Virtual Keynote Address

Presenter: Wendy L. Price, Psy.D., NCSP
NASP PRESIDENT
2020-2021
2020

Ohio School Psychologists Association (OSPA)

1

CONFLICT OF INTEREST STATEMENT
With respect to the following presentation, there has been **_no_** relevant direct or indirect financial relationship between NASP President Dr. Wendy Price and the Ohio School Psychologists Psychologists (OSPA), or any for-profit company, which could be considered a conflict of interest.

2

Learning Outcomes:

After this presentation, _participants_ will be able to:

1. Explain the _broad_ foundational concepts of Positive Psychology/Strengths-Based Approach
2. Explain what the VIA is
3. Name three important psychologists within the Positive Psychology movement

3

Welcome to The Power of Possibility!

Using Positive Psychology to Promote Happiness, Optimism, and Resiliency in Students

4

Why do these things matter?
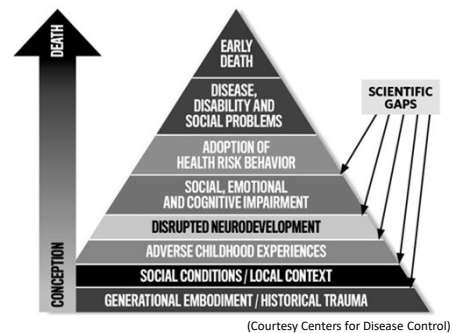

HAPPINESS	
OPTIMISM	
RESILIENCY	

5

A little things called ACES…

How ACEs influence health and well-being throughout life

(Courtesy Centers for Disease Control)

6

In My Role as a School Psychologist

"The continuum of school mental health includes promoting wellness, resiliency, skill building, and help-seeking behaviors. These are critical to student well-being and safety, and to identifying students who may need more intensive services or for those who require immediate intervention. School psychologists are specially trained to address these needs."

(Taken from: NASP's *Key Messages and Talking Points for School Psychologists: Comprehensive School Mental and Behavioral Health Services*)

7

I first heard about Positive Psychology...

From Dr. Terry Molony during a NASP
North East Regional Meeting

8

In my readings, I learned about
The Story of the Shoe Salesmen…

9

The Story of the Shoe Salesmen

In the 1900s, a shoe manufacturing company in Manchester, England sent two salesmen to Africa to survey the potential for sales.
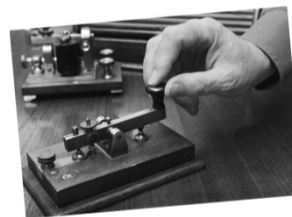

10

After assessing the situation…

11

The first salesman telegraphed:

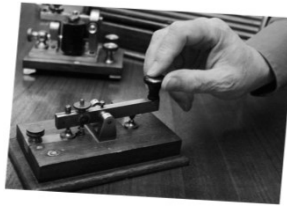

"Situation HOPELESS!"-stop

"No one wears shoes!"-stop

"NO POTENTIAL"-stop
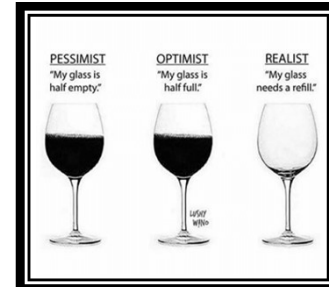
12

12

The second salesman telegraphed:

"Situation AMAZING!"-stop

"No one wears shoes!"-stop

"UNLIMITED POTENTIAL!!"-stop

13

Who are <u>you</u> on a given day?

PESSIMIST
"My glass is half empty."

OPTIMIST
"My glass is half full."

REALIST
"My glass needs a refill."

14

Beginnings…

Martin Seligman
-was the APA President in 1996
-he had an epiphany
-this epiphany became the theme of his Presidency

15

He was weeding the garden with his 5-year old daughter

She was throwing weeds. Irritated, he yelled at her

16

Out of the mouths of babes…

"Daddy. From when I was 3 until I was 5, I was a whiner. I whined every day. On my 5th birthday, I decided I wasn't going to whine anymore. That was the hardest thing I've ever done. If I can stop whining, you can stop being such a grouch."

17

MIND = BLOWN

18

Shares ideas with Humanistic Psychology

Abraham Maslow   Carl Rogers

19

What is Positive Psychology?

"There are two complementary strategies for improving the human condition. One is to relieve what is negative in life; the other is to strengthen what is positive. Mainstream psychology focuses largely on the first strategy; Positive Psychology emphasizes the second."

- Martin Seligman

Seligman, M. & Csikszentmihalyi, M. (2000). Positive Psychology: An Introduction. *American Psychologist*, 55(1), 5-14.

20

"The aim of Positive Psychology is to catalyze a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life."

Martin Seligman

21

Rose colored glasses?

22

Problem Based Approach vs Strengths Based Approach

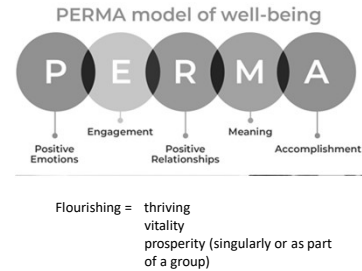| Problem Based Approach	Strengths Based Approach
Person is defined as case	Person is defined unique
Symptoms add up to diagnosis	Resources, talents etc. add up to strengths
Therapies are problem focused	Therapy is possibly focused
Emphasize solutions to match problems	Emphasis on exceptions, past successes
Worker as the expert	Client as the expert
Intervention	Collaboration
Resources for work are the knowledge and skills of the worker	Resources for work are the strengths and capacities of the client.
Stigmatising terminology	Positive terminology

23

Important people in Positive Psychology

- Martin Seligman
- Mihaly Csikszentmihalyi
- Christopher Peterson
- Rick Hanson
- Barbara Frederickson
- Carol S. Dweck
- Ryan M. Niemiec
- Charles Richard "Rick" Snyder
- Shannon M. Suldo

24

A Few Key Concepts:

- Flourishing and PERMA (5 factors to well-being)
- Flow
- Values in Action (character strengths and virtues)

25

PERMA model of well-being

P E R M A

Positive Emotions · Engagement · Positive Relationships · Meaning · Accomplishment

Flourishing = thriving
vitality
prosperity (singularly or as part of a group)

26

Key ideas to understand: FLOW

In his 2002 book *Authentic Happiness,* Martin Seligman lists the components of flow (p.116):
- The task is challenging and requires skill
- We concentrate
- There are clear goals, we get immediate feedback
- We have deep, effortless involvement
- There is a sense of control
- Our sense of self vanishes
- Time stops

27

Cultural Considerations

You must consider how the following are defined across cultures:
- happiness
- well-being
- self
- emotions
- values
- success
- strength
- virtue, etc

28

Values in Action Inventory: A Tool

- **Designed by:** Christopher Peterson and Martin Seligman- positive psychologists
- Identifies **Characteristic Strengths** opposed to **pathological view**
- Composed of 240 items that measure 24 character strengths on a five point Likert scale.
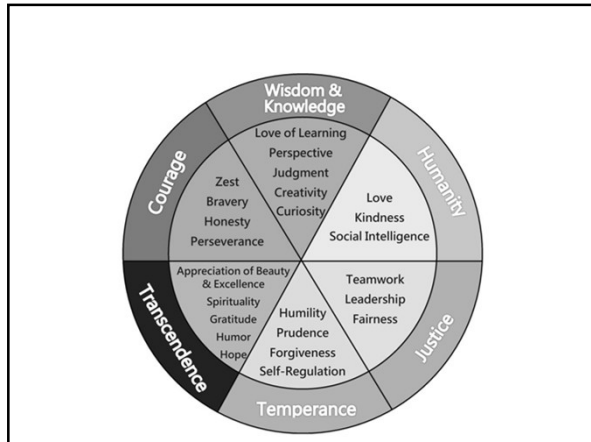- Useful in identifying strengths of the client/student but does not measure the strengths exhaustively.

29

Values In Action (VIA)

https://www.viacharacter.org

Take a free character strengths assessment

30

31

Positive Psychology Activities

Gratitude	❑ **Count your blessings activity** ❑ **Record positive events in a journal** ❑ **Perform a gratitude (e.g. write a letter of thanks)** ❑ **Write a beauty list (e.g. flowers, trees, art)**

32

Kindness	❑ **Perform three to five acts of kindness in a designated day** ❑ **Smile at someone** ❑ **Hold the door for someone** ❑ **Collect trash at the local playground** ❑ **Post positive post it notes in the bathroom and around the school**

33

Identification of strengths	❑ **Write about a time you were at your best** ❑ **Draw the things you are good at** ❑ **List your significant social connections (i.e. friends, co-workers, pets, family members, neighbors, teachers, administrators, school staff, groups such as Girl Scouts or a sports team)**

34

Use of character strengths in a new way	❑ **Curiosity: Read about something you know nothing about** ❑ **Leadership: plan a trip with your friends to the local nursing home** ❑ **Humility: let others shine on a task you helped with**

35

Hope and goal-directed thinking goal	❑ **Make a vision board from old magazine pictures (goal)** ❑ **Write the steps in how to achieve some of the goals/vision (creating pathways)** ❑ **Describe a time when you were faced with an obstacle and explain how you overcame it**

36

Optimistic thinking style	❑ **Find the silver lining in an event: Think of an experience that did not go well** ❑ **Do not deny how hard the situation was for you** ❑ **Look for 2-3 possible "silver linings" or benefits that came out of the experience** ❑ **Write a mantra ("I am positive!") on a piece of paper and tape it to your mirror at home**

37

Serenity (peace inside yourself)	❑**Mindfulness activities to train your awareness to the here and now** ❑**Progressive relaxation excersises** ❑**Lay on the ground, head on a pillow, listening to peaceful music**

38

39

References

Disabato, D. J., Goodman, F. R., Kashdan, T. B., Short, J. L., & Jarden, A. (2016). Different types of well-being? A cross-cultural examination of hedonic and eudaimonic well-being. *Psychological assessment*, *28*(5), 471–482. https://doi.org/10.1037/pas0000209

Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, *55*(1), 5–14. https://doi.org/10.1037/0003-066X.55.1.5

Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *The American psychologist*, *60*(5), 410–421. https://doi.org/10.1037/0003-066X.60.5.410
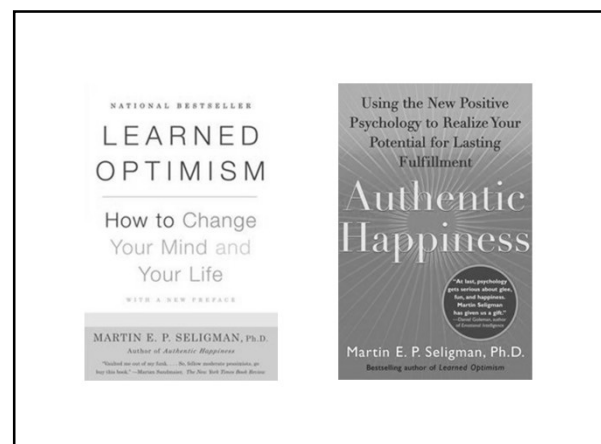
Woodworth, R. J., O'Brien-Malone, A., Diamond, M. R., & Schüz, B. (2017). Web-Based Positive Psychology Interventions: A Reexamination of Effectiveness. *Journal of clinical psychology*, *73*(3), 218–232. https://doi.org/10.1002/jclp.22328
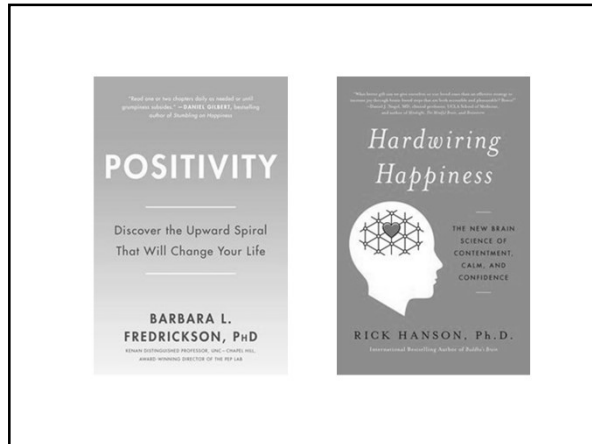
40

If you want to learn more about Positive Psychology…

Here are some helpful resources

41

42

43

44

45