

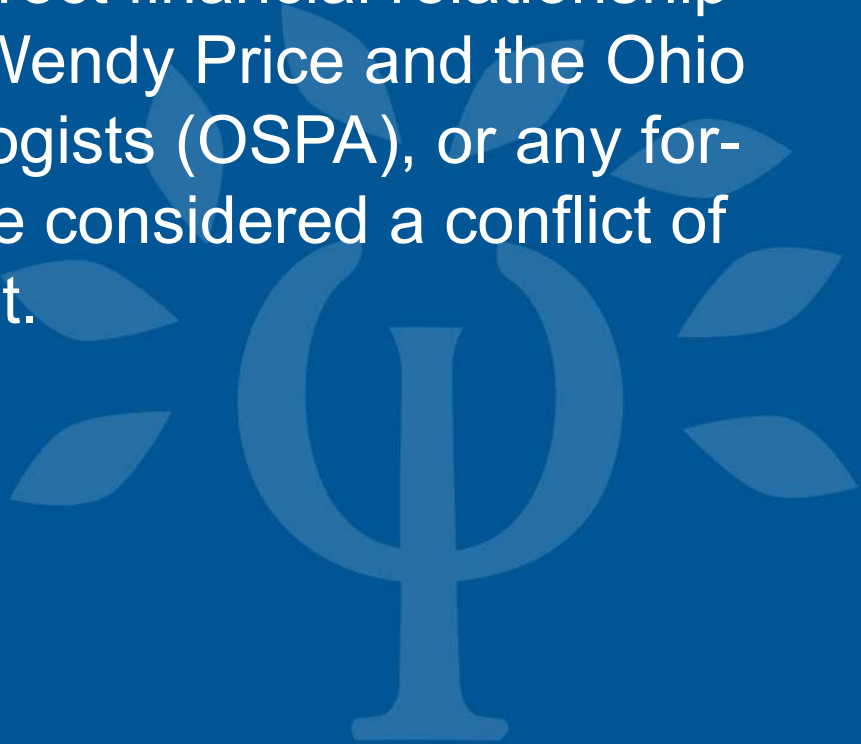


# Virtual Keynote Address

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

## **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.

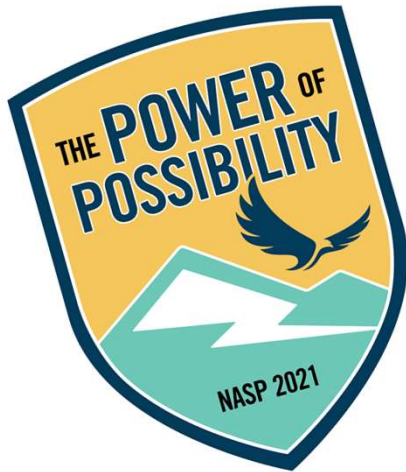


## Learning Outcomes:

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

# Welcome to The Power of Possibility!



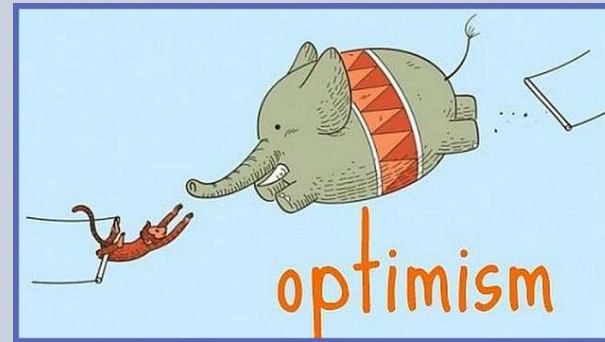
*Using Positive Psychology  
to Promote Happiness,  
Optimism, and Resiliency in  
Students*

# Why do these things matter?

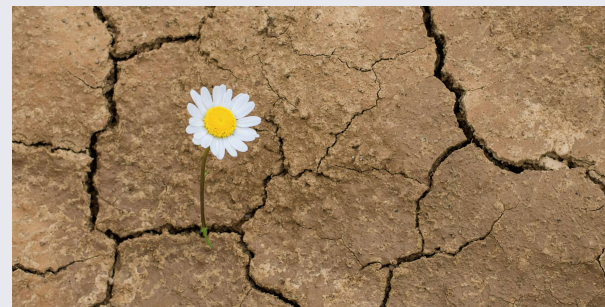
HAPPINESS



OPTIMISM

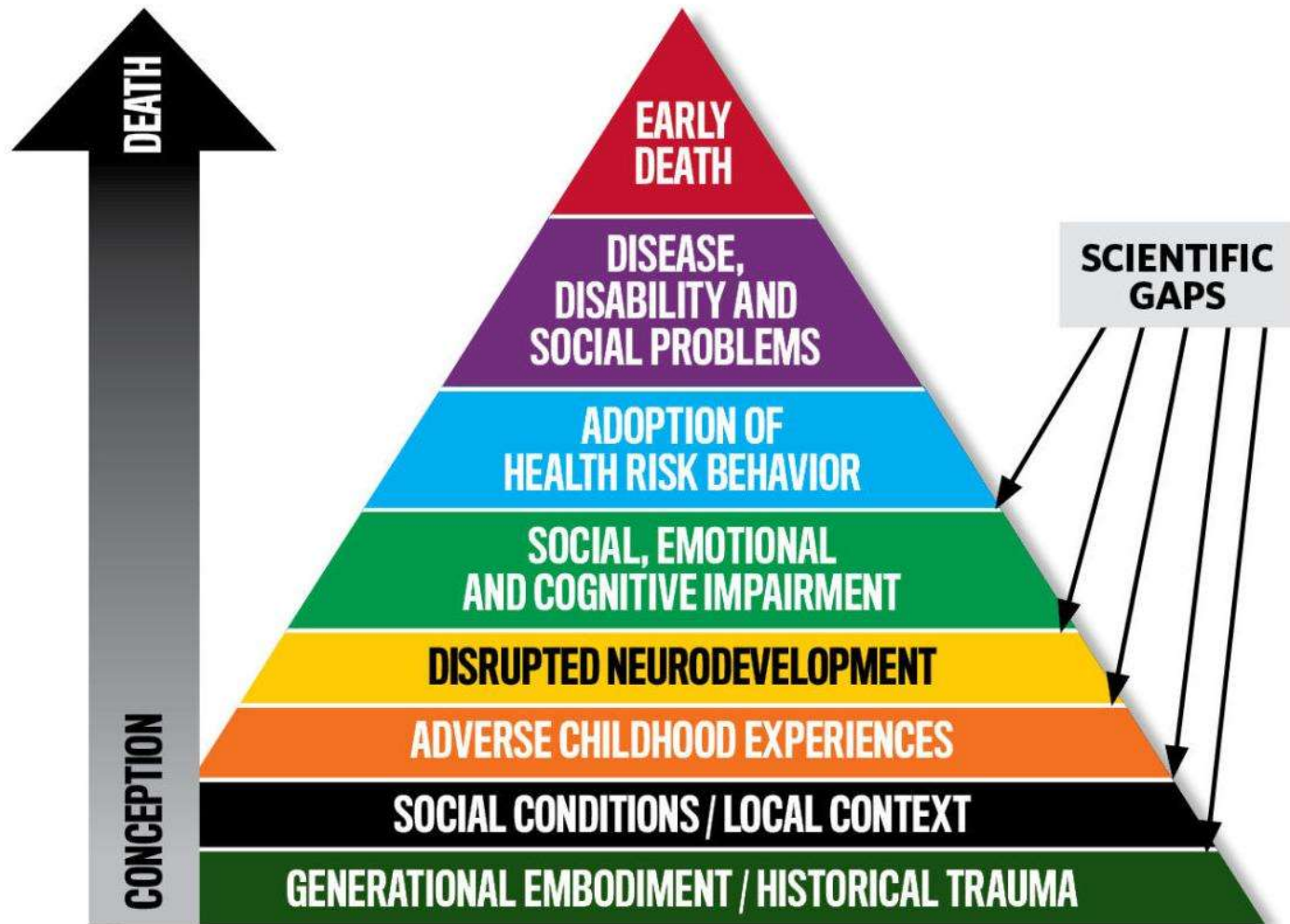


RESILIENCY



# A little things called ACEs...

**How ACEs influence health and well-being throughout life**



(Courtesy Centers for Disease Control)

# In My Role as a School Psychologist

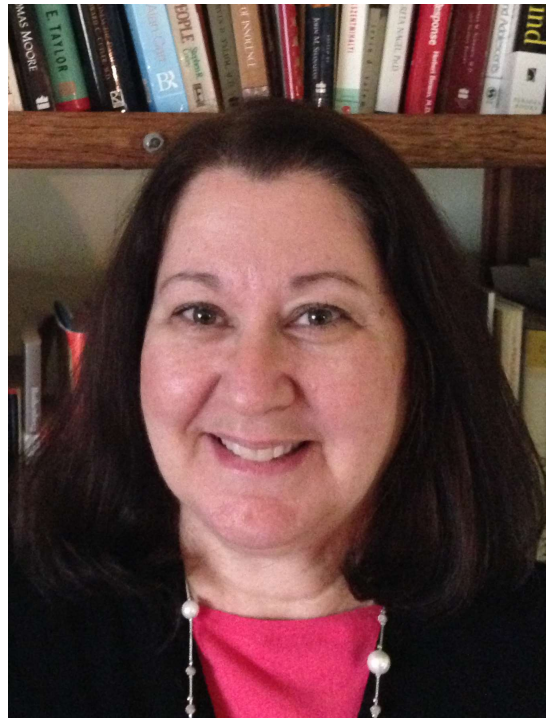


“The continuum of school mental health includes promoting wellness, resiliency, skill building, and help-seeking behaviors. These are critical to student well-being and safety, and to identifying students who may need more intensive services or for those who require immediate intervention. School psychologists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

## I first heard about Positive Psychology...

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

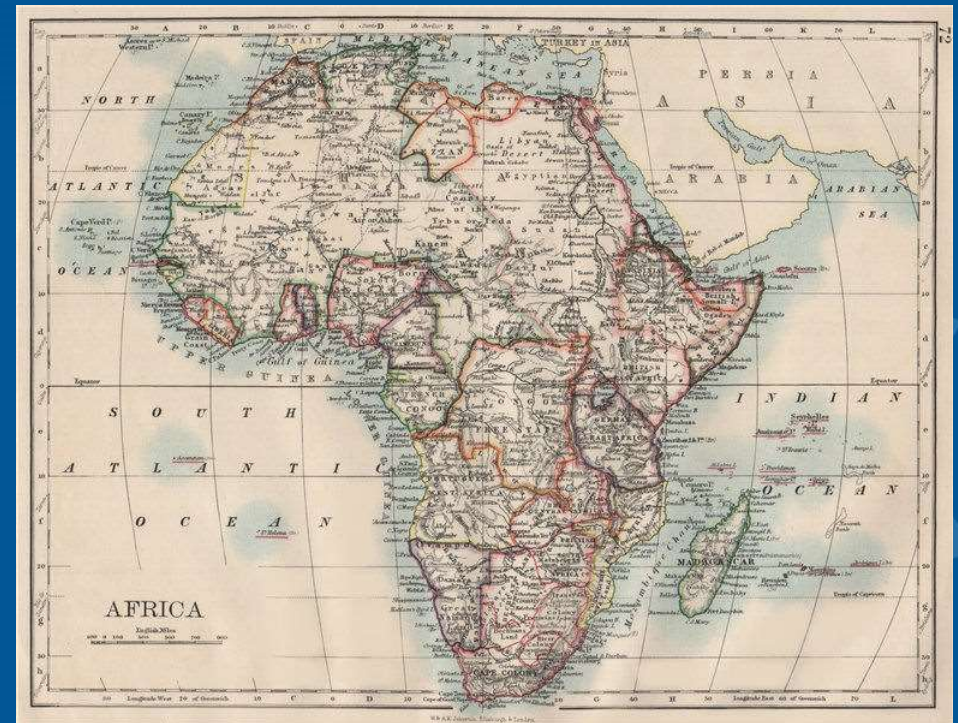


In my readings, I learned about  
The Story of the Shoe Salesmen...



# The Story of the Shoe Salesmen

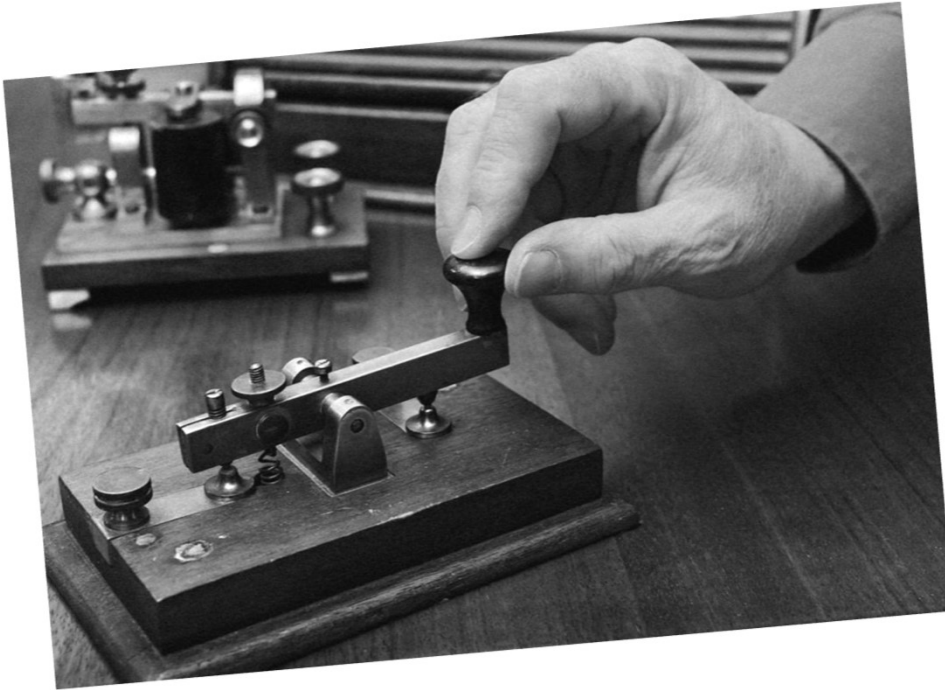
In the 1900s, a shoe manufacturing company in Manchester, England sent two salesmen to Africa to survey the potential for sales.



# After assessing the situation...



# The first salesman telegraphed:

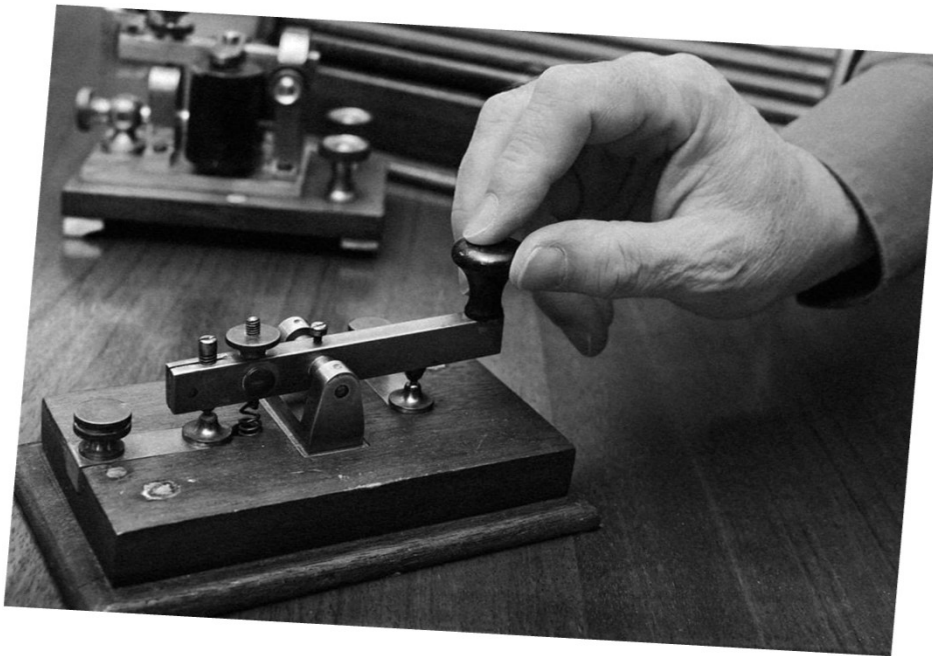


**“Situation  
HOPELESS!”-stop**

**“No one wears  
shoes!”-stop**

**“NO POTENTIAL”-stop**

# The second salesman telegraphed:

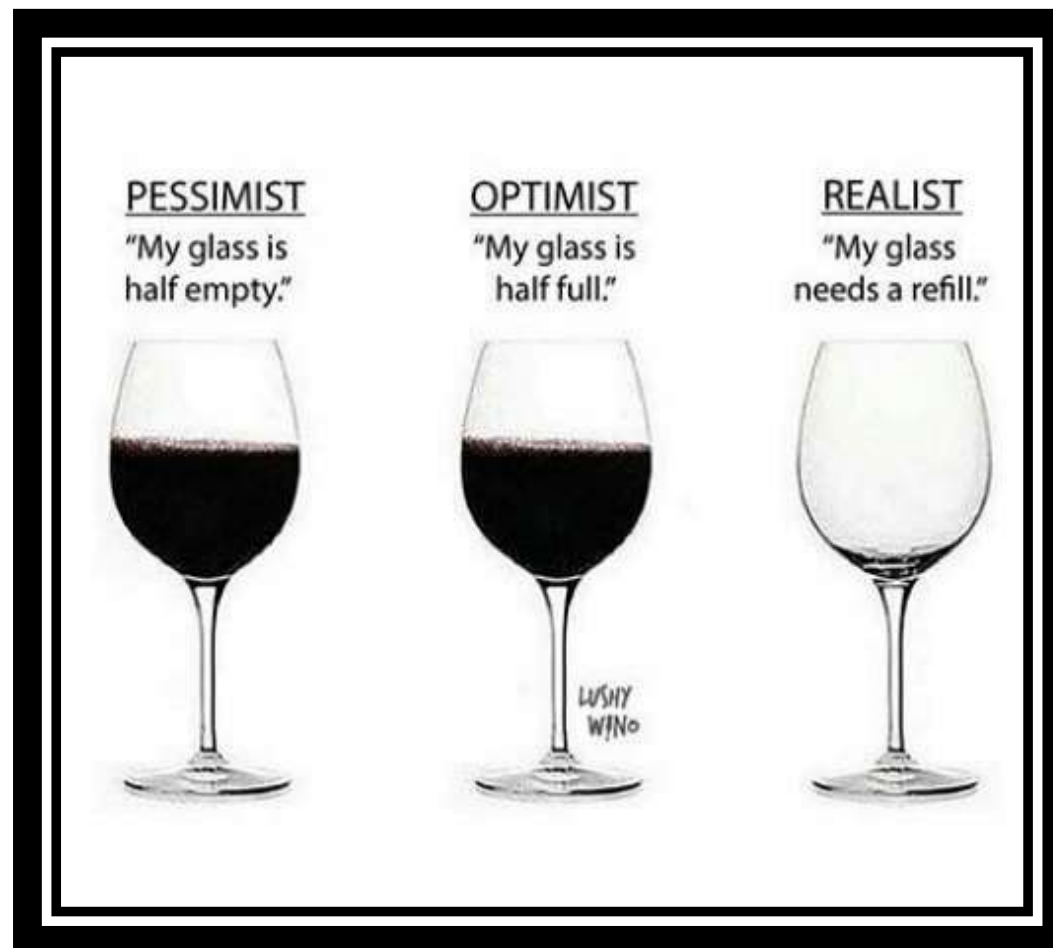


**“Situation  
AMAZING!”-stop**

**“No one wears  
shoes!”-stop**

**“UNLIMITED  
POTENTIAL!!”-stop**

# Who are you on a given day?



# Beginnings...

Martin Seligman

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





She was throwing weeds.  
Irritated, he yelled at her

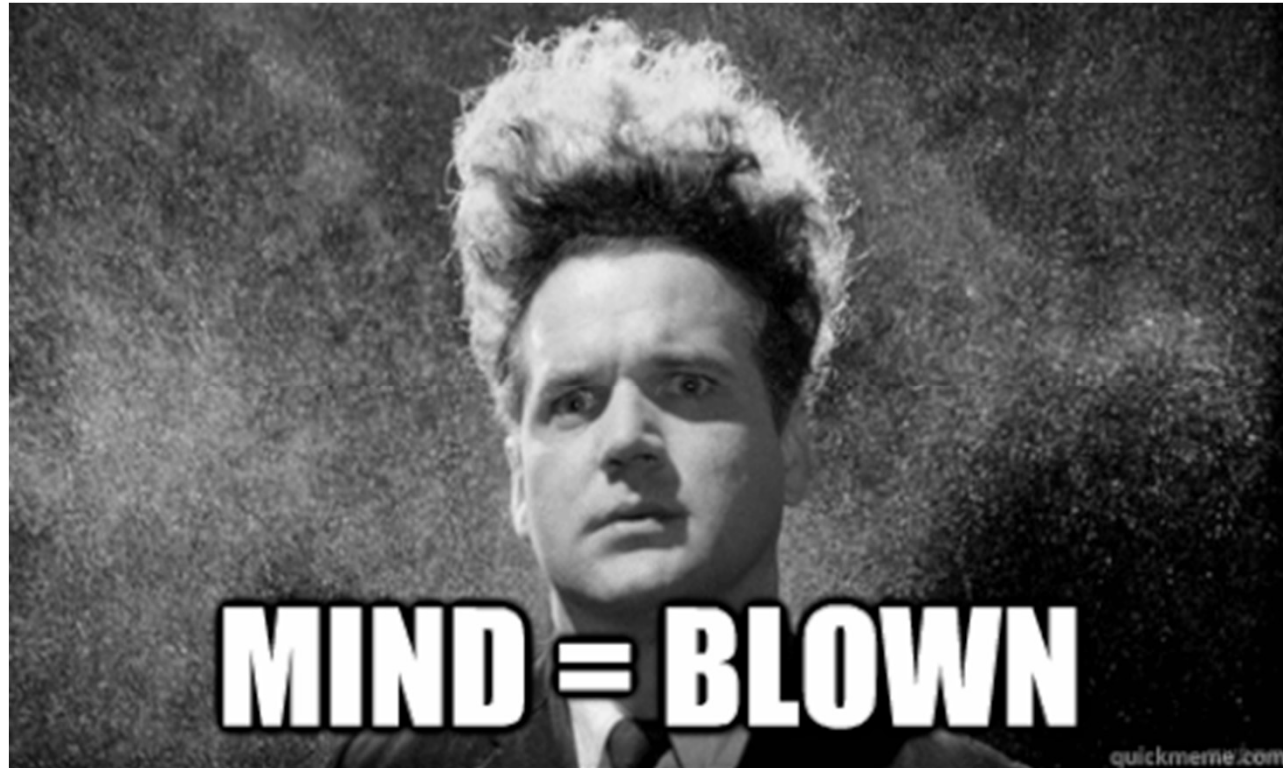
He was weeding the garden with his 5-year  
old daughter



## 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 5<sup>th</sup> 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.”



# Shares ideas with Humanistic Psychology



Abraham Maslow



Carl Rogers

# 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.

“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

# Rose colored glasses?



## Problem Based Approach vs Strengths Based Approach

<b>Problem Based Approach</b>	<b>Strengths Based Approach</b>
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

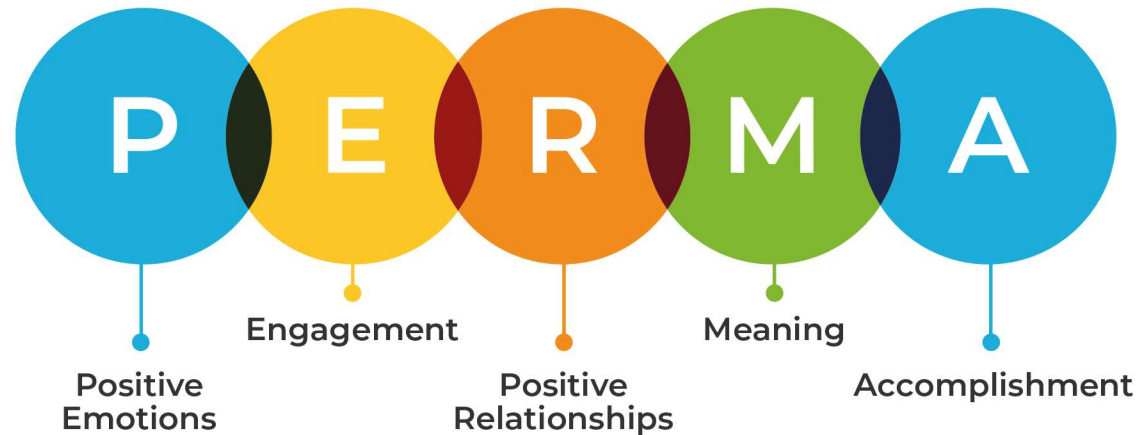
# Important people in Positive Psychology

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

## A Few Key Concepts:

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

## PERMA model of well-being



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

# 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

# Cultural Considerations

You must consider how the following are defined across cultures:

- happiness
- well-being
- self
- emotions
- values
- success
- strength
- virtue, etc

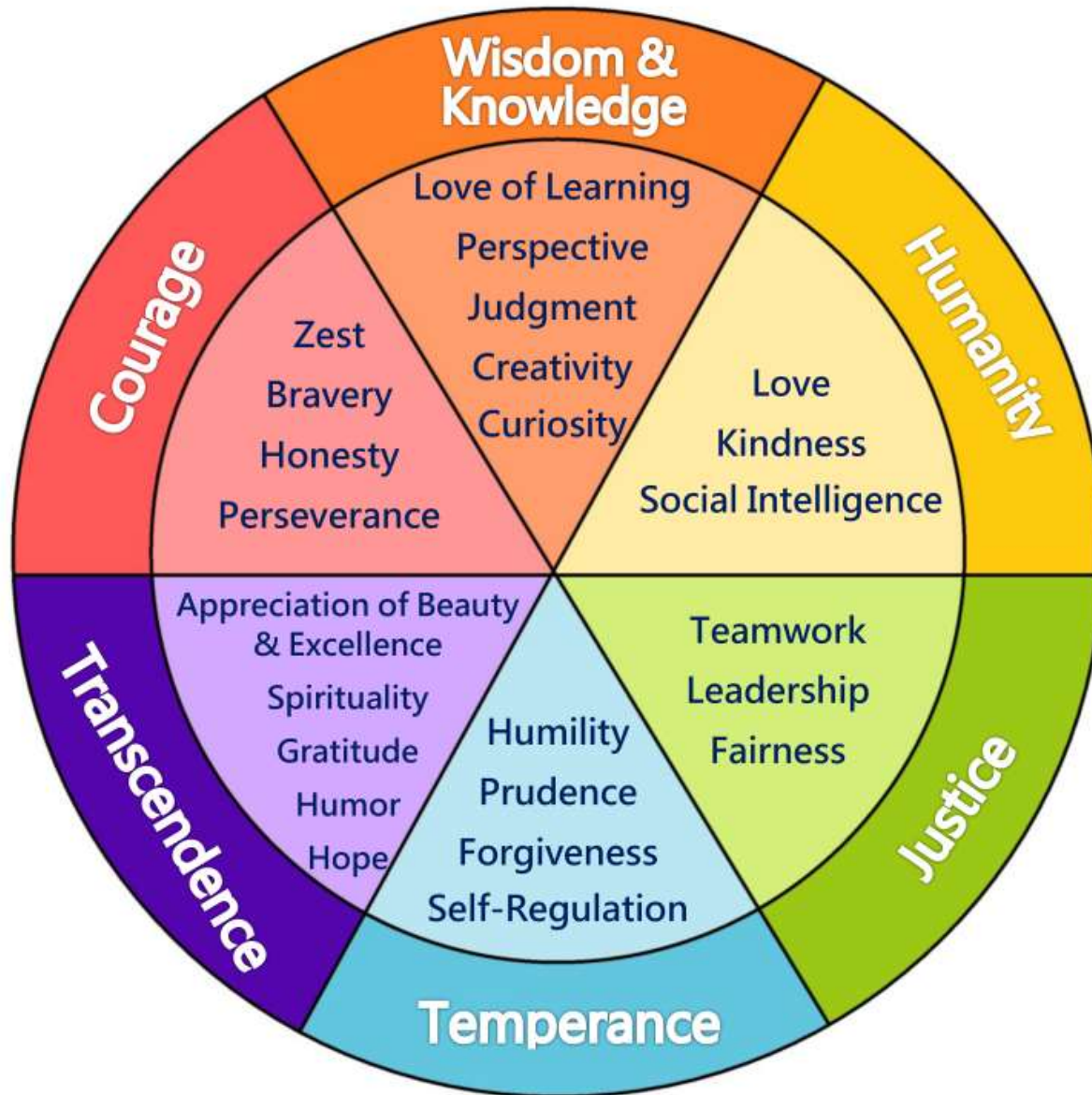
# Values in Action Inventory: A Tool

- **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.

# Values In Action (VIA)

<https://www.viacharacter.org>

Take a free character strengths  
assessment



# 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)

## Kindness



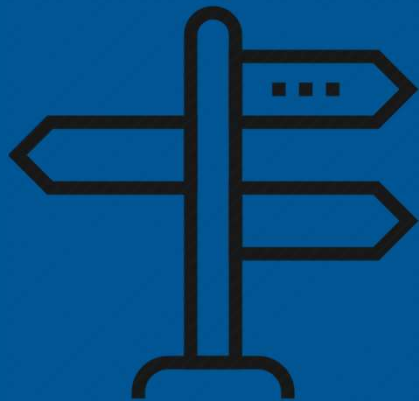
- ☐ Perform three to five acts of kindness in a designated day
- ☐ Smile at someone
- ☐ Hold the door for someone
- ☐ Collect trash at the local playground
- ☐ Post positive post it notes in the bathroom and around the school

## 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)

**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

**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

## Optimistic thinking style

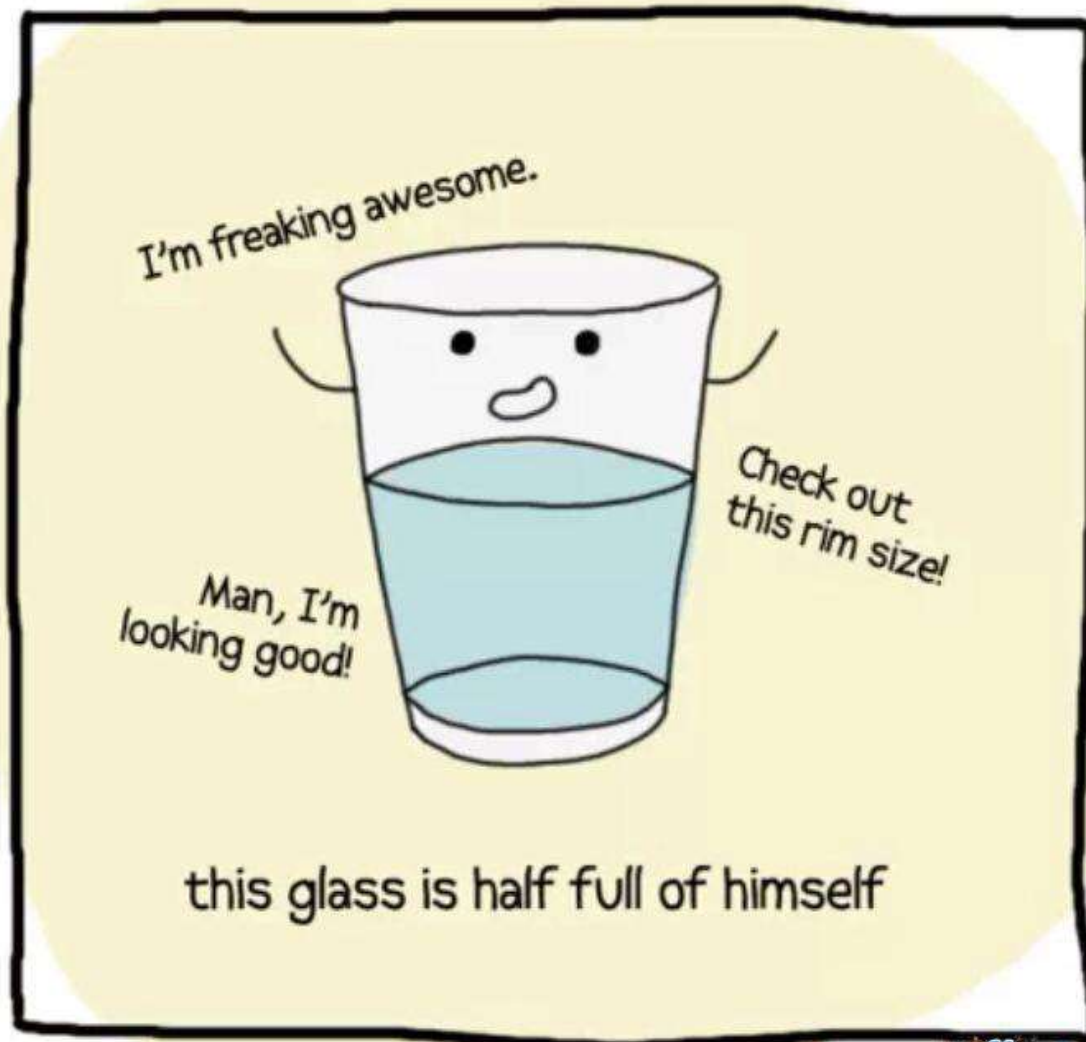


- ☐ Find the silver lining in an event: Think of an experience that did not go well
- ☐ Do not deny how hard the situation was for you
- ☐ Look for 2-3 possible "silver linings" or benefits that came out of the experience
- ☐ Write a mantra ("I am positive!") on a piece of paper and tape it to your mirror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

## 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



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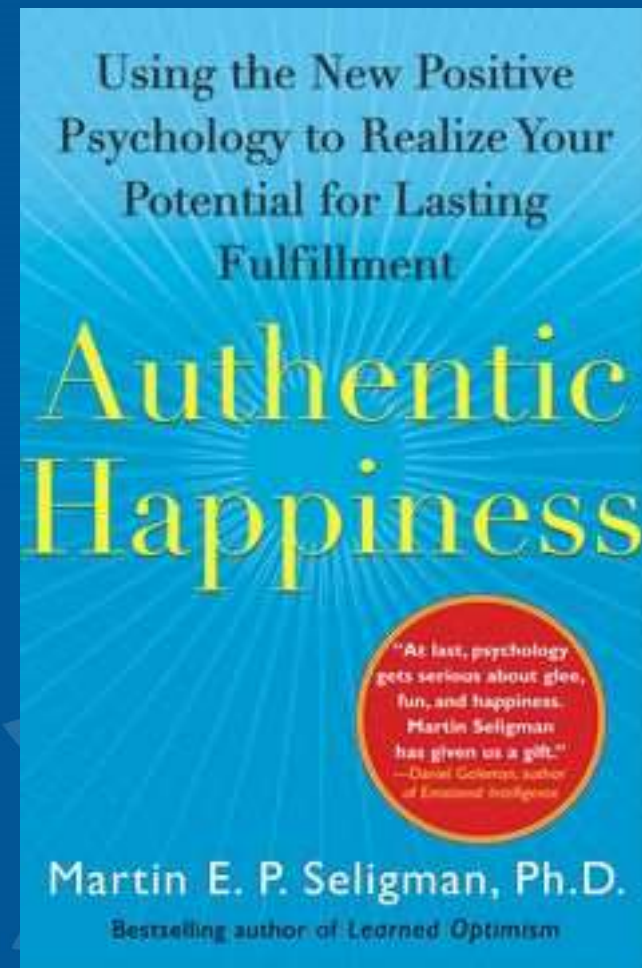
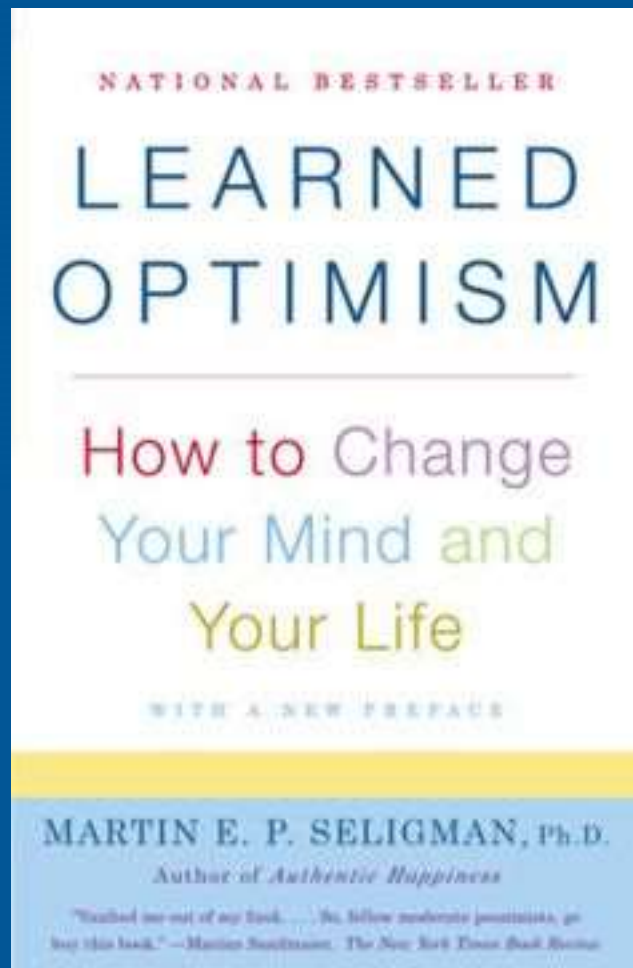
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If you want to learn more about  
Positive Psychology...

Here are some helpful resources





"Read one or two chapters daily as needed or until  
grumpiness subsides." —**DANIEL GILBERT**, bestselling  
author of *Stumbling on Happiness*

# POSITIVITY

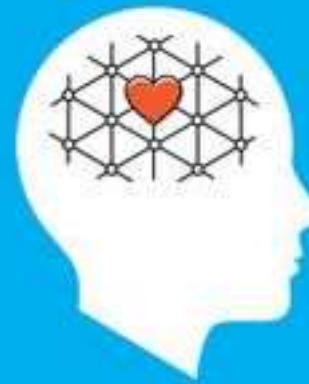
Discover the Upward Spiral  
That Will Change Your Life

**BARBARA L.  
FREDRICKSON, PhD**

KENAN DISTINGUISHED PROFESSOR, UNC – CHAPEL HILL  
AWARD-WINNING DIRECTOR OF THE PEP LAB

"What better gift can anyone receive as our loved ones become effective agents to  
transform (and brighten) their lives than this accessible and pleasant-to-read?"  
—**Barry J. Gold**, PhD, clinical professor, UCLA School of Medicine  
and author of *Bringing the Buddha Home* and *Presence*

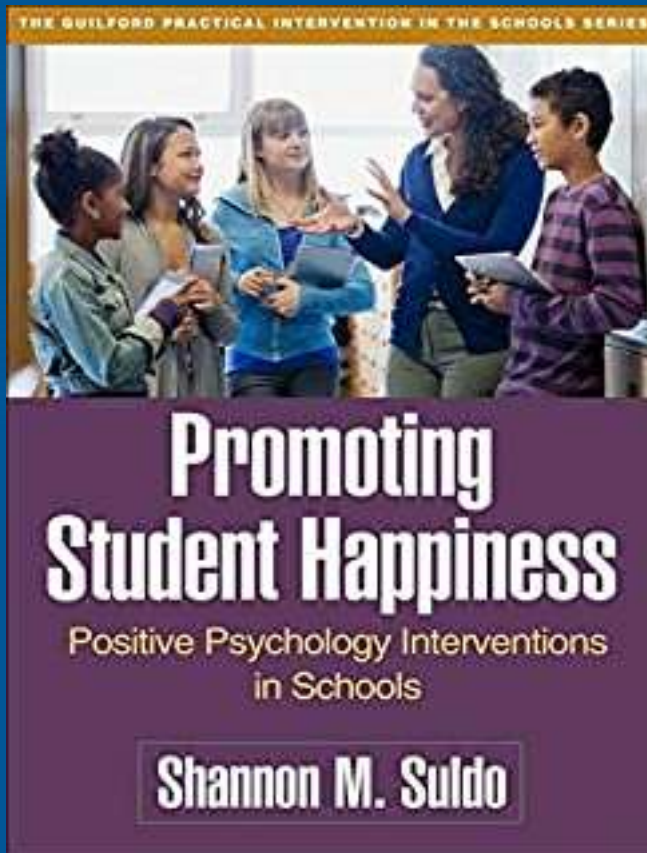
# Hardwiring Happiness



THE NEW BRAIN  
SCIENCE OF  
CONTENTMENT,  
CALM, AND  
CONFIDENCE

**RICK HANSON, Ph.D.**

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2nd Edition

# Handbook of Positive Psychology in Schools

Edited by  
Michael J. Furlong, Rich Gilman,  
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