

# COURSE DETAIL

## POSITIVE PSYCHOLOGY

**Country**

Netherlands

**Host Institution**

Maastricht University - Center for European Studies

**Program(s)**

Psychology and Neuroscience, Maastricht

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Psychology

**UCEAP Course Number**

115

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

POSITIVE PSYCHOLOGY

**UCEAP Transcript Title**

POSITIVE PSYCHOLOGY

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

Positive psychology was introduced by Martin Seligman around 2000 and can be viewed as a supplementary approach to clinical psychology. The positive psychological movement formulated three aims: (1) to focus on well-being and happiness instead of abnormal behavior and psychopathology, (2) to be concerned with building positive qualities and strengths instead of repairing damage, and (3) to prevent future problems instead of correcting past and present problems. This course starts with a general introduction to the field of positive psychology. The main concepts are introduced and clarified, and an overview of the results of happiness studies is presented. In subsequent meetings, various topics are discussed in lectures and group discussions including mindfulness, positive emotions, resilience, self-determination theory, self-compassion, and research in the field. There is ample room to gain hands-on experience with positive psychological techniques ranging from simple journaling exercises to mindfulness meditation. The course provides participants with the tools to be able to evaluate and design research in the area of positive psychology, but also with the skills to apply some important intervention techniques. Final assessment is by means of an individual paper on a topic of choice within the field of positive psychology. The course includes a field trip.

### Language(s) of Instruction

English

### Host Institution Course Number

POS2001

### Host Institution Course Title

POSITIVE PSYCHOLOGY

### Host Institution Course Details

<https://www.maastrichtuniversity.nl/meta/391588/positive-psychology>

### Host Institution Campus

Maastricht University

**Host Institution Faculty**

Center for European Studies

**Host Institution Degree****Host Institution Department****Course Last Reviewed**

2023-2024

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