


The Power of Positive Being



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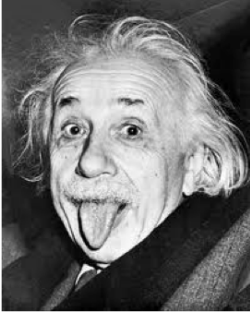
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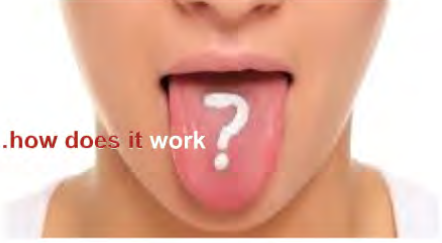
**Things do not change;
we change.**

Henry David Thoreau / www.geckoandfly.com

What does your tongue have
to do with
your brain
and **positive
psychology** ?

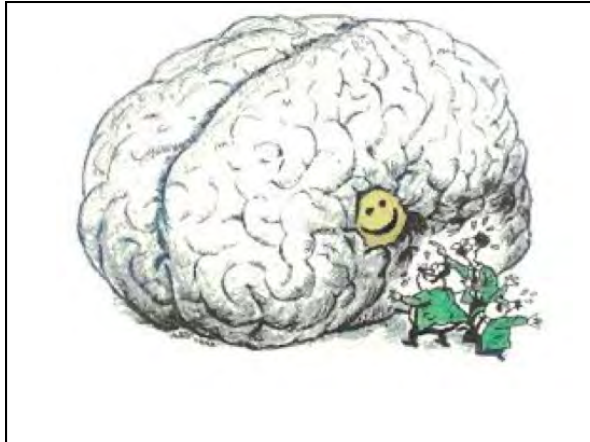


If the tongue is a tool of survival...



...how does it work ?





SONYA LYUBOMIRSKY FROM *THE HOW OF HAPPINESS*
40% OF OUR HAPPINESS CAN COME ABOUT FROM INTENTIONAL
ACTIVITIES –*POSITIVE INTERVENTIONS*



Why Positive Interventions?

Because Not Being Depressed
Isn't The Same
As Being Happy

The Psychology of Possibility

MICRO CHANGE

YOU

are the agent of change

Teaching people to have more positive emotions and building well-being

Us Army is the world's **largest consumer of positive psychology** and has adopted positive education at the core of its training program. Over 1.2 million people are now part of this training.

Based on the studies growing out of the Penn Resilience Program (PRP)



- We have a **choice** about what we feel~
- We can **change** how we think and feel~
- We can **cultivate** sustainable positive feelings~
- We can **create** and inspire this in others~

Positive Psychology is about a shift in perception

Reframe and Refocus



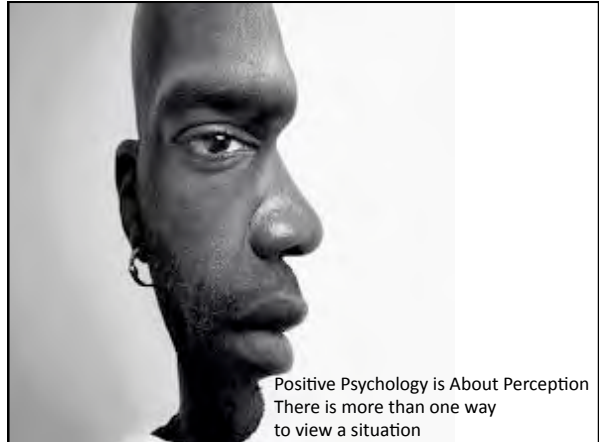
What do you see?



This glass is completely full

Half with water ---

Half with air



Positive Psychology is About Perception
There is more than one way
to view a situation



Only positive feelings predicted longevity:

- Age 85: 90% of most cheerful quartile
34% of least cheerful quartile alive.
- Age 94: 54% of most cheerful quartile
11% of least cheerful quartile
alive.

Date



Why is Positive Psychology happening now?

Cognitive Behavior Therapists flush out irrational thought patterns, (awfulizing, catastrophising) and works toward "cognitive restructuring."

Aaron Beck Albert Ellis

What Is Learned Helplessness?

Figure 5.11 Seligman's Apparatus
In Seligman's studies of learned helplessness, dogs were placed in a two-sided box. Dogs that had no prior experience with being unable to escape a shock would quickly jump over the hurdle in the center of the box to land on the "safe" side. Dogs that had previously learned that escape was impossible would stay on the side of the box in which the shock occurred, not even trying to go over the hurdle.

PEARSON Education, Powell, E. Allen
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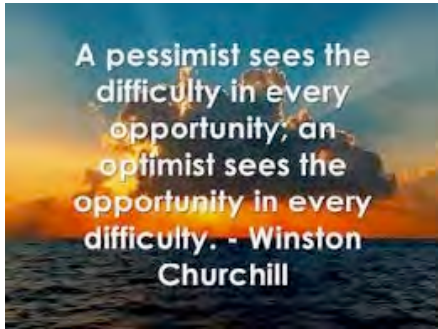
Learned Helplessness to Learned Optimism

- Jonas Salk and Martin Seligman- the shift to Psychological Immunization

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graph TD
    A[Uncontrollable bad events] --> B[Perceived lack of control]
    B --> C[Generalized helpless behavior]
  
```

From Learned Helplessness...



...to Learned Optimism

A B C

PERMA

Flourishing & Well-Being
What does it mean to flourish?

PERMA

- Positive Experiences (Pleasure)
- Engagement
- Relationship
- Meaning
- Achievement

20 tests on AuthenticHappiness.org related to PERMA

Positive Experiences(Pleasure)



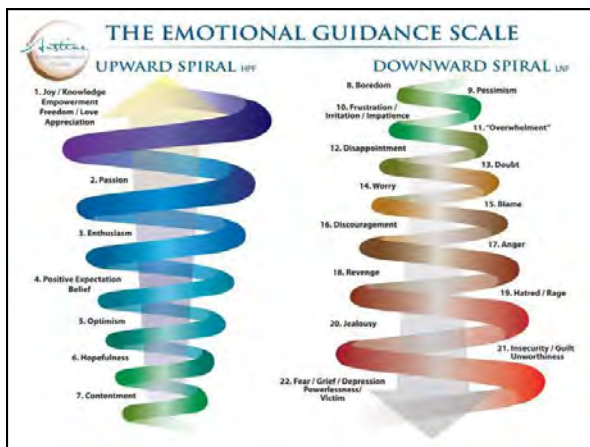
Positivity

10 forms of Positivity

- Joy
- Gratitude
- Serenity
- Interest
- Hope
- Pride
- Amusement
- Inspiration
- Awe
- Love



- Barbara Fredrickson and the Positivity Ratio
- Negative thoughts are three times stronger than positive thoughts
- The “Tipping Point” for thinking positively occurs when we reach a critical mass of 3 to 1 ratio of positive to negative thoughts.
- PositivityRatio.com



THE POWER OF
-- **NEGATIVE** --
THINKING

Negative thoughts are more powerful than positive thoughts

“modest level of negative affect, if combined with high levels of positive affect, may help to generate creativity,”



Broaden and Build --Tipping Point

Pebbles & Feathers



The Emotional Piggy Bank



GRATITUDE



Gratitude -daily spiritual hygiene

- A gratitude list of what you are thankful for within the **last 24 hours** has been shown to:
- Change your perception of the past
- Make you feel good about the present
- Cast a more positive outlook over 2 weeks
- A daily practice of gratitude:
- Increases your positivity ratio
- Sets your perception to look for and anticipate positive experiences
- Adds to your sense of well-being



POSITIVITY RESONANCE



Positive Experiences
Engagement
Relationship
Meaning
Achievement

The Research On **Flow** and The
Connection To **Well-being** and
Signature Strengths



Mihaly Csikszentmihalyi

- In 1976 a book was written that arguably created the field of positive psychology's first book ~
- *Flow: The Psychology of Optimal Experience*



The event is **freely chosen**; The goal is clear; There is a high degree of **focus**;
A **loss of self-consciousness** occurs by engaging in the action; **Time is distorted**;
Feedback on performance is immediate and concrete; There is a **sense of control** in the situation or activity; The challenge is high, but there is **balance between ability and the task**; **Bodily needs** are less noticed; There is **effortlessness** in the activity because it is intrinsically rewarding.

Csikszentmihalyi said that flow is...



“being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost.”

Signature Strengths

The positive alternative to the DSM

6 Virtues (24 Character strengths)

- Wisdom and Knowledge
- Courage
- Justice
- Humanity
- Temperance
- Transcendence



AuthenticHappiness.org

Spirituality		Hope	
Leadership		Judgment	
Forgiveness		Social Intelligence	
Teamwork		Love of Learning	
Fairness	Perseverance	Bravery	Creativity
Humility	Kindness	Curiosity	Humor
	Love		Perspective
	Prudence		Zest
	Honesty	Appreciation of Beauty	
Self-Regulation		Gratitude	

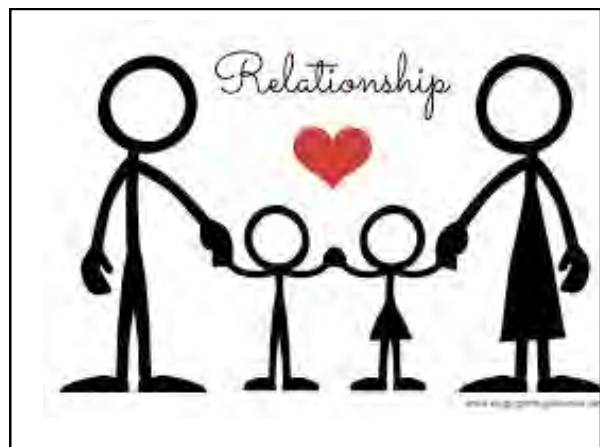
Signature Strengths & Flow

Fight—Fight—Freeze—or— **Flow**.

Using your signature strengths increase positive experiences.

Those who use their top strengths regularly report being in flow more often.

Positive Experiences
Engagement
Relationship
Meaning
Achievement





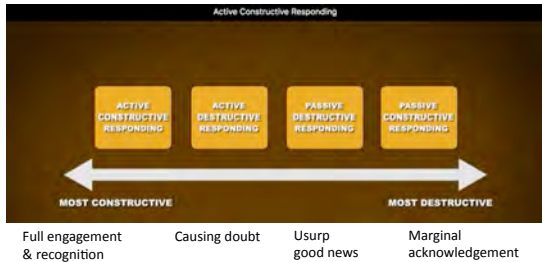
Active and Constructive Responding

- Shelly Gable, assistant Professor of Psychology at the University of California, has examined the different types of responses we give to other people's good news.

The quadrants utilize four possible ways to respond to someone's good news about promotion and a pay-rise

Active Constructive "WoooHooo!!!" (Help Relive the Experience)	Passive Constructive "That's Nice"
Active Destructive They are going to make you work harder and longer for it. You'll never be home. Its all going to taxes!	Passive Destructive "What are we doing for dinner on Friday?"

What Are You Going To do When Things Go Right?



Fredrickson's Research:

- oxytocin activation
- vagal tone
- mirror neurons, or "brain coupling"



A higher vagal tone index is linked to physical and psychological well-being. A low vagal tone index is linked to inflammation, negative moods, loneliness, and heart attacks.

I am larger and better than I thought. I did not know I held so much goodness. ~Walt Whitman

May I be filled with loving kindness.

May I be safe from inner and outer dangers.

May I be well in body and mind

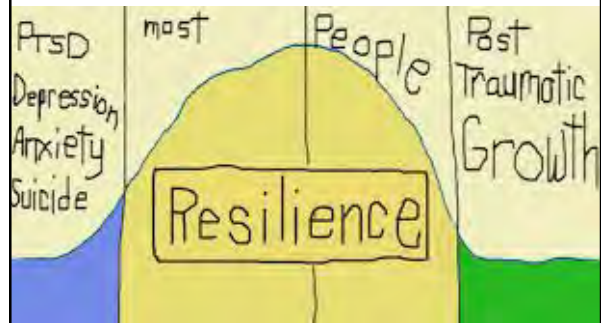
May I be at ease and happy.



2nd intervention

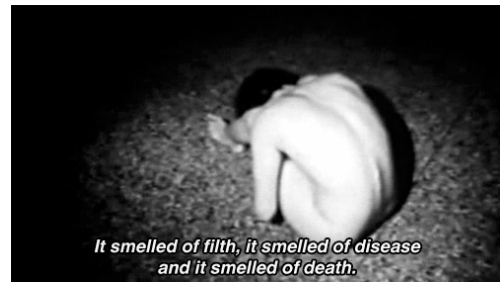
Positive Experiences
 Engagement
 Relationship
 Meaning
 Achievement

Jelly Beans



POST- TRAUMATIC GROWTH

American Snake Pit



*It smelled of filth, it smelled of disease
and it smelled of death.*


Forthcoming by Stillhouse press

War Dog




Positive Experiences
Engagement
Relationship
Meaning
Achievement

\$625,000 MacArthur Fellowship.



“Character is at least as important as IQ,”
~Angela Duckworth

GRIT: Passion & Perseverance for Long Term Goals
SELF-control is the voluntary regulation of behavioral, emotional, and attentional impulses in the presence of momentarily gratifying temptations or diversions.”



Positive Education & Positive Parenting

Well-being is an untapped driver of achievement

A Quiz

- In two words or less: What is it you want for your children?
- In two words or less: What is it we teach in schools?

“NOT THAT”

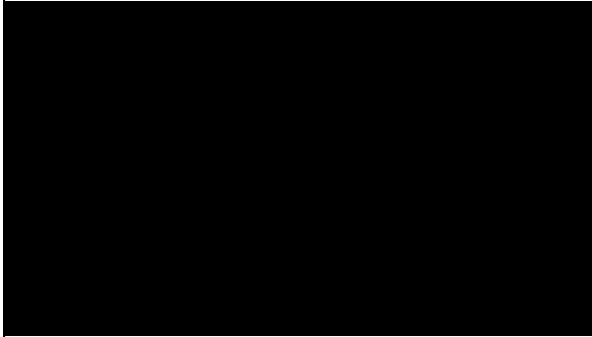
GRIT



- Grit
- Zest
- Self-Control
- Optimism
- Gratitude
- Social Intelligence
- Curiosity

SELF-CONTROL


What Can We Learn From Marshmallows ?



: "His model is a notable synthesis of psychodynamic and behavior-therapeutic elements, making an essential contribution to unified relationship within psychotherapy".

Swiss psychiatrist
Professor G. Benedetti

Nossrat Peseschkian

Tayyab Rashid, Ph.D.

Licensed Clinical Psychologist:
Explore and accentuate what's strong
to undo what's wrong.

- Spirituality -
- Leadership -
- Forgiveness -
- Teamwork -
- Fairness -
- Humility -
- Self-Regulation -
- Hope -
- Judgment -
- Social Intelligence -
- Love of Learning -
- Perseverance -
- Kindness -
- Love -
- Prudence -
- Honesty -
- Bravery -
- Curiosity -
- Appreciation of Beauty -
- Creativity -
- Humor -
- Perspective -
- Zest -
- Gratitude -

Positive Group Psychotherapy

- A Total of **6 Weeks**
- **12 Hours** of therapy

The gains made by the PPT groups were *maintained with no other intervention by the researchers* throughout a **one-year follow-up**, while the baseline levels of depression for the non-treatment group remained unchanged.

Positive Group Psychotherapy 6 weeks 2 hours a session

- Week one -VIA-IS survey and use their top five strengths more often in their day-to-day lives.
- Week two involved writing down three good things that have happened during the day and why you think they occurred.

Duckworth, A. L., Steen, T. A., & Seligman, M. E. P. (2005). Positive psychology in clinical practice. *Annual Review of Clinical Psychology*, 1, 629-652; Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook of classification*. New York: Oxford University Press; Rashid, T., & Ostermann, R. F. (2009). Strength-based assessment in clinical practice. *Journal of Clinical Psychology*, 65, 488-498; Seligman MEP, Rashid T, Parks AC (2006). Positive psychotherapy. *American Psychologist*.2006;61:774-788

Positive Group Psychotherapy, Cont.

- Week 3: Biography written about how they want to be remembered
- Week 4: Deliver a letter of gratitude to someone they may not have thanked adequately in their lives either in person or by phone.

Positive Group Psychotherapy, Cont.

- Week 5: Asked to respond very positively and enthusiastically each day to good news received by someone else (ACR).
- Final Week: Savoring daily events and journaling how this experience differed from our normally rushed occurrence..

Positive Group Psychotherapy, Cont.

- Time was also spent during this last session on tailoring the exercises for their use following the end of the study.
- A Total of **6 Weeks**
- **12 Hours** of therapy

In a test of positive psychotherapy with **severe depression**, the patients were randomly assigned to either individual positive psychotherapy or to treatment as usual.

A matched but nonrandomized group of equally depressed patients underwent treatment as usual plus antidepressant medication.

Positive psychotherapy relieved depressive symptoms on all outcome measures

**better than treatment as usual—
and better than drugs.**

Found that **55** percent of patients in positive psychotherapy...

20 percent in treatment as usual...

8 percent in treatment as usual plus drugs achieved remission.

Positive Group Psychotherapy

The gains made by the PPT groups were ***maintained with no other intervention by the researchers throughout a one-year follow-up,*** while the baseline levels of depression for the non-treatment group remained unchanged.

Earn a **Certificate in Positive Psychology!**



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December 2016–April 2017

Register Online opencenter.com
or bit.ly/CAPPME

Add a new dimension to your career and help others thrive!

Led by Dan Tomasulo with lectures by renowned researchers including Barbara Fredrickson, Bob Vallerand and Ryan Niemiec.