

POSITIVE PSYCHOLOGY

1st, 2nd and 3rd Year – 2nd Semester

2007/2008

Helena Marújo – Assistant Professor

OVERALL AIMS:

- To acquire a theoretical, historical, global and interdisciplinary perspective of an innovative area within Psychology – Positive Psychology- and the concepts and fields that have become the object of discussion and research over recent years.

- To use current data and procedures within the scope of Positive Psychology in order to stimulate the self-knowledge of students and potentialization of their personal and relational skills.

SPECIFIC AIMS:

To gear students towards:

- Acquiring knowledge of concepts, historical aspects, theoretical foundations, methodologies for evaluating central concepts and research areas within the Positive Psychology model;
- Acquiring substantial, more relevant knowledge so as to induce an attitude of critical reflection towards the reality of Psychology and understanding from a positive perspective;
- Developing favorable attitudes towards the progressive undertaking of responsibility for the scientific, technical and ethical implications of the role of the psychologist in contemporary society, while taking account of the historical, cultural and social contextualization;
- Practicing skills in the understanding of the conceptualization of the use of psychology as an instrument of analysis and social change;

- Identifying, constructing and applying analytical and experiential skills deriving from Positive Psychology to real life and stimulating the processes of self-knowledge and personal development.

TEACHING METHODS AND KNOWLEDGE ASSESSMENT:

The teaching/learning methodologies used are based on a dynamic, theoretical approach, the analysis and discussion of texts, the presentation of themes by guest speakers and practical individual or group reflection exercises.

Knowledge assessment involves (a) an individual piece of written work displaying critical reflection on one of the addressed themes; (b) the handing in of an individual Portfolio containing the experiential activities proposed during the course of the subject.

PROGRAM CONTENT

- Introduction to Positive Psychology: definition, intentions, historical, cultural, theoretical and methodological context;
- Positive Psychology and Individuals
- Positive Psychology, Groups and Institutions
- The value of Positive emotions
- The Subjective Well-Being concept
- Positive Psychology and the “New Economy”: Happiness policies
- Optimism and Hope as concepts of future perception
- Confidence, Creativity, Gratitude and the Development of a Sense of Humor as social values
- Forgiveness and Spirituality: physical and psychological health studies
- Research on Flow and Self-motivated behavior
- Autonomy, Self-determination and the tyranny of Freedom
- The Human Virtues/Character strengths concept and position of Positive Psychology in relation to assessment and psychopathological diagnosis
- Suitable methodologies and assessment for both individual and collective experience
- Forms of Measurement: statistical reality and experiential realities

- The ESM (Experience Sampling Method); the DRM (Day Reconstruction Method) and assessment methodologies based on the AI - Appreciative Inquiry.
- Positive Psychology and society: poverty, leisure time, successful ageing and relations with changes in social policies on a global and national scale

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ADDITIONAL BIBLIOGRAPHY

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