

POSITIVE PSYCHOLOGY: THE SCIENCE OF HAPPINESS AND HUMAN STRENGTHS

Dr Ilona Boniwell - Workshop, tirsdag den 5. februar 2008

Wattar Gruppen arrangerer gennem Selskab for Evidensbaseret Coaching (SEBC) en 1-dags workshop om positiv psykologi med Dr Ilona Boniwell, University og East London.

Kursusindhold:

The science of positive psychology: Definitions and measurement of well-being. Single and multi-item scales.

Genetics, personality and well-being: Happiness set point. Extraversion, optimism and self-esteem.

Life circumstances and well-being: Wealth and happiness. Relationships – attachment style, maintaining positive relationships. Marriage – psychological correlates of marital satisfaction. Factors associated with job satisfaction.

Factors under voluntary control and well being: Character strengths. Goals and well-being. Self-efficacy. Intrinsic motivation & self-determination theory. Flow. Evidence-based strategies to increase one's well-being.

Positive psychology of life adversities and challenges:

Post-traumatic growth, resilience and coping strategies. Positive ageing – myths and stereotypes, benefits of ageing, adaptive defence mechanisms.

Closing discussion

Ilona Boniwell, Ph.D., is a Senior Lecturer in Positive Psychology at the University of East London, UK. She has developed and currently leads an MSc in Applied Positive Psychology (MAPP), the first postgraduate degree in positive psychology in the UK and Europe. Her research interests include: subjective time use, time perspective, conceptions of well-being, coaching and applications of positive psychology.

She is the Vice-Chair of the newly created International Positive Psychology Association (IPPA). She founded and was the first Chair of the European Network of Positive Psychology (ENPP), and is currently the member of its Steering Committee. Ilona also organised the first European Congress of Positive Psychology in June 2002 (Winchester). She was a recipient of several awards and grants from the Positive Psychology Network and the Gallup Organisation. She acted as the main consultant for the BBC2 series "The Happiness Formula" (2006) and is the author of the bestselling *Positive Psychology in a Nutshell* (2006, PWBC).

In addition to her academic work, Dr Boniwell is also interested in practical applications of positive psychology. She is a qualified coach, working one-to-one with clients, and a facilitator of personal development programmes.

Praktiske oplysninger:

Pris: kr. 1.320,- per deltager. Der gives 10% rabat til medlemmer af SEBC og associerede medlemmer. Prisen inkluderer let forplejning.

Tid og sted: Tirsdag den 5. februar 2008 kl. 9.00 til 16.00. hos

Dansk Psykolog Forening, Stockholmsgade 27, 2. sal, 2100 København Ø

Tilmelding: Til Wattar Gruppen, Kognitivt Psykologcenter, sekretariatet på tlf. 33 11 22 84 eller info@wattar-gruppen.dk senest den 15. januar 2008.

Deltagergebyret indbetales senest den 15. januar på SEBC's konto i Lån & Spar Bank reg. nr. 0400 konto nr. 4013519388. Skriv navn + Ilona i meddelelsesfeltet

Wattar Gruppen er en privatejet psykologisk praksis, ejet og ledet af psykolog Ulla Wattar. Vi har 15 psykologer ansat, hver med sit speciale, men alle inden for en kognitiv psykoterapeutisk referenceramme. Vi har mange års erfaring med kognitiv terapi, supervision, undervisning og konsultation samt kognitiv efteruddannelse af psykologer og sundhedsfagligt personale.

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