


Integrating Positive Psychology Concepts into your training program.

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- Definition of Positive Psychology
- Seligman and Csikszentmihalyi (2000) define positive psychology as "the scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural, and global dimensions of life."
- Positive Psychology is the scientific study of optimal human functioning, the goals of which are to better understand and apply those factors that help individuals and communities to thrive and flourish (Magyar-Moe, 2009).



Gratitude

- Gratefulness is defined as a willingness to recognize that one has received a valuable positive outcome from another individual's kindness. There is also recognition that the individual intentionally provided this benefit, often at the cost of some personal benefit (Emmons, 2007)
- Gratitude has been referred to as the key to abundance, prosperity, and fulfillment. The Key that opens doors that which unlocks fullness of life. (Emmons & Hill 2001)
- Gratitude can also come from non-human actions or events such as surviving a traumatic event (Coffman 1996; Affleck & Tennen, 1996)

Gratitude

- ▶ Gratitude for Clients Exercise
 - ▶ Take the time to list the clients you have worked with that you are grateful for.
 - ▶ Determine why you are grateful for them.
 - ▶ What did you gain from having worked with them?
 - ▶ Are you a better clinician for having worked with them?
 - ▶ Why?
 - ▶ Process in group setting.



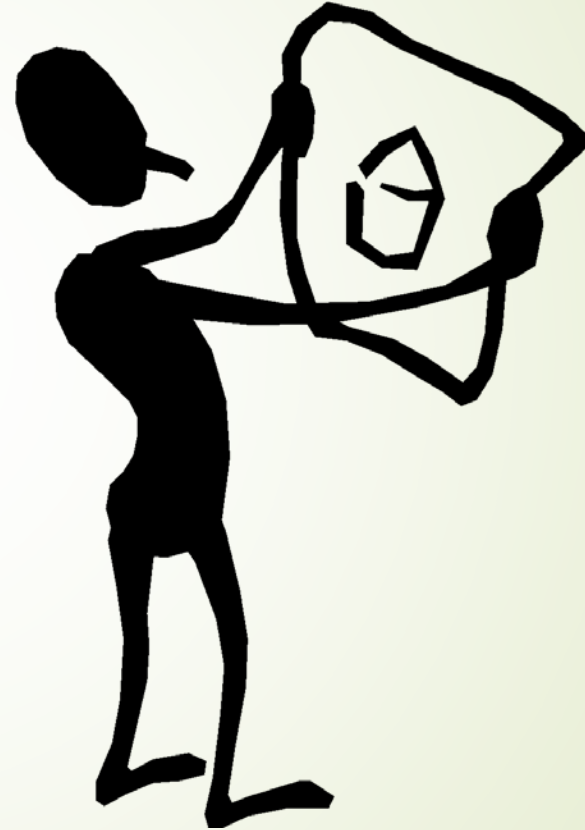


Human Strengths

- For our purposes we will be looking at strength interventions on an individual level
- These interventions will be designed to help interns grow by developing core aspects of themselves
- Interventions seek to identify positive personal and interpersonal traits and integrate them into a intern's view of self which should inform a subsequent behavioral change (Clifton & Harter, 2003)
- The strengths approach does not ignore weaknesses but instead seeks to manage areas of deficiency while building strengths (Louis & Lopez, 2014)

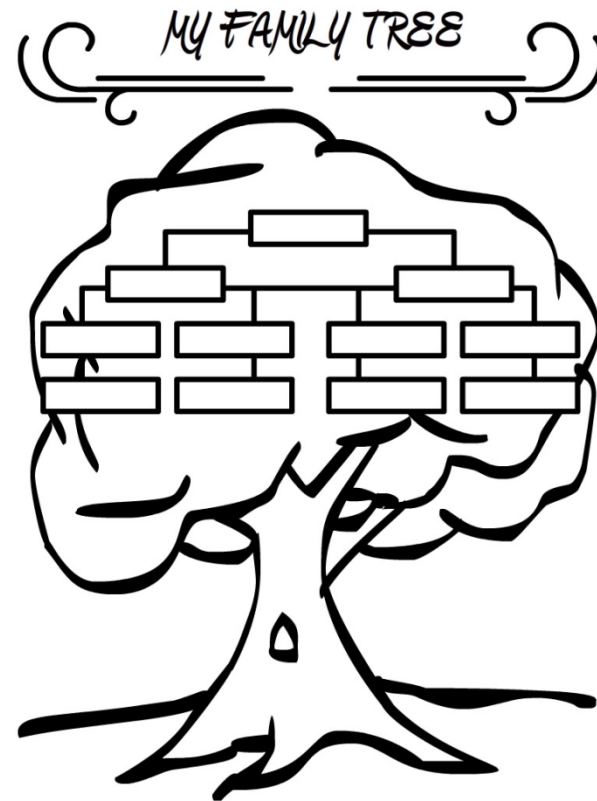
Human Strengths

- Strength Center Therapy (Wong, 2009)
 - Focuses on three stages of strength based interventions
 - Phases
 1. Explicitizing Phase (Training Directors work with clients to help them name their strengths)
 - VIA
 - Clifton Strengths Finder
 2. Envisioning Phase
 - Identify the strengths to develop
 3. Empowering Phase
 - Help interns use strengths in a way that can positively impact their clinical and professional development.



Human Strengths

- Family tree (Rashid, 2008)
- Designed to help interns gain insight into family member's strengths that contribute to who they are as clinicians.
- Interns list clinical strengths they have seen or heard displayed by family members.



Human Strengths

- Family Tree exercise continued
- Process the family tree in session
 1. Can you find any patterns in terms of the strengths in your family?
 2. Can you identify the people in your family who have helped you develop your strengths as a clinician?
 3. Do you have any strengths that no one else in the family has?
 4. How can you use your strengths together in order to make yourself a better clinician?
 5. Are there any behaviors you understand differently about yourself after completing this exercise?



Supervision

• Best Day Exercise

- Tell me your best recent moment as a supervisor and your role in it
 - Cannot downplay the event
 - Story must have a beginning and an end
 - Personal reflection
- Professional Development Seminar
 - Best professional moment of the week
 - Best clinical moment of the week
 - What personal strengths facilitated these moments
 - Helping supervisees both see their strengths and get used to talking about them



Supervision

- Savoring
 - Being aware of pleasures and purposefully paying attention to the experience of pleasure (Bryant & Veroff, 2007)
 - Four kinds of savoring
 - Basking (i.e. receiving congratulations or praise)
 - Thanksgiving (i.e. expressing gratitude for positive experiences)
 - Marveling (i.e. getting caught up in the experience of wonder or awe)
 - Luxuriating (i.e. indulging the sense)



Supervision

- Techniques to improve Savoring
 - Share experience with others
 - Memory-building (Focus on senses or make mental note)
 - Self-congratulation
 - Sharpen your perceptions (Block out distractions/kill-joy thinking)
 - Kill-joy thinking (how something could have been better, not as good as someone else could do it)
 - Absorption (totally absorbed in event)
- Professional development seminar
 - Focusing on positive moments from the week
 - What just went well in a session?
 - What just went well during my outreach?
 - What did it feel like when it went well?



Supervision

- Savoring Continued
- In the moment activities
 - Focus on the positive in-between sessions
 - Reduce Kill-joy thinking
- Tell people about it!
 - Focus on what you are doing well
 - Communicate with your fellow supervisees and staff members



Cultural Considerations

Cultural Self-Study

- Family of Origin
- What are the things you are proud of about your family history?
- Discuss your family's world view by concentrating on naming the positives
 - Individualistic or Collectivist (what positives come from your family's perspective)

Who are your relatives

- Additional questions:
 - What is your family saga
 - Completing demanding journey
 - Fighting for country
 - Sacrificing
 - Worshiping in their own way
 - Enduring historical change or traumatic events



Cultural Considerations

- ▶ What is your family's locus of control?
 - ▶ How has this helped and or hurt your family?
- Scripts (behavioral patterns)
 - Identify a script from you upbringing. Discuss how this script has impacted your functioning? Again focus on the positive!
- How does your family function as a group?
 - Gender roles
 - Styles of leadership
 - Management of emotions
 - Concept of boundaries
 - Explore how these norms have positively impacted you





Cultural Considerations



- ▶ How does this exercise impact your clinical work?
- ▶ How does this exercise impact your professional goals?
- ▶ How can you use the information you learned from this exercise to improve as a clinician and or as a professional.

Cultural Self-Study

- ▶ Who are your heroes exercise?
 - ▶ Who were your heroes growing up?
 - ▶ Who are your current heroes?
 - ▶ How do your heroes impact who you are as a person?
 - ▶ How do your heroes impact your goals as a professional?
 - ▶ How do your heroes impact who you are as a clinician?
 - ▶ How do your heroes impact your clinical goals?



Conclusion

- Thank you for your time!
- Please let me know if you have further questions
- Feel free to email me at Volkmann@cua.edu if you have further questions or feedback

