



המרכז להכשרת מנהלים
הבינתחומי הרצליה



Positive Psychology Certificate Studies Program

Online sessions (English)

Opening date: 09.02.2022

9 weekly | 17:00-20:15 IST

Lecturer: **Adi Feld** senior Lecturer at Maytiv Center

Graduates of the program will be awarded a certificate at the Reichman University's Executive Education center

The Positive Psychology program addresses the experience of a “complete person” and optimal well-being. This program gives participants an in-depth view of positive psychology, the science of personal and social flourishing in all aspects and stages of life. The positive psychology approach has many applications in personal life, leadership, counseling, coaching, parenting and education. During the program, participants learn how to become better acquainted with themselves and to ask the right questions; bring about sustainable changes in their lives and thus contribute to their surroundings as well; generate healthy personal and professional communication patterns; learn to examine situations from different perspectives and thus reinforce resilience and well-being and develop and anchor self-esteem and optimism.

The Maytiv Center for the Study and Practice of Positive Psychology was founded and headed by Dr. Tal Ben-Schachar, an internationally renowned expert in the Positive Psychology field.

Adi Feld senior Lecturer at Maytiv Center. Delivers talks at organizations, communities and private events. By training, a certified lawyer and an organizational psychologist. Owes a master's degree from Baruch College / City University of New York.

Let's Talk
rhetoric@idc.ac.il
054-5870073

Session	Date	Topics
1	09.02.2022	Intro to Positive Psychology
2	16.02.2022	Change is Possible Permission to be Human
3	23.02.2022	Positive Emotions From Beliefs to Reality
4	02.03.2022	Change – Theory and Practice Focus and Gratitude as a Way of Life
5	09.03.2022	Personal Strengths Defining and Applying Personal Goals
6	*Monday* 14.03.2022	Body and Soul in Educational Work Mindful Meditation
7	23.03.2022	Pressure and Flow Perfectionism and Self-Acceptance
8	30.03.2022	Relationships and Social Support
9	06.04.2022	“Pass it on”

1. *Intro to Positive Psychology*

Throughout human history, clerics, scientists and philosophers addressed the question of human happiness. When turning to psychological research in an attempt to find a scientific answer to this question, we find endless ideas, tools and applications that may help us promote our happiness and emotional welfare, as individuals and groups. Most of these ideas converge in a relatively young field of psychological research, known as positive psychology. Positive psychology deals with optimal individual and group functionality and with factors that generate positive emotions, positive traits, self-actualization and success. In the recent decade, positive psychology underwent accelerated growth and increased popularity in the research and applied world - in education, therapy and organizational psychology. The introduction course exposes the participants to the core elements, concepts and basic assumptions of positive psychology, comprising the foundation for the entire program.

2. *Change is Possible*

Children often dream. They imagine that they will one day be someone else and frequently change their dreams. To some extent, the difference between who we want to be and who we are accompanies us throughout our lifetime. However, the sense of identity increases during adolescence and adulthood, along with acceptance of the restrictions and constraints that dictate our lives and the realistic options facing each and every one of us. The session reveals the basic cornerstones of change and offers practical tools for integrating positive change in our lives. We will address a case study to identify elements that are important to attaining changes in our lives.

3. *Permission to be Human*

A basic assumption in clinical theory, research and practice on emotional regulation is that it is important to process and deal with negative emotions. As such, for example, the ability to express and process negative feelings following an unpleasant experience was found to be related to a variety of positive physical and emotional results. However, many people prefer to conceal their negative emotions, choosing various emotional mechanisms to dull and minimize the negative emotion. Acceptance is a prerequisite to a healthy and authentic emotional life. When we accept our feelings and warmly welcome the humanity within us, we discover an emotional spectrum in which we can experience the various feelings related to the experience. The session relates to the ability to give ourselves permission and allow ourselves the space to feel and express the full range of human emotions, providing us the ability to choose the behavior that is most beneficial to us.

4. *Positive Emotions*

The Broaden-and-Build Theory of Positive Emotions argues that certain positive emotions, including joy, interest, satisfaction, pride and love broaden the repertoire of thoughts and actions, establishing the individuals physical, intellectual, social and emotional resources. Many studies show that experiences entailing intense positive emotions promote creativity, broader knowledge, resilience, social integration and physical health. The session deals with the “value of finding value” and in the contribution of positive emotions toward obtaining psychological growth and improving mental and physical health.

5. From Beliefs to Reality

The idea that “words create worlds” and “thoughts create reality” has been the subject of extensive psychological research in the past century. Studies have revealed basic mechanisms and variables that explain the ability to convert beliefs into reality, including positive expectations, optimism and hope, focus, positive decryption of events and flexible thought patterns. The session deals with theoretical approaches regarding the correlation between beliefs and reality, discussing their implementation in everyday life.

6. Change – Theory and Practice

We are all familiar with attempts at change that, even where initially successful, did not last long. Further to current neuroscientific discoveries by which the human brain constantly changes, even in adulthood, we will reveal methods for creating significant, stable and ongoing change in our lives. We will do so by focusing on three functional areas of our lives, known as the ABC of Psychology: Affect, Behavior and Cognition.

7. Focus and Gratitude as a Way of Life

People experience endless successes and failures in everyday life – from championship victory to a low grade on an exam, from winning a valuable prize to breaking up with a partner. How will these events affect us? Psychological literature demonstrates that the impact of the events is unrelated to their objective severity and intensity in reality but is rather related to the subjective interpretation applied to them.

Relevant studies conclude that the manner in which people perceive the world is much more significant to their happiness than their objective life circumstances. The session deals with the importance of focusing and interpretation in creating the reality of our lives.

Throughout history, spiritual traditions, philosophical approaches and religions, such as Judaism, Christianity, Islam, Buddhism and Hinduism, have emphasized the importance of gratitude. Gratitude is defined as an emotion, feeling or approach derived of recognizing future, current or past gain. The ability to be grateful is the opposite of taking reality for granted. It awakens us and enables us to see the beauty of the world, the beauty of our lives and the wonder of creation. Many studies show that simple exercises in gratitude have yielded a significant improvement in individual satisfaction and emotional welfare. The aim of the session is to provide tools and promote the sense of gratitude and appreciation among the participants.

8. Personal Strengths

Theories on the nature of good character have appeared 2000 years ago and they are deeply embedded in the discussion of morality, philosophy and religion. In recent years, research into character, good qualities and moral attributes have been the subject of renewed interest, where extensive effort has been invested in identifying strengths that promote emotional welfare and prosperity. Strengths have been defined as positive character traits, based on values, which can be acquired and nurtured over the years. The session aims to enable participants to identify their character strengths – traits that reflect their natural talents and grant them energy and enthusiasm. In addition, the session aims to increase participant awareness to areas in which they can and should apply the character strengths that characterize each one of them.

9. Defining and Applying Personal Goals

Based on research, people who set personal goals tend to be happier and more successful. However, not all goals achieve the same result. Sometimes, people found themselves enslaved to a certain goal that renders them less satisfied with life. During this session, we will deal with setting self-concordant goals derived of an internal need and strong interest. In addition, we will deal with the formulation and planning of self-concordant goals based on personal strengths, leading to self-actualization and emotional welfare.

10. Body and Soul in Educational Work

The question of the link between body and soul, which has been a popular topic of discussion in recent years, is not reserved to this age only. Hippocrates, the greatest healer and philosopher of Ancient Greece and “Father of Western Medicine” argued that “It is more important to know what sort of person has a disease than to know what sort of disease a person has”. The mutual impact of emotional and physical processes has been the subject of extensive psychological study in recent decades. On the one hand, the soul is influenced by the body, whereby a decline in health might lead to mood impairment and sometimes to emotional symptoms. On the other hand, the body is influenced by the soul based on the correlations found between various psychological variables, such as between mood disruptions and internal stress and chronic illnesses. The session is dedicated to the body-soul balance and the importance of nutrition, physical activity, sleep and touch in or lives, enabling us to aim for emotional balance and internal mindfulness in our personal and professional lives.

11. Mindful Meditation

If we close our eyes for just a moment, we will discover that our conscious immediately goes to the past or future, distracting us from the current moment. Mindfulness is the ability to be fully present in the here and now and in every given moment, the ability to be aware of the fleetingness of the current moment without judgement or attempting to “direct” reality. Many studies have found that this ability is a significant factor to physical and emotional health, reducing stress and pressures, contributing to improved quality of life, empathy and emotional stability and empowering the immune system and thickening brain areas linked to emotional welfare. During the session, we will introduce one of the techniques intended to develop this skill, we will discover the elusive nature of consciousness and try to study it through experience.

12. Pressure and Flow

Pressure is now a popular topic in the western world as the achievement oriented and expectation filled lifestyle impairs the quality of life and health of many around the world. Psychological literature focuses on the question of “Why is pressure such a popular phenomenon nowadays?” Although the question of great research value and importance, it is not enough to understand the general phenomenon. Studies on positive psychology deal with another question: “What are the traits of those people who manage to maintain a health, calm and happy lifestyle?” The session deals with research-based tools that enable mitigation of the sense of pressure and enhance flow and serenity among the participants.

13. Perfectionism and Self-Acceptance

For perfectionists, life is an endless pursuit of achievements. Perfectionism involves an obsessive desire for “perfection” often linked, in research literature, to mood and eating disorders. Perfectionism was also defined as the enemy of creativity, productivity, good and mental health. Perfectionism hampers progress in performance due to excessive and exhausting attention to details, impairing their ability to examine the task from above. In addition, research literature relates perfectionism to a strong fear of failure. The session deals with issues of criticism relating to the self and others, alongside self-acceptance. It further deals with the ability to deal and grow out of failure using case studies of known figures in science, politics and sports throughout history.

14. Relationships and Social Support

A longitudinal study that followed subjects for 75 years found that good relationships with family, friends and community keep us happier, healthier and even extend our life expectancy (The Grunt Study, 2015). Similar findings were found in studies on resilience. Populations found to be in crisis and at risk discovered the ability to cope and function better, despite the difficult circumstances, in situations where they felt strong social or family support. Supportive positive relationships are the foundation for resilience, coping and emotional welfare. The aim of the session is to promote positive relations with friends, family and other factors of the community and to encourage the creation of positive functional environments.

15. "Pass it on"

Studies demonstrate that giving behaviors substantially contribute to the sense of joy. The session aims to create a space for sharing insights and processes attained throughout the program from a personal and interpersonal perspective while raising options for implementing these insights and processes in the social and community setting.