

# COURSE DETAIL

## POSITIVE PSYCHOLOGY

**Country**

Ireland

**Host Institution**

University College Cork

**Program(s)**

University College Cork

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

130

**UCEAP Course Suffix****UCEAP Official Title**

POSITIVE PSYCHOLOGY

**UCEAP Transcript Title**

POSITIVE PSYCHOLOGY

**UCEAP Quarter Units**

4.00

**UCEAP Semester Units**

2.70

**Course Description**

This course critically evaluates the concepts and the research that underpin positive psychology, and their application to coaching. This course examines the theory and practice of positive psychology, its application to coaching and the paradigm shift from pathology to strength based psychology, as well as exploring the nature of human strengths and virtues which contribute towards individuals and communities thriving. In addition students are given opportunities to apply positive psychology practices to their lives.

**Language(s) of Instruction**

English

**Host Institution Course Number**

AP3033

**Host Institution Course Title**

POSITIVE PSYCHOLOGY

**Host Institution Campus**

University College Cork

**Host Institution Faculty****Host Institution Degree****Host Institution Department**

Applied Psychology

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