



Positive Psychology Therapeutic Applications with Adults & Adolescents

Presented by

Bill O'Hanlon

Program Description

Positive Psychology is the study of human happiness and life satisfaction – what works in life as demonstrated through research. It isn't always obvious how to translate this research into clinical work. This workshop offers a solid research base and methods of doing therapy that derive from and fit with this research.

Objectives Participants will be better able to:

- Use Positive Psychology research findings in their clinical work
- Better help their clients use *life energies* to find their life and work directions
- Identify factors that increase happiness for their clients and students

12 hours - 7 CDs & Handouts

1) Introduction to Positive Psychology

- The gap between Positive Psychology research and clinical practice - The optimistic therapist

2) Possibilities vs. Positive Thinking

- Research on the benefits and drawbacks of optimism and being positive - Future Pull: The restoration of hope in clinical work - Resilience research: What helps people bounce back from troubles and traumas - Post-traumatic stress into post-traumatic success

3) Happiness Research

- What the research shows makes people happy and what doesn't - Elements of happiness - Happy nations - Happy people

4) Applications of Happiness Research

- The distortions of memory - It's never too late to have a happy childhood

5) Connections and Relationships

- Gottman's research - Happy couples: Relationships that last - Translating these findings into clinical work - Filtering blame

and disgust - Connective and continuity rituals for relationships and for the prevention of future relationship problems - Family and friends for the good life and for recovering

6) The Good & Meaningful Life

- Social intelligence - Meaning and purpose in the good life - Elements of the meaningful life: Clinical work - The four life energies: Finding direction and purposeful work - *It's not about you*: Mitzvah Therapy

7) Spirituality and Transcendence

- The 3 Cs of spirituality - Gratitude and appreciation: Research and clinical methods - Forgiveness, kindness and compassion: Clinical methods - Humor: Rising above yourself - Lessons from Abe Lincoln and Billy Connolly - Mindfulness: Research and clinical methods

8) Bringing It All Together

- Appreciative Inquiry: Positive Psychology in your work life - The components of Positive Psychology: A summary - Latest research: Up to the minute update - Future directions for Positive Psychology and clinical work

Bill O'Hanlon, M.S.

Bill O'Hanlon received his M.S. degree from Arizona State University in 1978 where he majored in Family Studies and specialized in Marital/Family Therapy. He worked in a variety of community mental health centers until 1982, when he established his own organization for clinical practice, outpatient therapy, supervision, and training. He is a Licensed Mental Health Professional, Certified Professional Counselor, and a Licensed Marriage and Family Therapist.

Bill was a pioneer in developing brief solution-oriented therapy and the founder of possibility and inclusive therapies. He has authored or co-authored 28 books. Some of these texts have been translated into as many as nine foreign languages.

Since 1977 Bill has taught over 2013 therapy seminars around the world. He has been a top-rated presenter at several national conferences, including the Family Therapy Networker Symposium, The American Association for Marriage and Family Therapy Conference, the two major Ericksonian conferences, and the Annual Cape Cod Symposium.

Bill presented for *J&K Seminars* in 1994, 1996 and 2013. Participants at each of these programs gave Bill very high evaluations. He is among our most effective and engaging presenters.

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