

Learning Objectives

This course will enable you to have an understanding of what Positive psychology is. You will learn ways in which you and your patients can use Positive Psychology ideas and practices to live happier, less stressful lives.

The course will be interactive and will focus on discussion as well as learning and practising straightforward exercises.

You will go away with learning that you can immediately apply in your own lives, and that you can teach simply to patients

The morning will be facilitated by **Nigel Agger** and **Jo Hennessy**.

We will begin with a brief history, move on to some theory and then focus on highly accessible, practical tools and practices.

Programme

9.00 – 9.25	Registration and coffee
9.25 – 9.30	Welcome and housekeeping
9.30 – 10.30	History and introduction to positive psychology The importance of negative emotions Applications of positive psychology interventions - Nigel Agger
10.30– 10.50	Coffee
10.50 – 11.50	Effects of trauma on the body: how positive psychology can help Tools and practical exercises to help patients - Nigel Agger
11.55 – 12.40	Positive psychology, happiness and techniques to improve wellbeing - Jo Hennessy

RCGP Curriculum areas covered:

3.10 Care of People with Mental Health Problems

Good Medical Practice Framework:

1.1 Maintain your professional performance

- Participate in professional development and educational activities

Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

Course documents

Course documents will be added to the website. You will find them next to this course in the programme listing, and also in the library.

All shared documents from recent courses are stored in the library. You can access it at any times and search for documents or topics using key words.

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