

SOLUTION-ORIENTED COUNSELLING WITH POSITIVE PSYCHOLOGY: PART 1

by Frank D. Young Ph.D., C. Psych.1[1]

In this 2-day course, participants will learn and experience the application of principles of positive psychology applied in a framework of solution-oriented counselling.

1. DAY 1 SESSION 1 09:00 -10:30 INTRODUCING THE WORKSHOP FRAMEWORK, SOC INTEGRATING POSITIVE PSYCHOLOGY PRINCIPLES. Definition of SOC intervention framework, the misery-happiness continuum. Marty Seligman, learned helplessness, learned optimism, empirical approach, authentic happiness, optimism and pessimism, 3 approaches to happiness, Flow and engagement, signature strengths, meaning, gratitude, blessings, the paradox of overchoice, beyond mere relief of distress and relapse prevention, therefore more applicable to coaching than therapy.
2. DAY 1 SESSION 2 10:30 – 12:00 Exercise: Positive Introduction, 5 positive things every day
3. DAY 1 SESSION 3 13:15 – 14:30 INTRODUCING SOLUTION-ORIENTED COUNSELLING. Utilization, assumptions of latent strengths, locksmith analogy, journeyman stance, many paths, collaboration, language of possibility, presenting

1[1] Frank D. Young Ph.D., C. Psych. 935 Eastwicke Cres. Comox, BC V9M 1B2

problem scope of influence and context, constraints interpersonal and intrapsychic, previous attempted solutions,

4. DAY 1 SESSION 4 14:45 – 16:30. Exercise: Gratitude letter and visit
