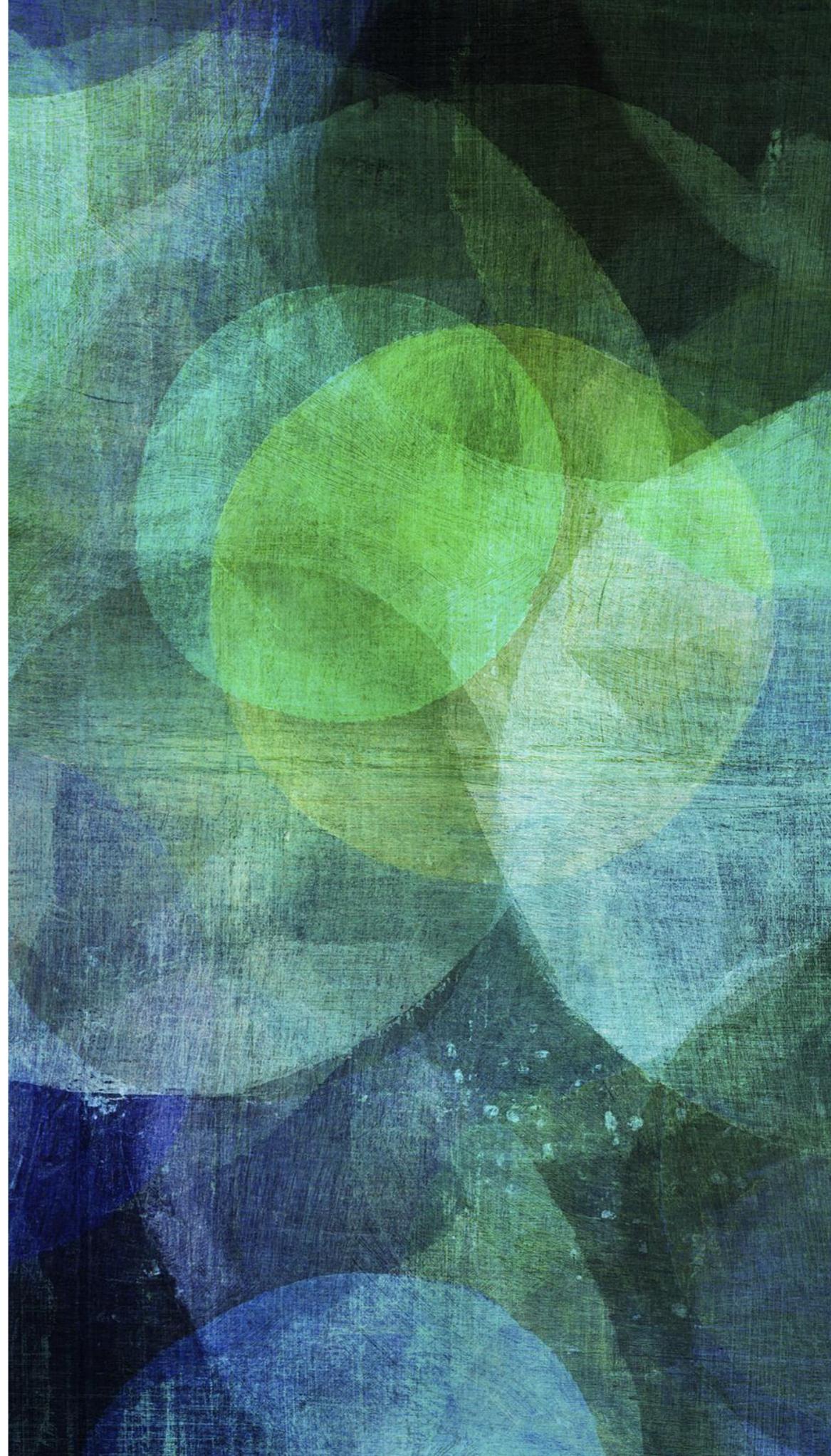


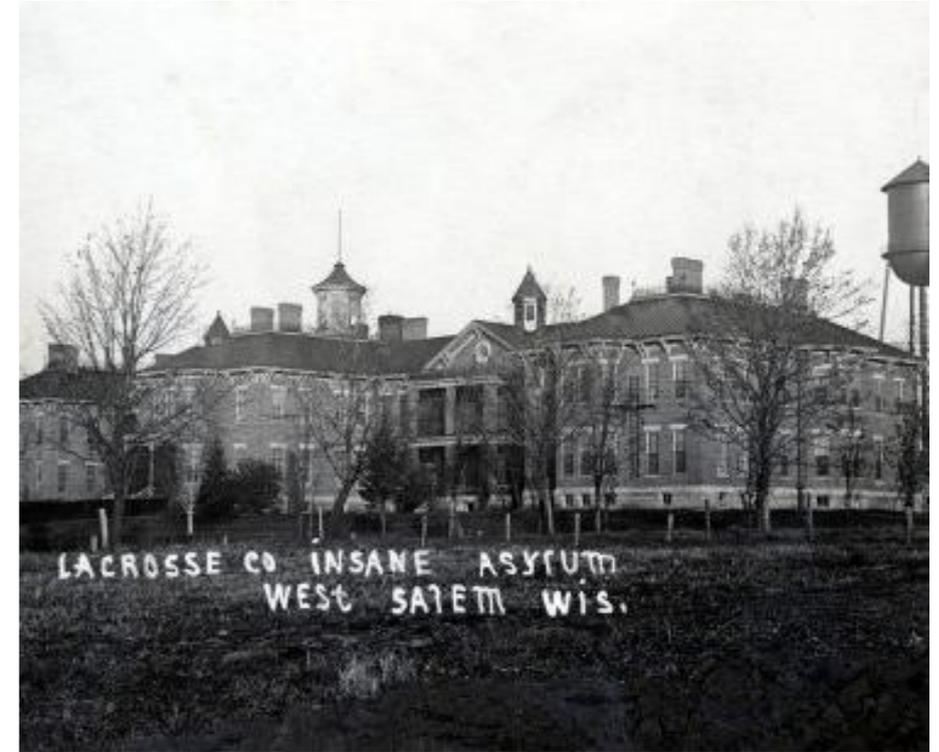
MEN OF FAITH

- Imposed values
- Absence of self will
- Supernatural
- Polarized view



MORE WE
LEARN,
THE
MORE WE
LEARN
WE DON'T
KNOW





Historical interventions



Fixing stuff.

IF YOUR HOUSE IS ON FIRE, CALL THE FIRE DEPARTMENT

- The first priority is to put the fire out
- A secondary wish is that the firefighters are expert enough to save the building structure to support rebuilding
- The most effective and efficient firefighters will be those who love their jobs and remain current in their field.

THERAPISTS ARE LIKE FIREFIGHTERS

- People call us when they are “on fire”(in pain)
- Good therapists have solid training and an arsenal of tools (interventions) to put the fire out

THERAPISTS ARE LIKE FIREFIGHTERS

- People call us when they are “on fire”(in pain)
- Good therapists have solid training and an arsenal of tools (interventions) to put the fire out
- **The most effective therapists optimize outcomes with a strategy that builds on what is already there**



HOW DO WE OPTIMIZE CLIENT OUTCOMES?.....

- Solid professional training
- Professional identity
- Meet the client where they are
- Eagerness to learn about our client(s) POV
- Clear POV (and awareness to check it often)
- Eagerness to learn
- Staying relevant and current
- Open to new ideas
- Apply our own character strengths



NOW WE KNOW,
IT'S BOTH.

- Neuroplasticity
- Epigenetics
- Mind/Body Integration

MIND

Body

Spirit

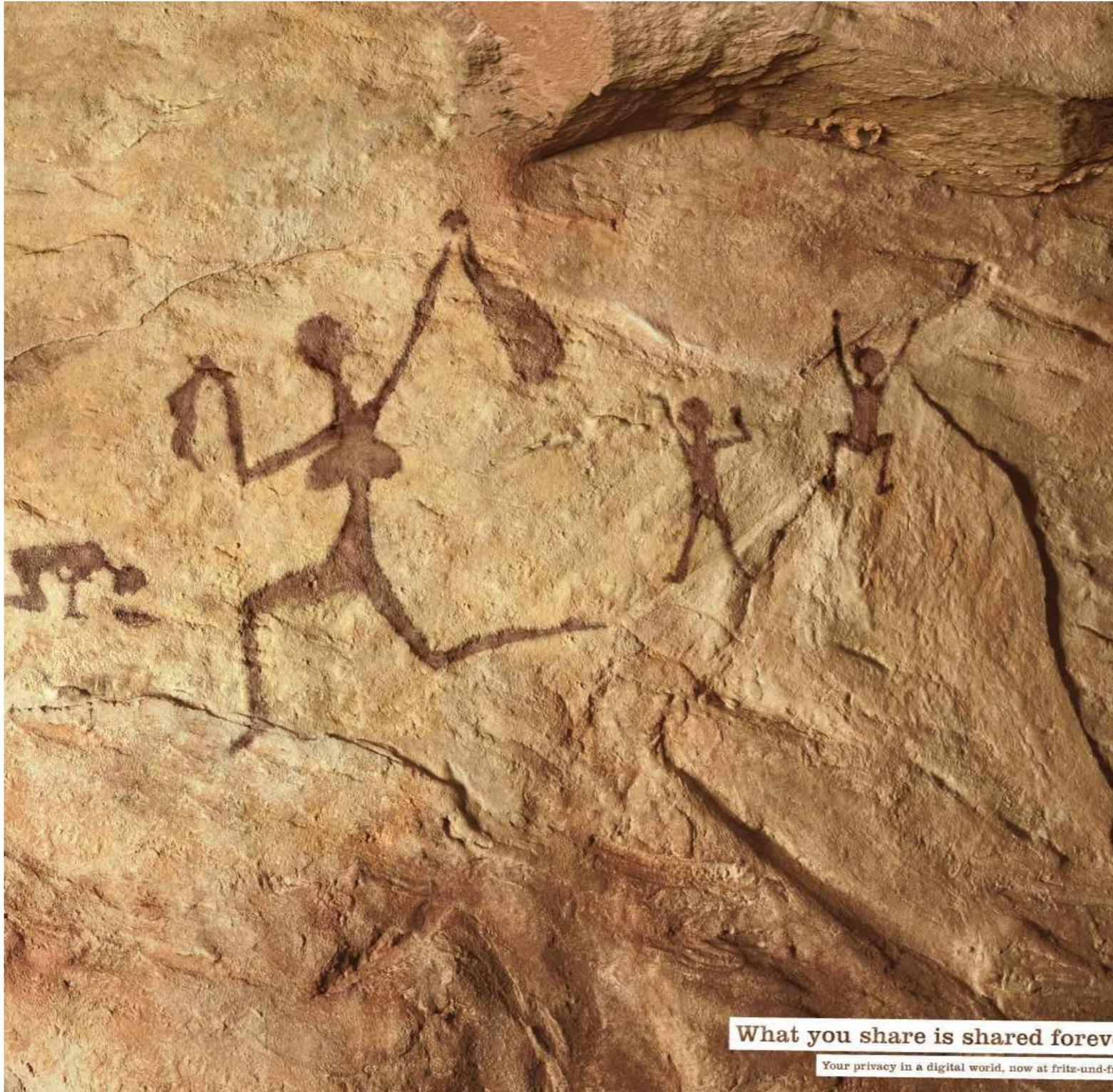
ROADBLOCKS

T O

HAPPINESS



NEGATIVITY
BIAS



It's all about staying alive



*“**Positive Psychology** is the scientific study of the strengths that enable individuals and communities to thrive.”*



If all you do is work to fix problems, to alleviate suffering, then by definition you are working to get people to zero, to neutral.”

*-Dr. Martin Seligman,
Positive Psychology Pioneer*

RESILIENCE.

*Trauma impacts functioning,
with near complete recovery
within one year*



POPULATION

RESILIENCE

*Trauma impacts functioning
with prolonged/lasting impairment
to functioning*

*Recovery from trauma a
is not only complete but also
functioning is **BETTER** than
before event*



HAPPY DOCTORS
make the right diagnosis

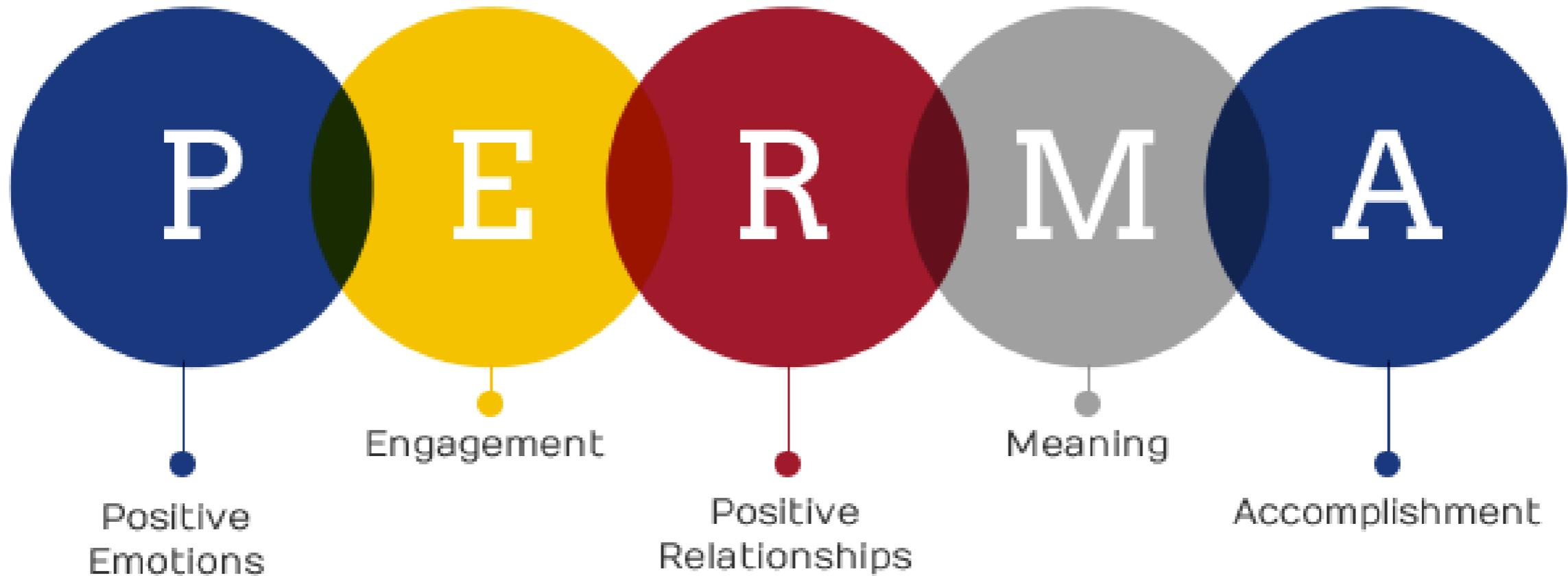


2 TIMES FASTER

than unhappy doctors

SELIGMAN'S THEORY OF MENTAL WELL-BEING

Introducing a New Theory of Well-Being

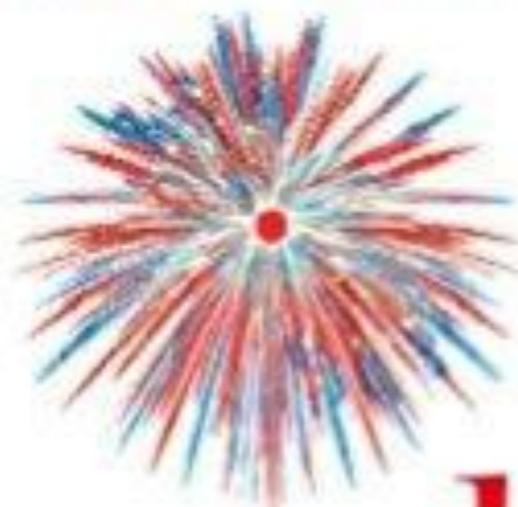


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"A compelling view of a positive human future, for individuals, corporations, and nations, brilliantly told." —Tony Hsieh, author of *Delivering Happiness* and CEO of Zappos.com, Inc.

**A Visionary New Understanding
of Happiness and Well-being**



Flourish

MARTIN E.P.
SELIGMAN

BESTSELLING AUTHOR OF
AUTHENTIC HAPPINESS

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The best moments in our lives are not the passive, receptive, relaxing times... The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”

— *Mihaly Csikszentmihalyia*

NATIONAL BESTSELLER

FLOW

THE PSYCHOLOGY OF
OPTIMAL EXPERIENCE

STEPS TOWARD ENHANCING



THE QUALITY OF LIFE

MIHALY CSIKSZENTMIHALYI

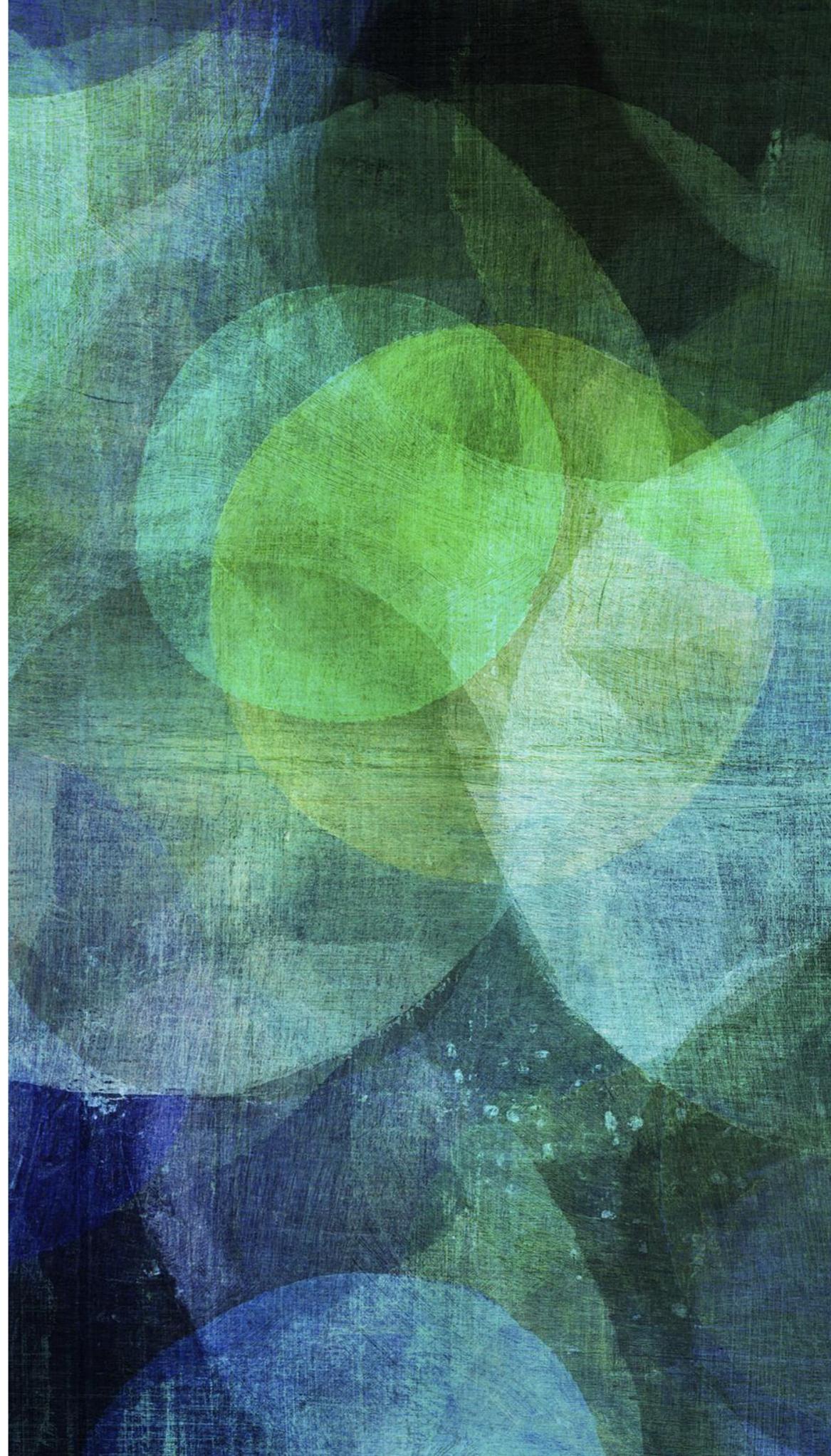
"Flow couldn't come at a better time for us. An inspiring, worthwhile read."

—Chicago Sun-Times

"There are no shortcuts. It's
your grit that keeps you
coming back each day."



WHAT IS
A
POSITIVE
E
INTERVE
NTION





Positive Psychology Interventions are theoretically-grounded and empirically-validated instructions, activities, and recommendations that are designed to enhance wellbeing.

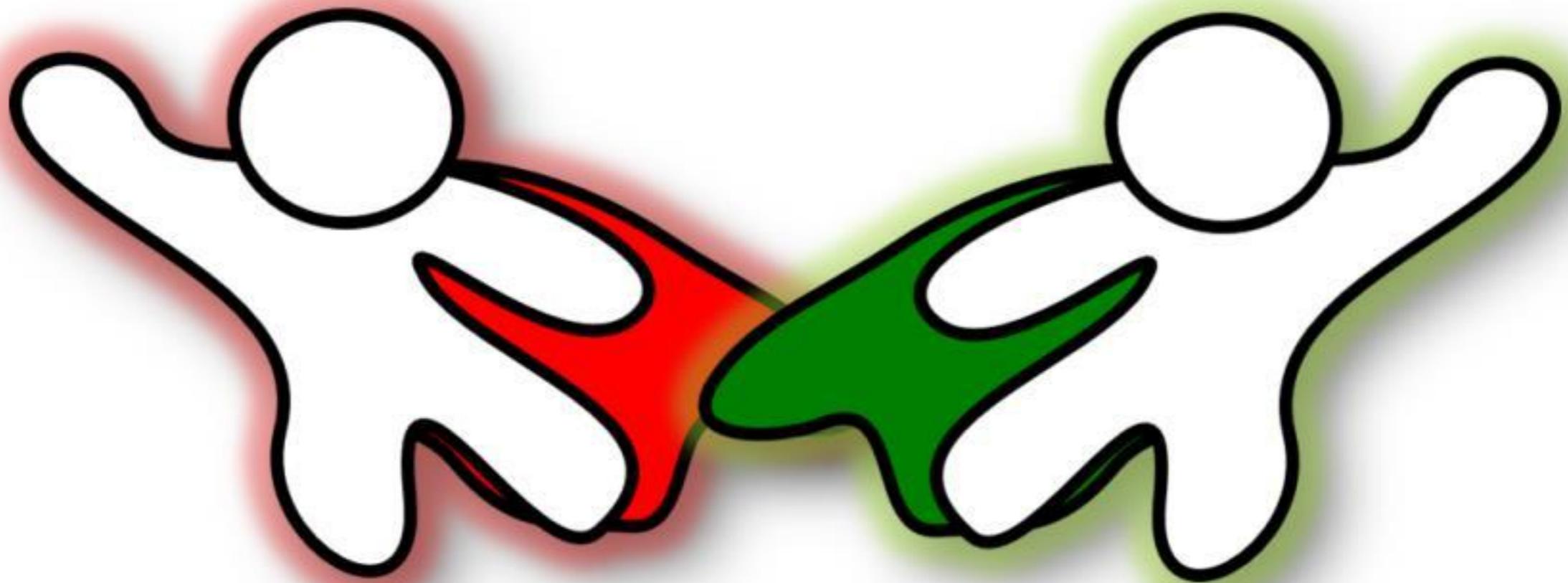
-Lomas, Hefferon and Ivtzan, 2014

The Super-Power Dilemma:

Which Hero would
you choose to be?

Super-Power:
Eradicates Evil

Super-Power:
Promotes Good



www.mappalicious.com
Based on work by James Pawelski

IN CASE OF ZOMBIES or yard work

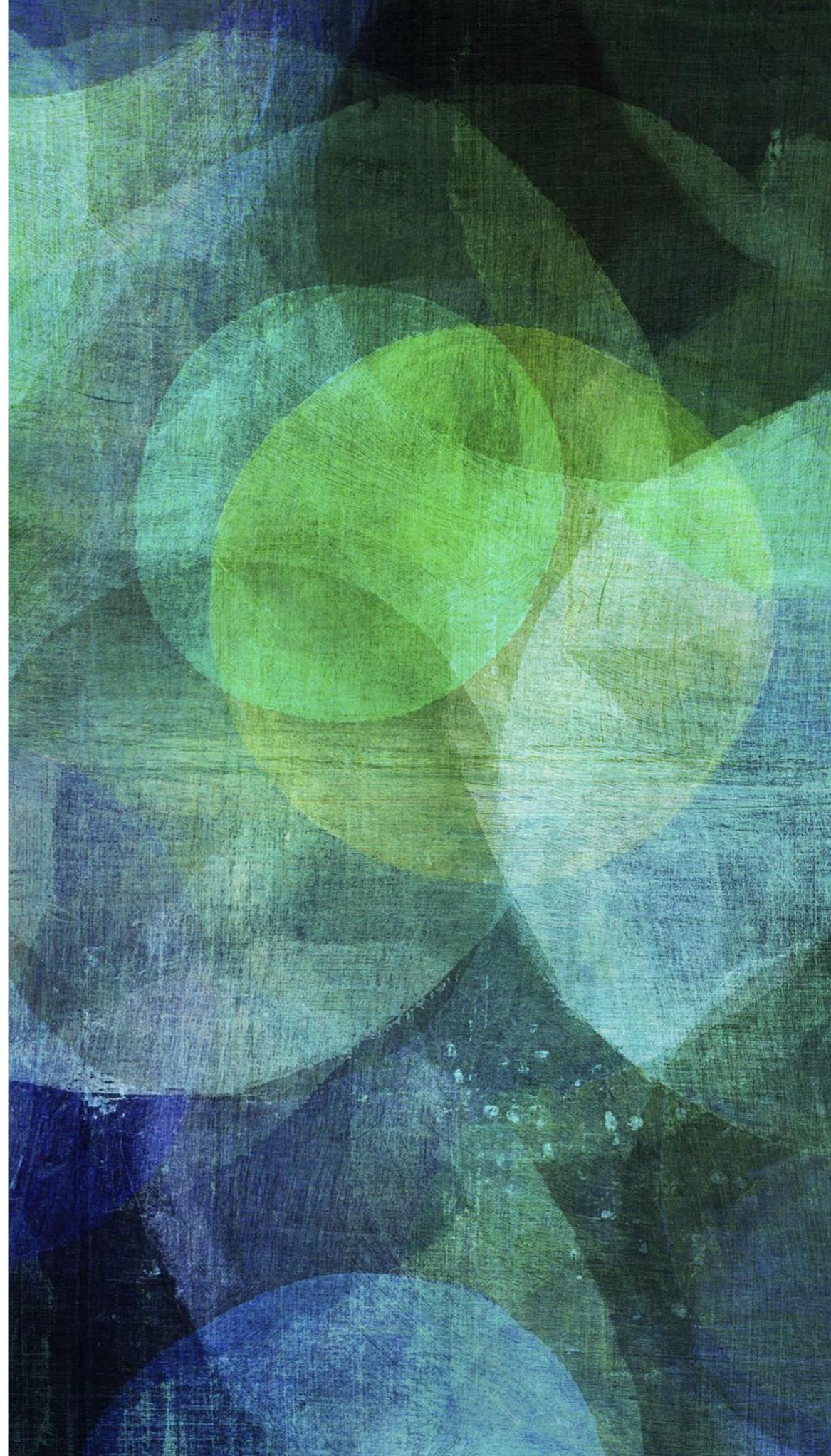




PP INTERVENTION CATEGORIES.....

- Gratitude
- Forgiveness
- Relational (ACR)
- Savoring
- Mindfulness
- Humor
- Engagement and Flow
- Character Strengths and Virtues

STRENGTHS
&
VIRTUES

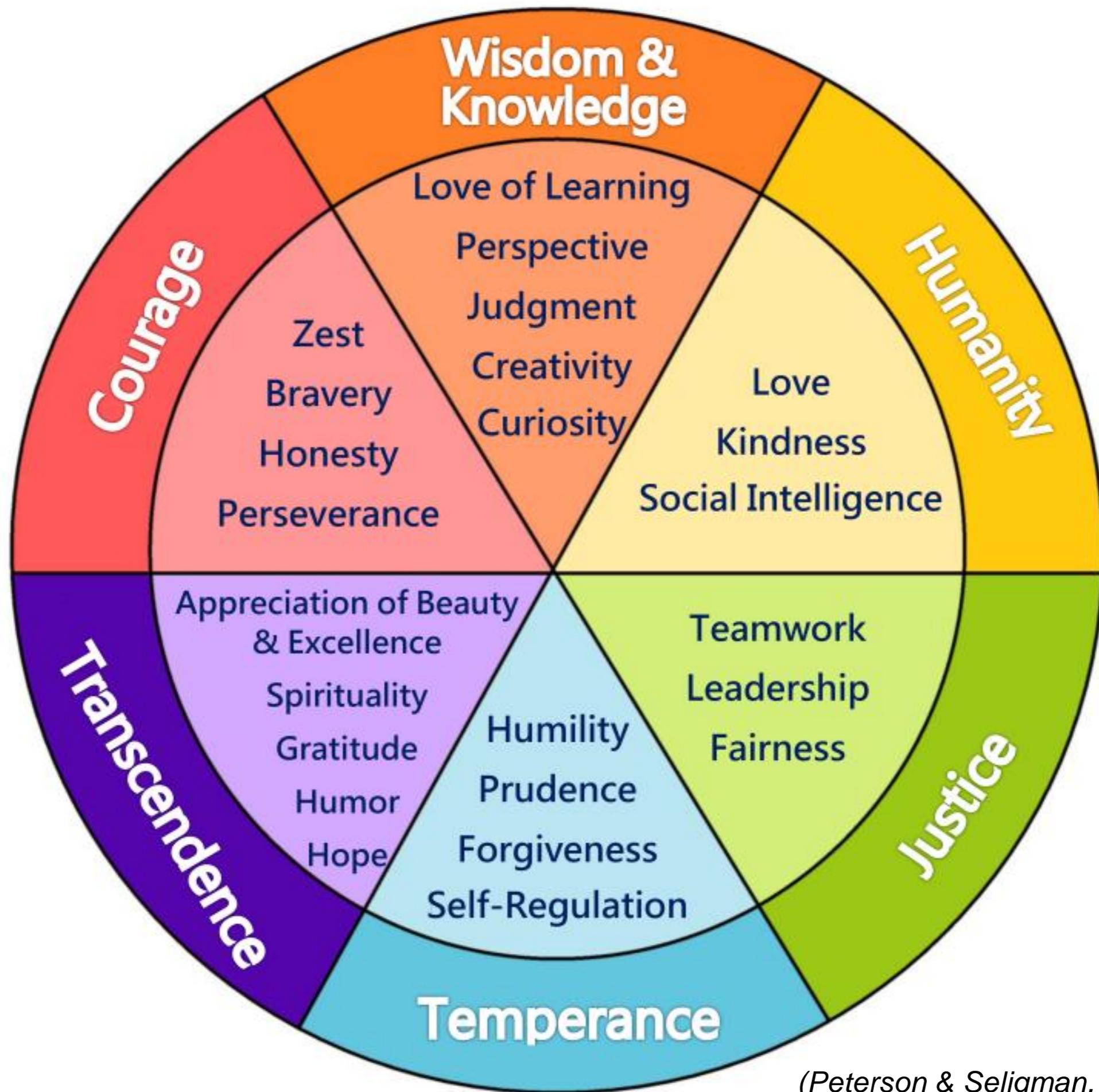


CHARACTER STRENGTHS

- Personally fulfilling
- Intrinsically variable
- Non-rivalrous
- Trait-like (habitual patterns)
- Nurtured by societal norms and institutions

VIRTUES

- Wisdom, Courage, Humanity, Justice, Temperance, Transcendence
- Considered “good” by the vast majority of cultures and throughout history
- Lead to increased happiness when practiced
- Universality challenges “moral relativism” by implying a biological basis



(Peterson & Seligman, 2004)

CLIENT #1

Top 5 Character Strengths

1 Humor

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

2 Kindness

Doing favors and good deeds for others; helping them; taking care of them.

3 Honesty

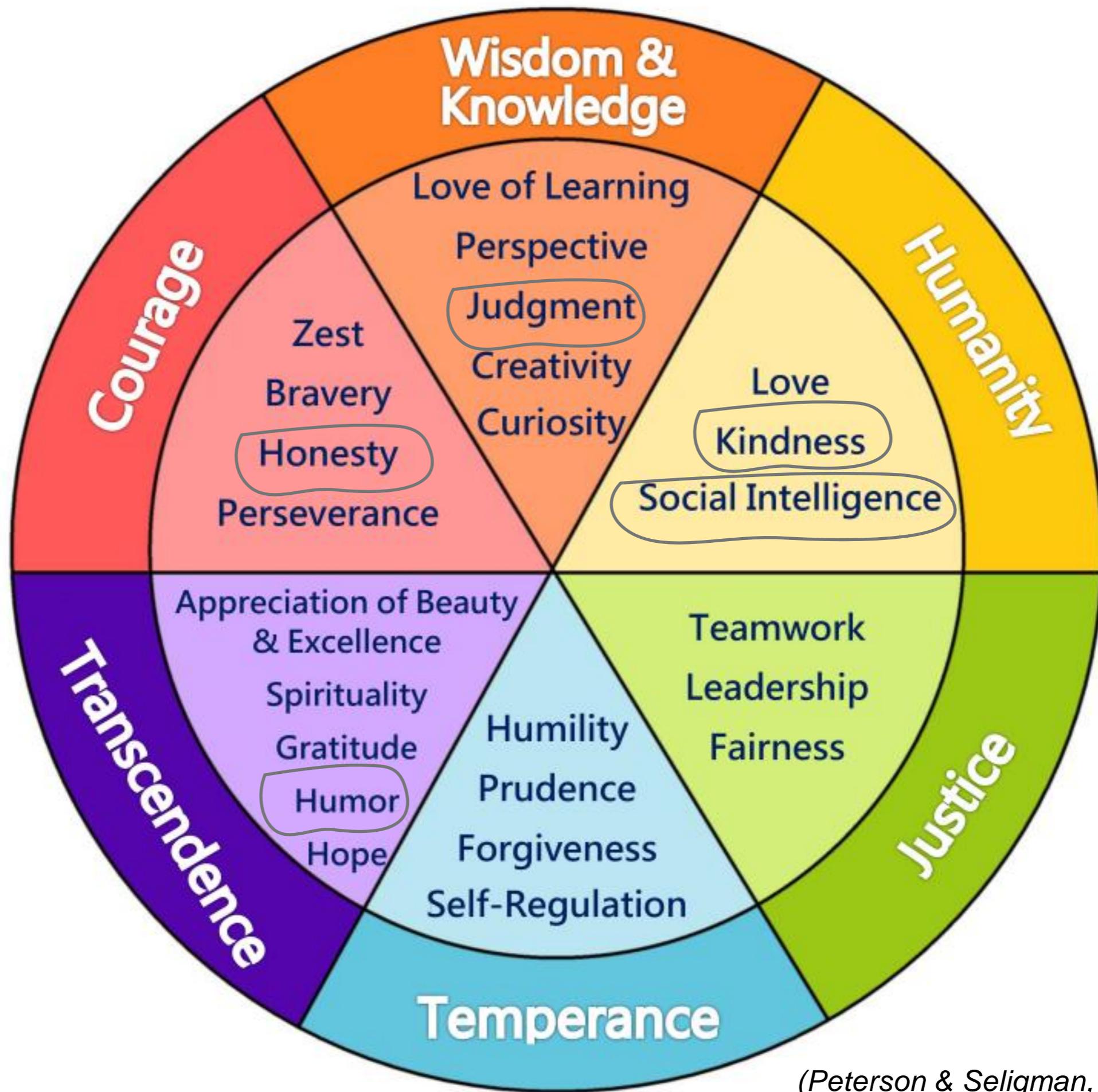
Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.

4 Judgment

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

5 Social intelligence

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.



(Peterson & Seligman, 2004)

CLIENT #1

Last 5 Character Strengths

20 Prudence

Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

21 Curiosity

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

22 Self-Regulation

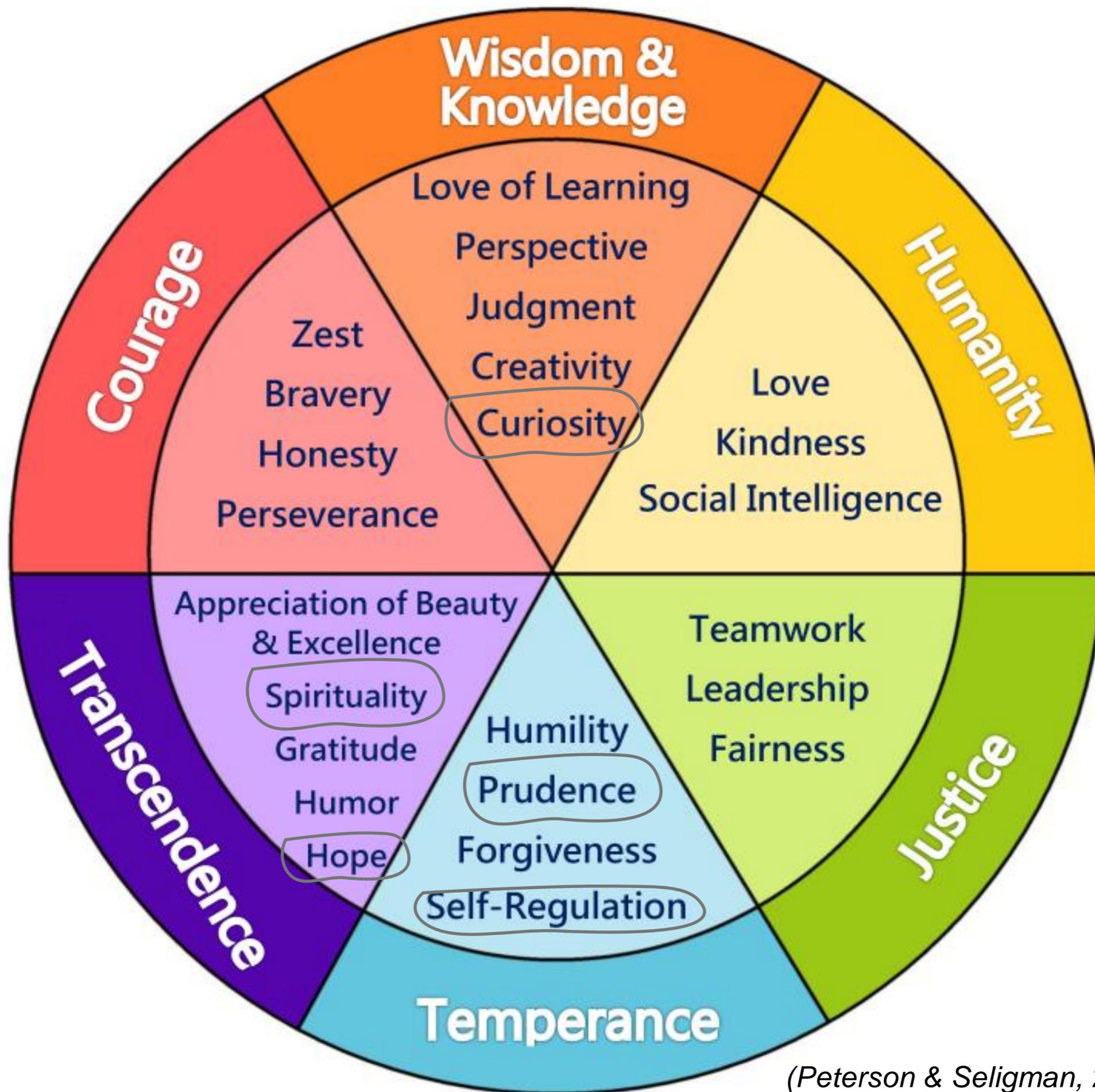
Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

23 Hope

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

24 Spirituality

Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

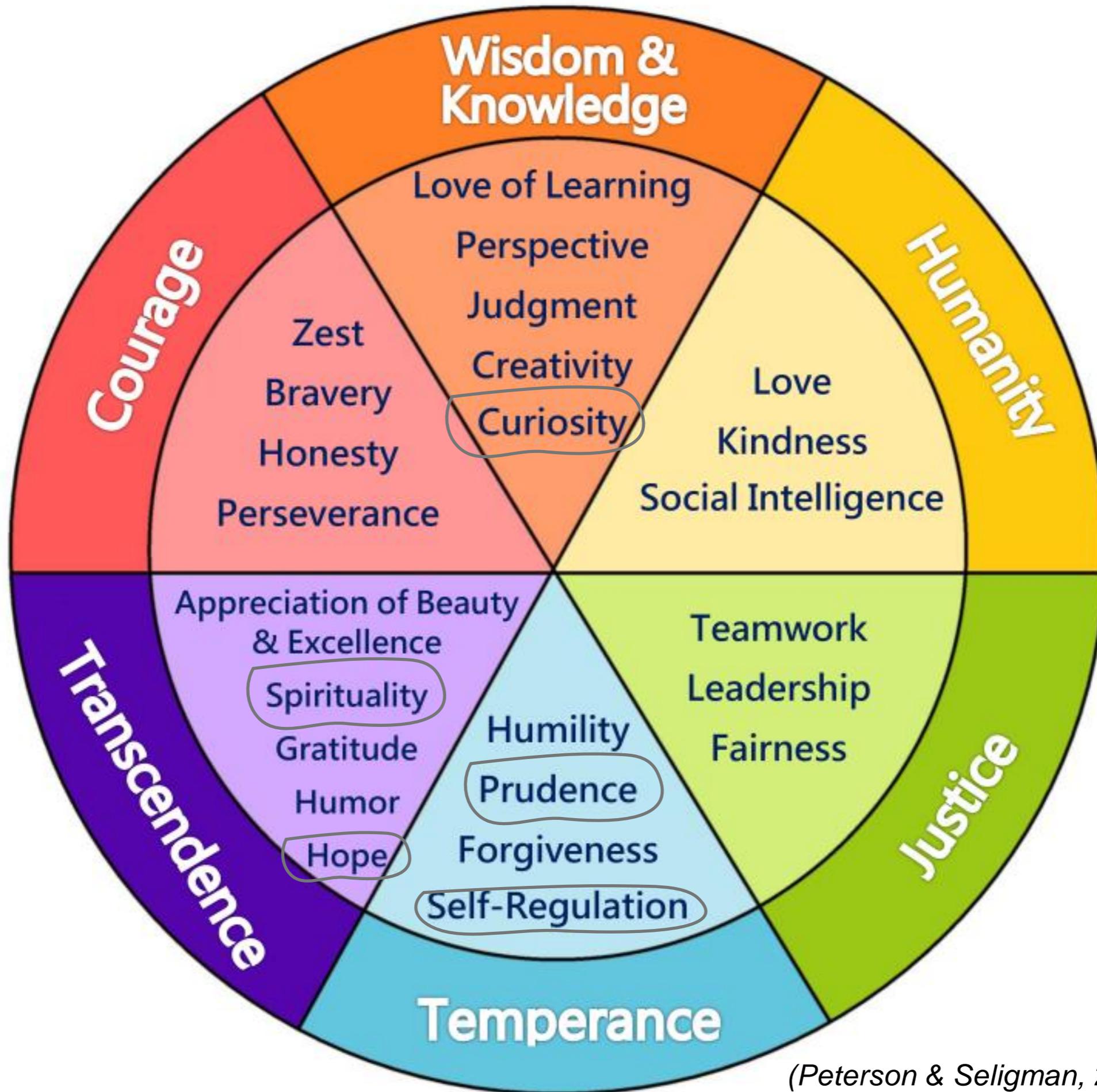


(Peterson & Seligman, 2004)

CHRIS PETERSON'S UNFINISHED

MASTERSWORK

	Strength	Opposite	Absence	Excess
Wisdom and Knowledge	creativity	triteness	conformity	eccentricity
	curiosity	boredom	disinterest	nosiness
	judgment	gullibility	ineffectiveness	cynicism
	love of learning	orthodoxy	complacency	"know-it-all"-ism
	perspective	foolishness	shallowness	ivory tower
Courage	bravery	cowardice	fright	foolhardiness
	persistence	helplessness	laziness	obsessiveness
	authenticity	deceit	phoniness	righteousness
	vitality	lifelessness	restraint	hyperactivity
Love	intimacy	loneliness	isolation/autism	emotional promiscuity
	kindness	cruelty	indifference	intrusiveness
	social intelligence	self-deception	obtuseness	psychobabbling
Justice	citizenship	narcissism	selfishness	chauvinism
	fairness	prejudice	partisanship	detachment
	leadership	sabotage	compliance	despotism
Temperance	forgiveness	vengefulness	mercilessness	permissiveness
	humility	arrogance	footless self-esteem	self-deprecation
	prudence	recklessness	sensation-seeking	prudishness
	self-regulation	impulsivity	self-indulgence	inhibition
Transcendence	awe	criticism	oblivion	snobbery
	gratitude	entitlement	rudeness	ingratiation
	hope	despair	present orientation	Pollyannaism
	humor	dourness	humorlessness	buffoonery
	spirituality	alienation	anomie	fanaticism

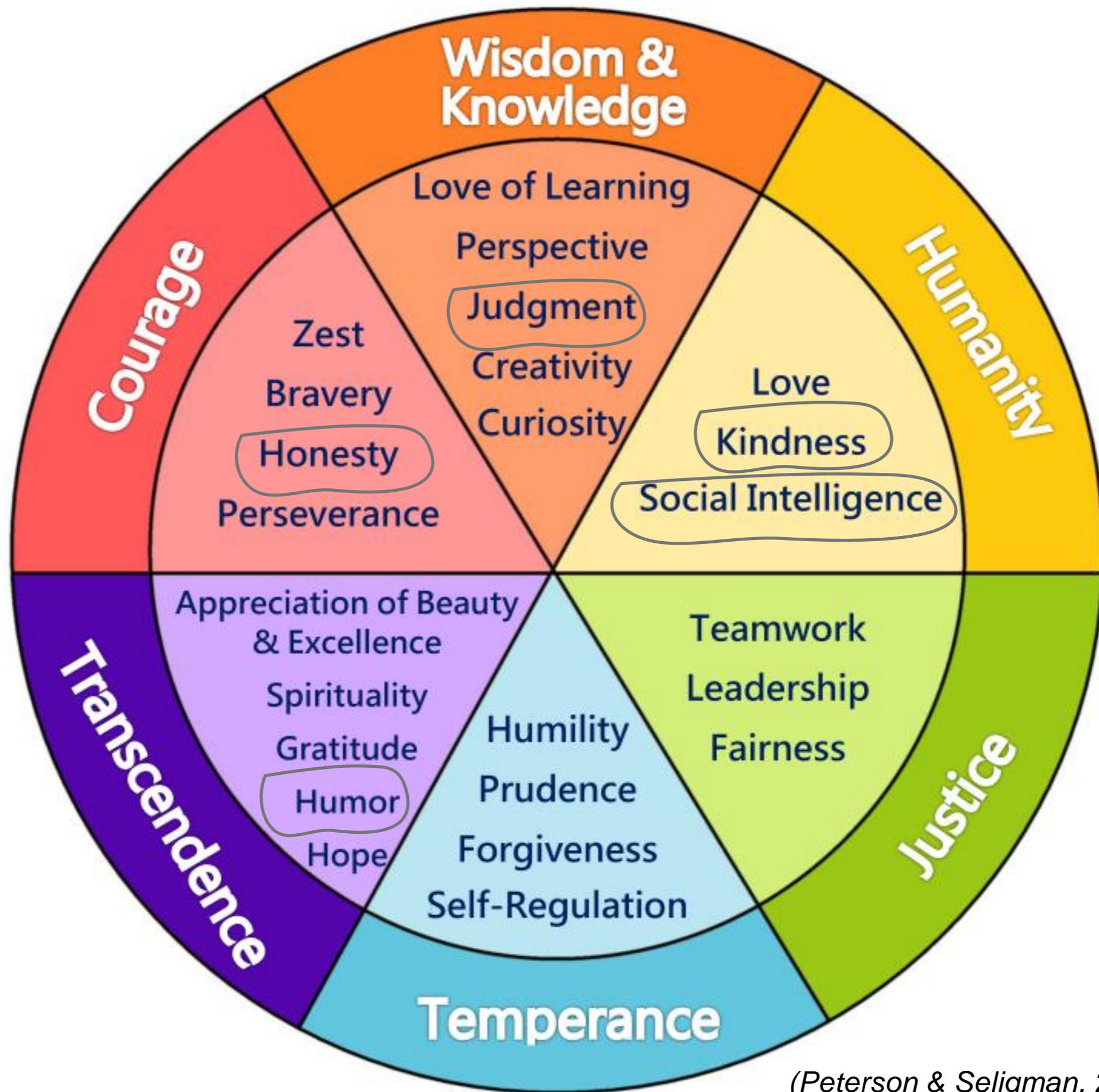


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(Peterson & Seligman, 2004)

CHRIS PETERSON'S UNFINISHED

MASTERY WORK

	Strength	Opposite	Absence	Excess
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	curiosity	★ boredom	disinterest	nosiness
	✓ judgment	gullibility	ineffectiveness	cynicism
	love of learning	orthodoxy	complacency	"know-it-all"-ism
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	spirituality	★ alienation	anomie	fanaticism

CLIENT #2

Top 5 Character Strengths

1: Creativity

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

2: Gratitude

Being aware of and thankful for the good things that happen; taking time to express thanks.

3: Perspective

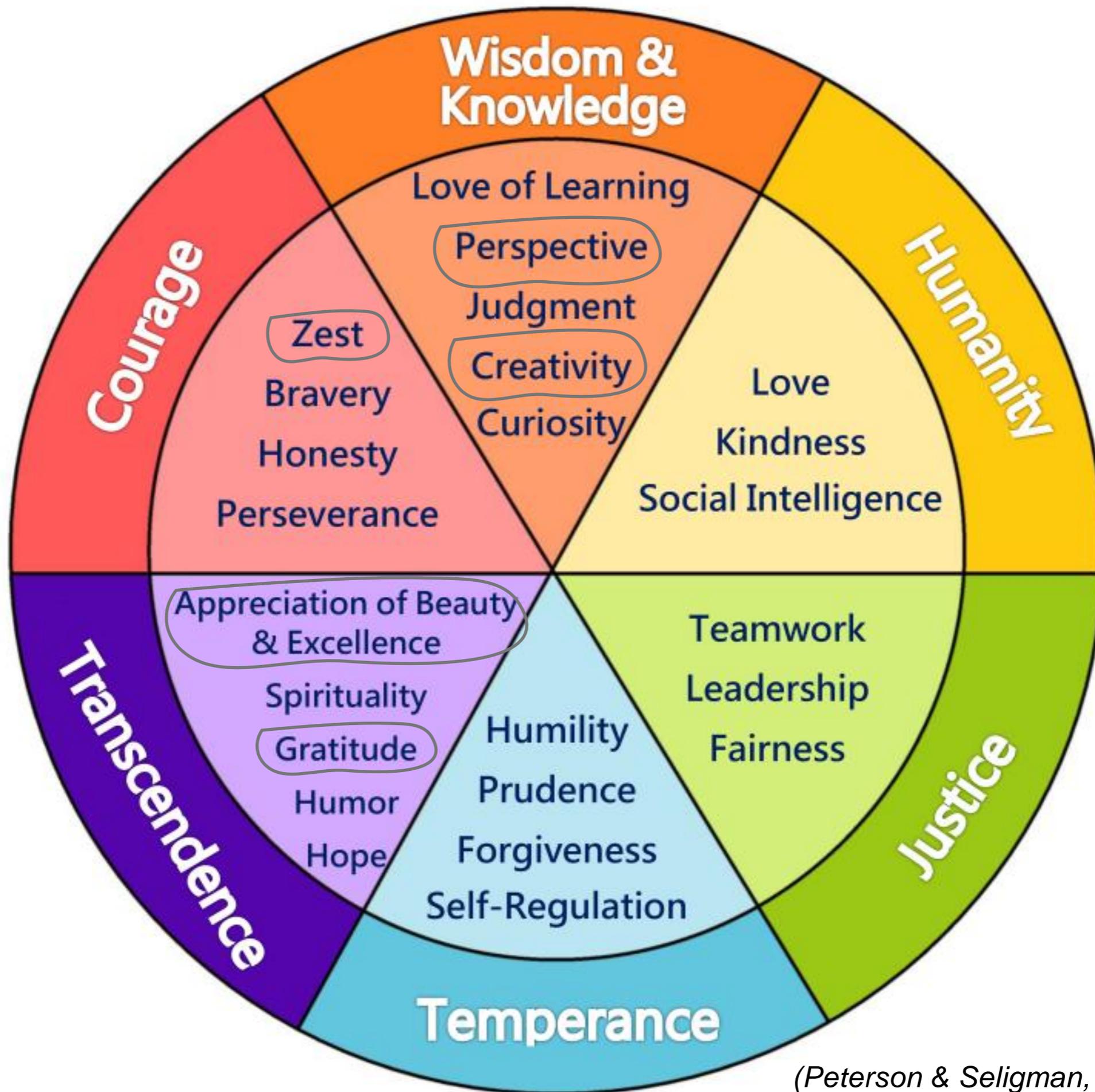
Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

4: Zest

Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

5: Appreciation of Beauty & Excellence

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.



(Peterson & Seligman, 2004)

CLIENT #2

Last 5 Character Strengths

20: Perseverance

Finishing what one starts; persevering in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks.

21: Bravery

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what’s right even if there’s opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.

22: Teamwork

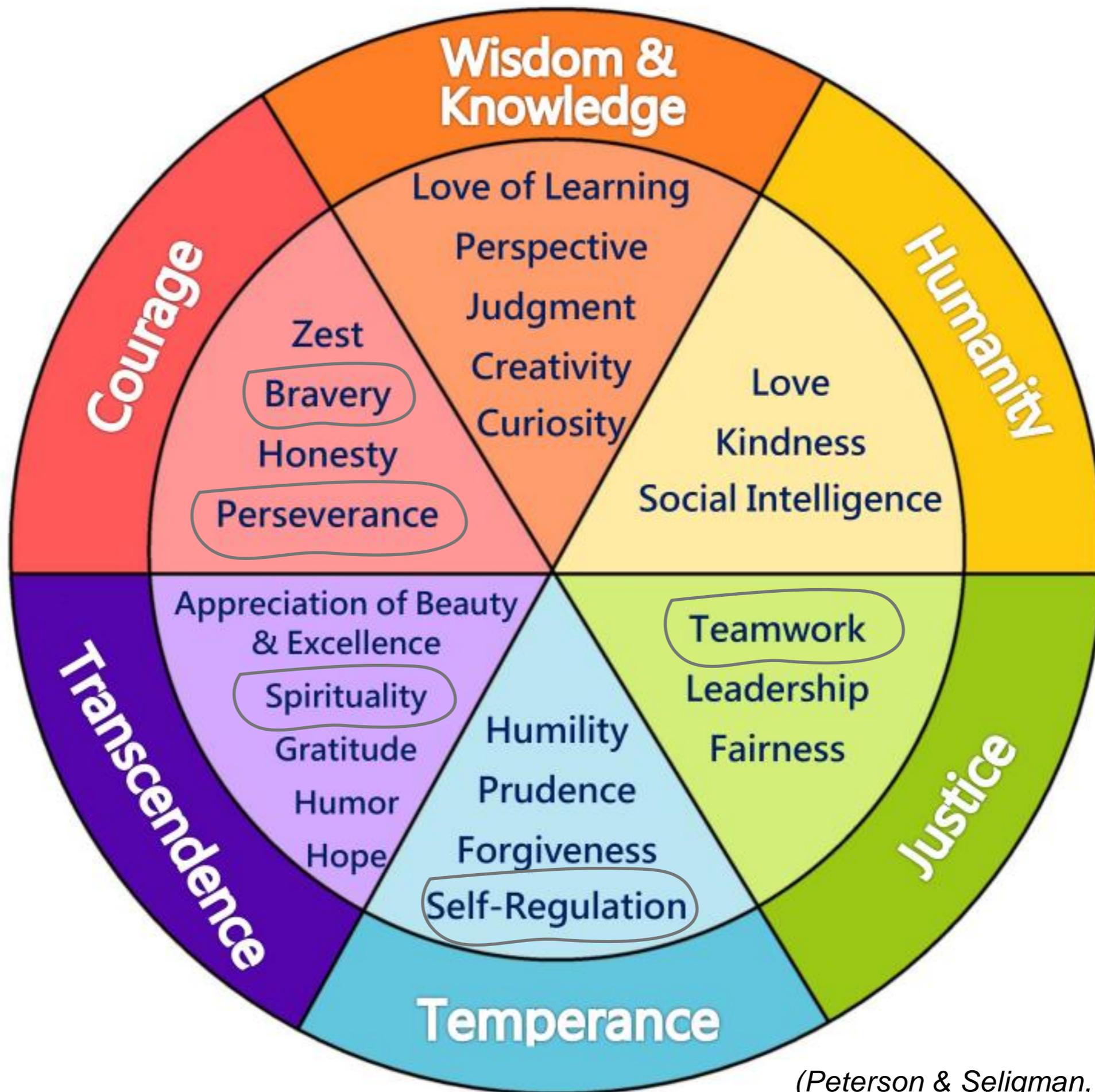
Working well as a member of a group or team; being loyal to the group; doing one's share.

23: Self-Regulation

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

24: Spirituality

Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.



(Peterson & Seligman, 2004)

CHRIS PETERSON'S UNFINISHED

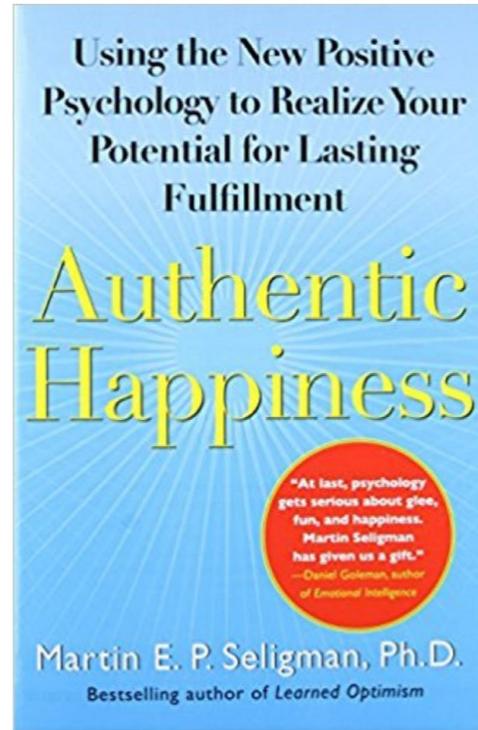
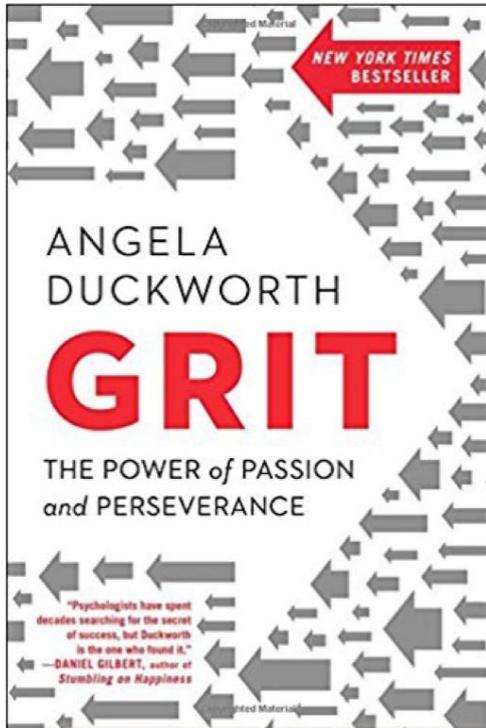
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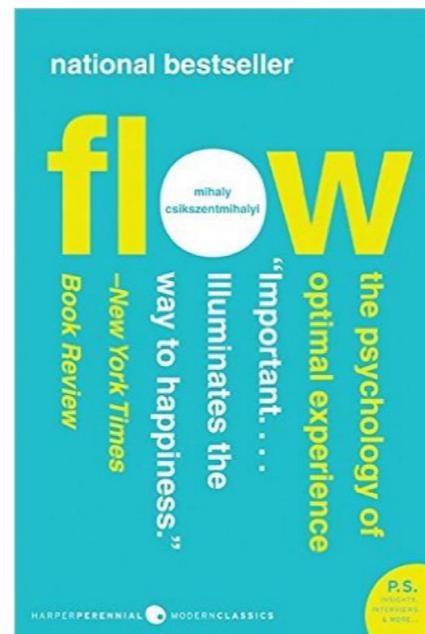
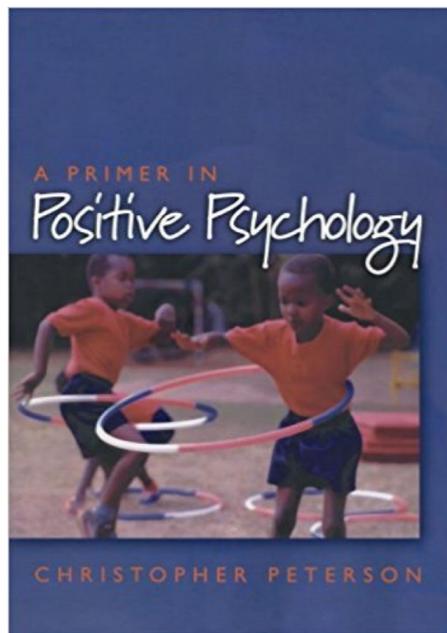
CONCLUSION



- Positive Psychology is theoretical with solid empiricism;
- Positive Psychology is not exclusive of Clinical or Applied Psychology;
- Positive Psychology is not a firehose;
- Positive Psychology education and interventions are proven to be successful in building resilience;
- Positive Psychology interventions increase happiness, thereby improving physical and mental health.



Angela Duckworth Martin Seligman



Chris Peterson Mihaly Csikszentmihalyi

POSITIVE PSYCHOLOGY..... RESOURCES

University of Pennsylvania
authentichappiness.org

- VIA Institute - viacharacter.org
- International Positive Psychology Association ippanetwork.org
- Coursera Foundations of Positive Psychology, UPenn coursera.org
- Positive Psychology Program positivepsychologyprogram.com