

DESCRIPTION + SYLLABUS

a personal + professional journey into the science of flourishing

About the program

This 200-hour, 6-month program is designed around the model of Flourishing developed by Dr. Martin Seligman, founder of Positive Psychology, with an added emphasis on physical well-being. It consists of six modules focusing on Positivity, Engagement, Relationships, Meaning, Achievement and Vitality (PERMA-V).

Each module includes

- 1 weekend on site per month
- 1 online webinar with a PP researcher
- weekly video classes with pre-recorded lecture videos
- 1 interview call with a Practitioner of PP

Students receive depth of knowledge, theory, tools & research to demonstrate & teach PP to others – plus reusable power points, research summary pages, measurement tools, worksheets & more.



Positive Psychology (PP)

is a rapidly growing field that demonstrates what individuals, organizations & communities need in order to flourish. Where traditional psychology focused on fixing what was wrong in a person, positive psychology aims to create more wellbeing, happiness and life satisfaction. While philosophers have long investigated the nature of happiness, it was not until 1998 that scientists coalesced to explore well-being through systematic & multi-faceted research. To date, thousands of PP studies have been conducted & papers published supporting the science behind Positive Psychology. However, there are few organizations training individuals in this fresh knowledge and innovative set of practices. The Flourishing Center is delighted to offer one of the first certificate programs in the country in both the theory & application of PP. It is intended to benefit both individuals & those working with clients, organizations and communities.





2016 Course Locations

Boston, MA
 Chicago, IL
 Dallas, TX
 Washington, DC
 Miami, FL
 New York, NY
 Online International
 Ottawa, ON
 Philadelphia, PA
 Raleigh, NC
 San Francisco, CA
 Toronto, ON
 Vancouver, BC

Registration & Fees

A 6-MONTH CERTIFICATION

Early Pmt in Full: \$4200

Early Pmt Plan \$4,500

(\$1,500 deposit, + 3
payments of \$1,000)

Pmt in Full: \$4,500

Pmt Plan: \$4,800 (\$1,800

deposit plus 3 payments of
\$1,000)

Free Intro Class At:

www.getcertifiedinpp.com

Get certified to become a Positive Psychology Practitioner!

Positive Psychology Practitioners are experts in the theory, science and application of positive psychology and use this knowledge to help individuals, organizations and communities build the six pathways of flourishing: enhanced positive emotions, experiences of engagement and meaning, authentic positive relationships, accomplishment and vitality.

Positive Psychology Practitioners use validated measures of well-being and tested interventions to inform their work. They also use this knowledge in human flourishing to create and test new interventions.

Positive Psychology Practitioners disseminate positive psychology knowledge to individuals and advise others on how to construct systems and practices to create flourishing.

The certificate will be of special interest to educators, coaches, managers, consultants, human resource personnel, executives, leaders, facilitators, yoga teachers, nutritionists, body workers, doctors, psychologists and other mental health/wellness practitioners.



DETAILED SYLLABUS

1. Introduction

- Introduction to Positive Psychology & Positive Psychology Practitioners
- Overview of PERMA-V and the CAPP Program
- What is Positive Psychology?
- How the wellness model differs from the illness model
- Self-awareness, self-compassion and self-care in positive psychology
- What does a Positive Psychology Practitioner do?
- History of happiness inquiry
- What is happiness and its subsets?
- State of world happiness and life-satisfaction research
- Understanding Gross National Happiness (GNH)
- Defining and measuring flourishing and its subsets
- Identifying determinants of life-satisfaction
- Positive psychology assessments and measurement tools

2. Positivity

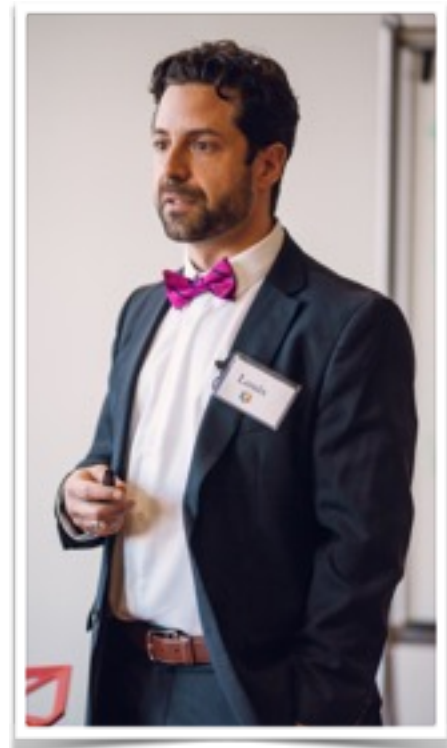
- Introduction to Positivity as a pathway to Flourishing
- Introduction to positive affect (emotions)
- Benefit of frequent positive affect to work, success, relationships, and well-being
- Effects of frequent negative affect
- Key contributors to happiness & well-being
- Key positive psychology research on happiness
- Positive interventions for increasing positive emotions
- Interventions for increasing positive emotions
- Determining person-activity-fit for positive interventions

2.1. Science of Gratitude

- What is gratitude?
- Benefits of gratitude
- Why does it work? – Mechanisms
- Challenges with gratitude
- Gratitude practices

2.2. Mindset for Success and Happiness

- Defining mindset and mental schemas



- Differentiating fixed and growth mindset
- Origins and measurement of mindset
- Research correlates of fixed and growth mindset
- How to develop and nurture growth mindset in childhood populations
- How to develop and nurture growth mindset in adult populations
- How praise affects mindset and how to give feedback that encourages growth mindset
- Creating process accountability versus outcome accountability
- Research correlates on curiosity and a learner mindset
- Interventions for building curiosity



2.3. Positive Neuroscience & Evolutionary Theory

- Positive neuroscience and the evolution of the brain
- Core brain needs versus frontal lobe needs
- Hormones and neurotransmitters that affect the experience of flourishing
- Deeper dive into oxytocin
- Neuroplasticity and neurogenesis in change theory
- The duality of the mind (Rider and Elephant metaphor)
- Biases of the mind that affect happiness
- Perceiving opportunities versus threats
- The Broaden and Build Theory of positive emotions
- The Narrow and Focus Theory of negative emotions
- Psychological capital as mental currency



2.4. Resilience and Optimistic Thinking

- Defining resilience
- Building resilience in children, teens and adults
- Understanding the role of optimism and cognitive reframing in resilience
- Distinguishing optimistic thinking from positive thinking and naiveté
- Defining optimistic and pessimistic explanatory style
- Learned helplessness and learned optimism theory
- Pros and cons of optimistic thinking
- Research on the luck factor of self-perception
- Understanding self-fulfilling prophecies
- The A-B-C-D-E approach to working with automatic negative thoughts
- Learning the connection between thought patterns and feelings
- Tools for disputing pessimistic judgments and worst case scenario thinking
- How to work with thinking traps and thought holes

- How to practice cognitive reframing
- How to teach optimistic thinking skills to others
- Positive interventions for coping with negative events
- Story psychology research and tools



3. Engagement

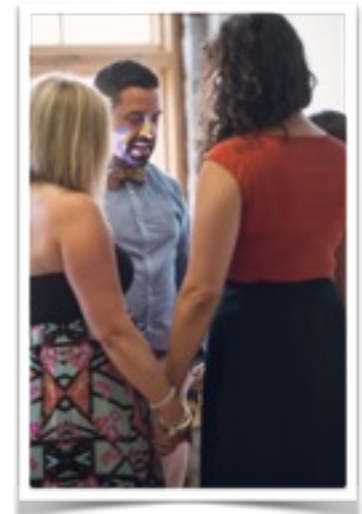
- Introduction to engagement as a pathway to flourishing
- Understanding the conditions that support engagement

3.1. Self-Regulation

- Defining self-regulation and its subsets
- Identifying self-regulation as a strength and virtue through research correlates
- Understanding the mechanisms behind self-regulation
- Understanding ego depletion and repletion
- Brain regions involved in self-regulation and habit
- Neurotransmitters and hormones involved in habitual and addictive behavior
- Interventions for strengthening the self-regulation muscle

3.2. Mindfulness

- Correlation research on the health benefits of mindfulness
- Exploring the various definitions and approaches of mindfulness
- Exploring the physiological and neurological changes that result from mindfulness practices
- The effect of meditation on memory and enhancement of the aging brain
- The science of breathing and how to use breathing exercises as interventions
- Research on time perspective Loving kindness meditation research
- Heart math research: coherence between mind and heart
- Mindfulness practices training including progressive muscle relaxation and self-hypnosis
- Utilizing attention regulation, body awareness, emotion regulation and sense of self in crafting mindfulness experiences
- How to help others develop a mindfulness practice



3.3. Savoring

- Distinguishing savoring from mindfulness
- Understanding the four approaches to savoring
- Interventions for measuring and increasing savoring

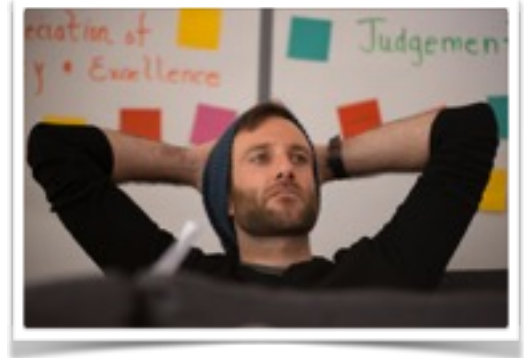
3.4. Strengths



- How and why positive psychology uses strengths
- Developing a strengths based language using the Values in Action: Signature Strengths, Gallup Strengths Finder and Realise 2
- Understand the strengths research
- Strengths research throughout diverse populations
- How to apply the strengths research
- Interventions for building character
- Interventions for building individual strengths
- How to use strengths with family units, schools, work teams and organizations

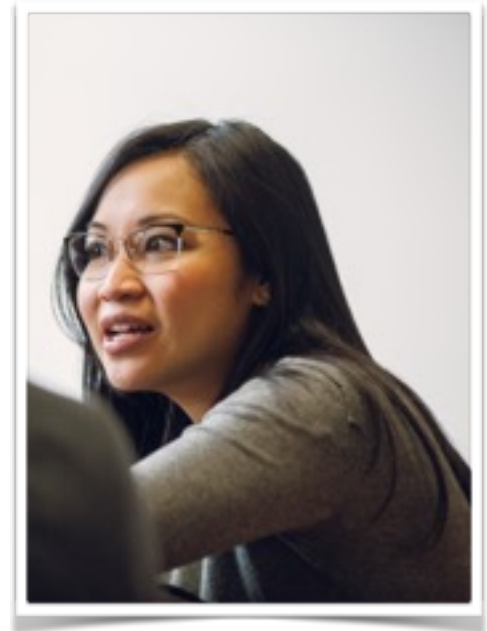
3.5. Flow and Peak Performance

- Introduction to the psychology of flow
- Research correlates of flow
- Understanding flow as a balance of strength and challenge
- How to craft more flow experiences
- How to leverage pass-time for flow experiences
- Creating flow and peak performance environments



3.6. Choice and Decision Making

- The role of choice and autonomy in life-satisfaction
- Modern day abundance and stress
- Understanding the Paradox of Choice
- Psychological costs of decision making
- Delineating between maximizers and satisficers
- Correlations between maximizers and life stress and dissatisfaction
- Correlation between satisficers and calm and life-satisfaction
- Understanding the intuitive versus reflective system in decision making
- How to navigate the decision making process and preserve psychological capital
- Interventions for increasing satisficing and decreasing maximizing



4. Relationships

4.1. Foundation of Flourishing Relationships

- The role of positivity in relationships



- Research correlates of relationships to happiness and well-being
- How relationships feed core brain needs
- Evolutionary wiring towards relating
- Understanding attachment theory
- How to build secure attachments
- Understanding equity theory
- Research on the effects of High Quality Connections in the workplace
- Mechanisms of High Quality Connections
- Research on the formula for building trust
- Interventions for building trust
- Boosting relationships through trust, empathy, belonging, vulnerability, authenticity, attunement and appreciation
- How to set and honor boundaries
- Understanding courageousness
- Understanding Active Constructive Responding
- Humor and laughter in relationships
- Interventions for increasing positivity in relationship
- Interventions for increasing secure attachment



4.2. Social Networks and Contagion

- Understanding social contagion and how social networks spread happiness, illness and change
- Mirror neurons and the transference of emotions
- Social intelligence and emotional intelligence
- Creating mastermind groups
- Exploring the power of the small group

4.3. Altruism, Kindness & Volunteering

- Understanding the research on why it's good to be good
- Defining altruism
- Understanding altruism research and correlates
- Random acts of kindness research
- Why good things happen to good people
- Interventions for increasing compassion and kindness within oneself
- How to influence kindness and compassion within others
- Working with kindness in diverse populations
- The effects of volunteering on volunteers



4.4. Appreciative Inquiry

- The effect of questions on thoughts, feelings and behaviors
- Appreciative inquiry case studies and summits
- Exploring the appreciative inquiry process

4.5. Social-Emotional (SoMo) Leadership

- What does it mean to be a social-emotional leader?
- Case-studies of SoMo Leadership
- Understanding of the super organism
- How to become a SoMo Leader
- Non-zero sum game theory
- Hive theory

**4.6. Transforming Negative Relationships**

- Understanding and navigating the Drama Triangle
- Replacing the Drama Triangle with the Empowerment Dynamic
- Exploring research on non-violent communication
- Practicing non-violent communication theory and components
- Interventions for transforming character bashing
- Understanding the research on forgiveness vs. resentment
- Understanding the REACH model of forgiveness
- Utilizing forgiveness interventions

4.7. The Love Lab

- Defining love
- The biological experience of love
- Exploring Gottman's research on dysfunction and function in relationships
- Understanding styles and theories of love:
 - Passionate Love vs. Compassionate Love
 - Virtuous Love
 - Affiliation
 - Liking vs. Loving
 - Color Wheel of Love
 - Triangular Theory of Love
- Understanding the evolutionary contributions of attraction and chemistry
- Research based tools for keeping passion alive
- Understanding differentiation and how to maintain one's sense of self in relationship
- Correlations of happy marriages



- From the Gottman Institute:
 - 6 Predictors of Divorce
 - 4 Horseman
 - 7 Principles
 - 5 Magic Hours a week
 - The Passionate Marriage approach
- Understanding the 5 Love languages
- Understanding differentiation in relationships
- Micromoments of love (positivity resonance)
- High-desire partner and low-desire partner
- Positive sexuality theory



5. Meaning

- The history of inquiry on meaning
- Research correlates of meaning and life satisfaction
- Identifying the three levels of personality and four life categories as they relate to meaning
- Identifying the four components of meaning
- How to measure meaning within individuals
- Interventions for increasing meaning in life

5.1. Purpose and Passion

- Exploring the concept of “self”
- How are purpose and meaning distinct?
- Why purpose matters
- Where purpose and meaning are found
- Post Traumatic Growth Theory
- Interventions for identifying purpose
- Work perceptions (Job, Career, Calling) and the effect on happiness



5.1 The Neurobiology of Spirituality

- Human wiring to a spiritual search for the sacred
- Myth making and the story telling mind
- Archetypes and the Heroes Journey
- The role of ritual as a physical manifestation of meaning
- The role of group movement and sound in sacred experiences and filling core brain needs
- Cultivating inner peace and the experience of oneness

- The research correlates of prayer

5.1 Awe, Elevation and Transcendence

- Brain regions associated with transcendent experiences
- Understanding the functions of the autonomic nervous system in spiritual experiences
- Understanding the functions of the limbic system in spiritual experiences
- The neural structures involved in the perception of the divine
- The neurochemicals involved in transcendent experiences
- Research on awe
- Basic components of the experience of awe
- Interventions for increasing the experience of awe, elevation and transcendence



6. Achievement

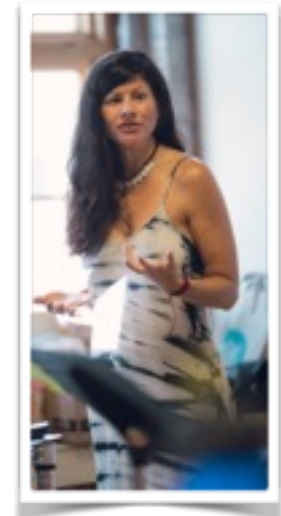
- The relationship between achievement and flourishing
- Money and basic needs in happiness and life-satisfaction
- The shadow side of achievement and social comparison

6.1 Hope Theory

- Understanding hope theory as the first step in achievement and change
- Hope research and correlates
- How to measure hope within others
- Understanding pathways thinking and agency thinking
- The relationship between clear goals and self-efficacy in hope
- Understanding self-efficacy and self-esteem
- Interventions for building healthy self-esteem and self-efficacy
- Interventions for increasing hope
- The relationship between hope and optimism

6.2 Change Theory

- Facilitating change as a non-linear process
- Understanding Prochaska's stages of change
- How to determine which stage of change people are in
- Learn interventions for each stage of change
- The role of environmental cues and primers in making change



6.3 Goal Setting Theory

- Understanding self-efficacy vs. self-esteem



- How to help people build self-efficacy
- Understanding Self-Determination theory
- How to help people understand what they want as a precursor for goal setting
- Understanding why goals are set but not met
- The basic model of goal setting and achievement
- The SMART goals model
- Understanding the difference between Low Goals and High Goals
- Exploring why Do Your Best goals fail
- Understanding the importance of Approach Goals
- Research on the effects of primers on behavior
- How to pair primers with goals for optimal achievement

6.4 Coaching Psychology

- Coaching as positive psychology's direct application
- What coaches do compared to what therapists do
- The need for autonomy, value and mastery in motivation
- How to help people shift from unmotivated to intrinsic motivation
- How to embody the coach's mindset
- Applying the 3 phases of listening
- How to use powerful questions
- Problem focused questions versus solution focused questions
- Open-ended questions versus close-ended questions
- The Co-Active Model of Coaching
- The GROW Model of Coaching
- Breakthrough Goal Setting
- Research on the efficacy of coaching
- The GROW Model of coaching
- Using the Wheel of Life as an intervention
- How to use Motivational Interviewing
- Moving from unconscious incompetence to conscious competence
- Building accountability through coaching



6.5 Visualization

- Defining mental simulation, mental imagery and visualization
- Utilizing receptive and active imagery
- Using mental imagery to access and impact the unconscious
- Understanding visualization research and its correlates



- Distinguishing between process visualization and outcome visualization
- Understanding and utilizing the psychological mechanisms behind visualization
- Interventions for integrating visualization into the achievement process

6.5 Grit, Habit and Rituals

- The neuroscience of habitual and addictive behavior
- Understanding that habits are never unlearned, only replaced
- Understanding keystone habits and how to create them
- How to cultivate new habits
- The evolutionary role of rituals
- How rituals impact vagal tone
- Understanding and utilizing peak-end theory
- What is grit and how is it measured?
- How to work with resistance and procrastination in goal setting
- Research correlates of grit and perseverance
- Interventions for reinforcing grit and teach others to become grittier



7. Vitality

- What is vitality?
- Why vitality is sometimes left out of the flourishing conversation
- Defining health as more than the absence of illness
- Self-care as healthcare
- The polarity model for health and wellness

7.1 Psycho-somatic & Somato-psychic

- How the mind affects the body and how the body affects the mind
- Laughing, yawning and smiling as simple interventions for well-being
- The effect of bodily positioning on emotions, beliefs and energy level
- Understanding and utilizing the placebo effect
- Utilize the understanding of mind-body connection to enhance interventions



7.2 Stress vs. Calm

- Understanding the sympathetic and parasympathetic nervous system
- Understanding vagal tone and core brain needs for calm
- Understanding the pathway and effects of stress in the body
- Research correlates of stress and weight gain
- Research on good stress versus bad stress



- Understanding the difference between trait anxiety and state anxiety
- Research correlates of stress and poor cognitive functioning
- Understanding the relationship between positivity and improved physiological responses to stress
- Understanding inflammation in the body as it relates to stress and nutrition
- Exploring the historical appeal of spa and research on its effects on well-being
- Utilizing all the senses in creating a pleasurable, nurturing and healing experience
- Learn interventions and environmental factors for facilitating the relaxation response and decreasing stress

7.3 Sleep

- What is sleep?
- Why do we sleep?
- Why do we dream?
- How to tell if you're getting enough sleep
- Research correlates of sleep and well-being
- Understanding sleep cycle and key factors that influence sleep
- Research on the proven benefits of napping
- Natural positive interventions for enhancing sleep and relaxation



7.4 Bodily Alignment

- Understanding the universal principles of alignment/bio mechanics of the body
- Understanding the dis-ease that results from structural misalignment and added stress that is placed on muscles and nerves
- Learn specific exercises for strengthening the body and increasing flexibility to support alignment
- Learn the step by step process for achieving optimal alignment
- Understand how a sedentary lifestyle breeds misalignment and affects wellness
- Learn simple solutions for combating lifestyle miss alignments for individuals and organizations

7.5 Physical Activity

- Understanding the evolutionary role of physical activity
- Understanding how and why exercise effects depression and mood
- How and why exercise boosts immune system functioning
- Understanding aerobic and anaerobic exercise and its effects
- Understanding the runner's high and how utilize the research in crafting interventions
- Research on yoga, tai-chi and other mind-body-spirit approaches to physical activity
- Positive interventions for incorporating physical activity into daily life



- The future of self-tracking interventions

7.6 Nutrition

- Understanding how eating well is more than simply the abstinence of "poor nutrition"
- How to fuel the body for optimal nutrition
- Understanding vitamins, minerals and digestive enzymes
- Understanding and implementing the new food pyramid
- Using diet as preventative medicine
- Dietary habits that decrease well-being and how to simply eliminate them
- Utilizing savoring as an intervention

7.7 Vitality

- Understanding the human life cycle
- Exploring the modern day obsessions with anti-aging
- Defining and promoting active aging
- Defining and promoting happy aging
- Research correlates from longitudinal studies of aging
- Research on happiness and life satisfaction trends with aging
- Utilizing the PERMA-V model in promoting aging-well



7.8 Conclusion, Celebration and Next Steps

- Summarizing PERMA-V as a holistic approach of tools that enhance flourishing
- Presentation of participants final projects
- Map out long terms goals for applying positive psychology

