

Professional Certificate in Positive Psychology



The Professional Certificate in Positive Psychology critically examines contemporary science-based methods for enhancing the wellbeing, performance and motivation of staff and clients.

The course includes a range of evidence-based applications to improve positive emotions, engagement, relationships, meaning, and accomplishment for people of all ages. Participants will have the opportunity to explore the relevance and application of positive psychology to professional practice, particularly in health, business and organisational contexts.



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Shaping minds, shaping the world

Course structure

The professional certificate course is a graduate qualification consisting of two subjects:

Introduction to Positive Psychology

Participants will reflect on current trends in positive psychology research and apply contemporary scientific theories to issues of wellbeing in applied settings. They will be supported in analysing and critiquing key positive psychology constructs and their measurement, and in conceptualising personal and work-related experiences using positive psychological concepts.

Positive Psychology in Practice

This subject complements and extends learning from Introduction to Positive Psychology by examining how positive psychology interventions and programs are designed, delivered and evaluated. This will include practices such as positive psychology coaching, strengths-based interventions, mindfulness-based interventions and community level wellbeing programs. The applications of positive psychology will be explored at multiple levels, including individual, family, organisational (particularly health and business sectors) and policy.

Who should apply?

The course is designed for people who are interested in applying the science of positive psychology in health, business and organisational contexts.

Entry requirements

To be eligible to apply, you must meet the following entry requirements:

- An undergraduate degree in any discipline, and
- 2 years of documented professional experience.

Dates and delivery in 2016

The course will be delivered at the University of Melbourne, Parkville campus.

Subject 1:

Introduction to Positive Psychology

Friday 12 February, Saturday 13 February, Friday 18 March 2016

Subject 2:

Positive Psychology in Practice

Friday 29 April, Saturday 30 April, Friday 3 June 2016

Cost

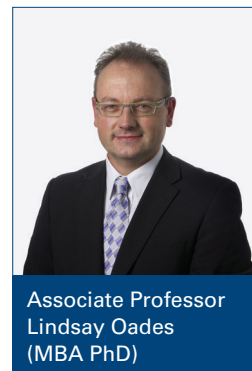
In 2016, the course fee for the Professional Certificate in Positive Psychology is \$5,370.00.

If you are an Australian citizen, you may be eligible for the Australian Government's FEE-HELP loan program, a scheme

that helps you defer all or part of your tuition fees. You do not need to repay the loan until your income reaches a minimum repayment threshold. For more information, visit www.studyassist.gov.au

Teaching staff

Associate Professor Lindsay Oades (MBA PhD) is the Director of the Professional Certificate in Positive Psychology. Lindsay champions an interdisciplinary approach to wellbeing, drawing on his experience in health services, business and education. He has taught in Australia, Taiwan, Hong Kong (China) and Japan and has published over 100 articles and book chapters related to wellbeing, recovery and coaching.



Associate Professor
Lindsay Oades
(MBA PhD)

Lindsay is on the scientific advisory board at the Institute of Coaching, Harvard University, and he has been a visiting researcher to Kings College, London. Lindsay's work on stages of psychological recovery and the Collaborative Recovery Model (CRM) has been recognised internationally, including his co-authored book *Psychological Recovery*. Lindsay's two forthcoming books are the *Wiley Blackwell Handbook of the Psychology of Positivity and Strengths Based Approaches at Work* and the co-authored Cambridge University Press, *Wellbeing, Recovery and Mental Health*. He is co-editor of the *International Journal of Wellbeing*.

Centre for Positive Psychology, The University of Melbourne

The vision of the Centre for Positive Psychology is to promote health and wellbeing by encouraging a self-managed positive lifestyle which enables optimal functioning and performance. To achieve this, we seek to understand more fully the psychological, neurobiological and environmental processes that promote and sustain wellbeing. The Centre strives for research and teaching excellence by systematically exploring factors that influence wellbeing in a range of settings, including education, workplaces and communities. Our goal is to translate the latest research findings into valuable real-world practices and to create significant levers and agents of positive change.

For further information

Program Coordinator

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How to apply for the course

To apply for this course please complete the application form at www.commercial.unimelb.edu.au/pospsych/



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/EducationMelbourne

Get in touch education.unimelb.edu.au

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The Melbourne Graduate School of Education is Australia's number one and among the world's finest for Education* (*QS World University Rankings by Subject).