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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