

COU565 Applying Positive Psychology in Counselling

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

Positive psychology is the scientific study of the psychological factors that enable individuals, organisations and communities to flourish and thrive. There is considerable interest worldwide in positive psychology and its application in work, professional and personal settings. With more countries moving towards defining success beyond economic growth and shifting emphasis to mental well-being, it is an opportune time to expand the conventional understanding of success. This module guides students through the background of positive psychology and psychotherapy and provides an understanding of their key theoretical constructs. It further addresses the core methods used in positive psychotherapy and supports the application of its techniques in a wide range of settings. Students will get the opportunity to study theories about cognitive patterns and behaviours that facilitate human well-being, and practical applications on how to make the lives of their clients and themselves more fulfilling.

Topics:

- Introduction to Positive Psychology
- Theory of Positive Psychotherapy
- Applying eudemonic wellbeing (meaning & purpose in life) to counselling
- Applying flow (the optimal experience) to counselling
- Building hope and optimism through counselling
- Building positive relationships through counselling
- Applying strength-based approaches to counselling

Learning Outcome:

- Discuss the theories of well-being
- Examine the research on positive psychology & positive psychotherapy
- Evaluate the conditions that undermine and enhance eudemonic well-being
- Measure hedonic and eudemonic well-being
- Appraise the utility of hope and optimism in positive counselling
- Formulate what constitutes well-being based on empirical evidence
- Evaluate positive psychotherapy techniques for counselling
- Choose appropriate strength-based approaches for various clients
- Design ways to incorporate flow into daily practice
- Plan positive relationships in given case scenarios
- Critique positive psychology and psychotherapy
- Compose methods of enhancing of eudemonic well-being

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
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Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
Total		100

*The information listed is subject to review and change.