Theragames and Positive Psychology

Facilitated by: Brian Plummer & Robyn Hromek

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 half-day workshop will explore practical applications of Theragames in a framework of Positive Psychology. Theragames are therapeutic games that are designed to teach social and emotional skills to children and young people aged 4-16. The games progress in skill and complexity and are an early intervention strategy. Game leaders teach the basic teaching points of the game while playing and applying emotional first aid as needed. There are 15 games which will be explored at the workshop with a special emphasis on “Paragons & Virtues” - a game based on Seligman’s Character Strengths and Virtues.

Target Audience:
This course is designed for staff with an interest in promoting Positive Psychology in primary and secondary schools. Leaders can be psychologists, counsellors, specialist teachers, teachers, parents, grandparents, mentors, peer mediators, peer support leaders, scripture teachers, in fact, anyone who is prepared to respectfully referee children and work through the issues that come up while playing the games.
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.

The New South Wales Institute of Psychiatry
Locked Bag 7118
Parramatta BC NSW 2124
Tel: 02 9840 3833
Fax: 02 9840 3838
ABN: 80 751 069 784

About the facilitators:

Brian Plummer, BA Dip Ed, M.A (Counselling Psych), M.Ed (Spec Ed) and Robyn Hromek, B.Sc, Grad. Dip. Ed., M.Psych (Ed) 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.

Robyn has a Masters Degree in Educational Psychology with a focus on violence reduction and emotional coaching in schools. She is also Honorary Associate of the Faculty of Education and Social Work at The University of Sydney and has developed a series of psycho-educational boardgames to teach social and emotional skills to young people aged 4-16 years.

Other workshops in the Positive Psychology series:

- Positive Psychology in Schools (CPD063) - 1 day workshop
- Positive Psychology and Mindfulness (CPD082) - 1 day workshop

Contact the Registrations person for further information.