

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

Katrin Zwirgmaier



Positive Psychology Tutorial:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Positive Psychology Tutorial**

In some sort of inundated with screens and the cacophony of instantaneous connection, the profound power and mental resonance of verbal artistry often fade into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, located within the musical pages of **Positive Psychology Tutorial**, a charming work of literary elegance that impulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this exciting opus instructions visitors on an emotional odyssey, lightly exposing the latent potential and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central subjects, dissect their interesting publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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