**Course description**

**Course title: Psychological Skill Training Psychological well-being in practice**

**Course code: PSZB17-133:76**

**Head of the course:**

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| **Aim of the course** |

**Aim of the course:** Students learn about several topics of positive psychology and gain personal experience with positive psychology interventions.

**Learning outcome, competences**

knowledge:

* theoretical background of positive psychology
* practical side of positive psychology: the use of positive psychology interventions

attitude:

* open-minded, empathetic attitude

skills:

* how to use positive psychology interventions

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| **Content of the course** |

**Topic of the course**

* personal experience with positive psychology interventions

**Learning activities, learning methods**

* **individual and small group exercises; experience sharing; self-relfection**

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| **Evaluation of outcomes** |

**Learning requirements, mode of evaluation and criteria of evaluation:**

* personal attendance
* completing short homeworks

Mode of evaluation:

* evaluation of short homeworks

Criteria of evaluation:

* personal attendance (min. 70% of the sessions)
* completing short homeworks

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| **Reading list** |

**Compulsory reading list**

* There is no compulsory reading list since the type of the course.

**Recommended reading list**

* Butler, J., & Kern, M. L. (2016). The PERMA-Profiler: A brief multidimensional measure of flourishing. *International Journal of Wellbeing*, *6*(3), 1–48. https://doi.org/10.5502/ijw.v6i3.526
* Duckworth, A. (2019). *Grit*. Vermilion.
* Fava, G. A., & Ruini, C. (2003). Development and characteristics of a well-being enhancing psychotherapeutic strategy: well-being therapy. *Journal of Behavior Therapy and Experimental Psychiatry*, *34*(1), 45–63. https://doi.org/10.1016/s0005-7916(03)00019-3
* Huppert, F. A., & So, T. T. (2013). Flourishing Across Europe: Application of a New Conceptual Framework for Defining Well-Being. *Social Indicators Research*, *110*(3), 837–861. [https://doi.org/https://doi.org/10.1007/s11205-011-9966-7](https://doi.org/https%3A/doi.org/10.1007/s11205-011-9966-7)
* Niemiec, R. M. (2018). *Character strengths interventions: A field guide for Practitioners*. Hogrefe.
* Rath, T., & Harter, J. K. (2010). *Wellbeing: The Five Essential Elements*. Gallup Press.
* Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Review of Psychology*, *52*(1), 141–166. https://doi.org/10.1146/annurev.psych.52.1.141
* Seligman, M. E. P. (2011). *Flourish – Élj boldogan! A boldogság és a jól-lét radikálisan új értelmezése*. Akadémiai Kiadó.
* Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive Psychology Progress: Empirical Validation of Interventions. *American Psychologist*, *60*(5), 410–421. https://doi.org/10.1037/0003-066x.60.5.410
* Visser, A., Garssen, B., & Vingerhoets, A. J. J. M. (2017). Existential well-being. *Journal of Nervous & Mental Disease*, *205*(3), 234–241. https://doi.org/10.1097/nmd.0000000000000617