

Learning Objectives

- By the end of this course, participants will have a good basic understanding of the roots and practices of Positive Psychology, that they can apply to their own personal and professional lives, and that they can share with patients.
- The goal is for people to come away happier, and having learned skills and practices to make them more fulfilled.
- The day will combine some theory with discussion and plenty of practical exercises.

Pre course task:

Please take the VIA Survey, download your results and bring these to the day.
www.viasurvey.org

Educators Miriam Akhtar and Jo Cullen

Programme

9.00 – 9.25	Registration and coffee
9.25 – 9.45	Welcome, objectives, ground rules, housekeeping
9.45 – 10.00	Overview of Positive Psychology
10.00 – 10.30	Types of wellbeing
10.30– 11.00	Coffee
11.00 – 11.20	Mapping emotional energy
11.20 – 12.30	Positive Emotions (Hedonic Wellbeing), including gratitude and savouring
12.30 – 12.45	Taking this forward for colleagues and patients
12.45 – 1.30	Lunch
1.30 – 2.40	Eudaimonic Wellbeing: flow and strengths
2.40 – 2.55	Tea
3.00– 3.45	Meaning: purpose and motivation
3.45 – 4.15	What changes will you make as a result of today?
4.15	Close

RCGP Curriculum areas covered:

3.01 Healthy People: Promoting Health and Preventing Disease

3.10 Care of People with Mental Health Problems

Good Medical Practice Framework:

1.1 Maintain your professional performance

- Keep knowledge and skills about your current work up to date
- Participate in professional development and educational activities

1.2 Apply knowledge and experience to practice

- Adequately assess the patient's conditions
- Provide or arrange advice, investigations or treatment where necessary
- Prescribe drugs or treatment, including repeat prescriptions, safely and appropriately
- Provide effective treatments based on the best available evidence
- Consult colleagues, or refer patients to colleagues, when this is in the patient's best interests

Miriam Akhtar

Miriam has published several books on Positive Psychology and has extensive experience of both teaching and coaching in this area. She is frequently interviewed by the media as an expert in Positive Psychology. Miriam has a strong interest in developing wellbeing and improving mental health using Positive Psychology's tools and practices.

Jo Cullen

Jo has trained with Miriam and with Chris Johnstone and, like Miriam, is interested in the applications of Positive Psychology in mental health and wellbeing. Jo has many years of experience in education theory and practice, working with doctors, other health professionals and business groups.

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 emailed to you after the event.

www.healthlearningpartnership.co.uk