Positive Psychology and Mindfulness

Facilitated by: Brian Plummer, Susan Martinov

What is Positive Psychology?
Positive Psychology is the scientific study of the strategies and circumstances which enable individuals, groups and communities to thrive. It is an approach which is consistent with other whole school approaches such as MindMatters, KidsMatter and Positive Behaviour for Learning. It also supports a strengths-based approach to counselling and student wellbeing as well as curriculum programs aimed at resilience building (eg: Bounce Back). Positive Psychology defines specific strategies which build psychological strength and wellbeing.

About this Workshop:

This 1-day workshop explores mindfulness techniques within a Positive Psychology framework. A range of specific mindfulness exercises will be used which are appropriate for various contexts including counselling, teaching, mentoring or coaching. The links between mindfulness and other strategies related to Positive Psychology will be made clear by exploring relationships with psychological factors such as attention, engagement, flow and savouring. Reference will also be made to other mindfulness based therapies such as mindfulness based stress reduction (MBSR) and mindfulness based cognitive therapy.

Target Audience:

This course is designed for staff with an interest in promoting Positive Psychology in primary and secondary schools, including: principals, deputy principals, student welfare consultants, head teachers welfare, year advisers, classroom teachers, school counsellors and child and adolescent mental health workers.

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Registrations
To register for this workshop, please complete the 2014 Workshop Application Form (can be downloaded from our website at www.nswiop.nsw.edu.au or ask us to send you one) and return the completed form with your payment details to the Registrations person.

About the facilitators:
Brian Plummer, BA Dip Ed, M.A (Counselling Psych), M.Ed (Spec Ed) and Susan Martinov, BA, Dip of Teaching, M.A (School Counselling) are registered Psychologists and District Guidance Officers with NSW Department of Education and Communities.

Each of them has over 25 years experience. They have integrated Positive Psychology into school-based programs and have provided training on this topic, including at Principal’s conferences and for school development days.

Brian has also worked with non-government agencies and in private practice.

Susan was a recipient of the Premier’s Anika Foundation Youth Depression Awareness Scholarship in 2007 which enabled her to review international programs.

Other workshops in the Positive Psychology series:

• Positive Psychology in Schools (CPD063) - 1 day workshop
• Theragames and Positive Psychology (CPD085) - ½ day workshop

Contact the Registrations person for further information.