

**“Positive Psychology:
Where Are We Now and
Where Are We Going Again?”**

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“I went to a shrink once, but I caught him going to a fortune-teller so I quit”

James Caan

ZOLTAR



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OUTLINE

1. On Positive Psychology
2. New Developments in Science
3. New Developments in Applications
4. In the News
5. Conclusions

1. On Positive Psychology

What is Positive Psychology?

“Positive psychology... (has)
a very short history with a very long past”

(Peterson, 2006, p. 4)

POSITIVE PSYCHOLOGY

***“Psychology should document how people’s
lives can be most worth living”***

Seligman & Csikszentmihalyi (2000)

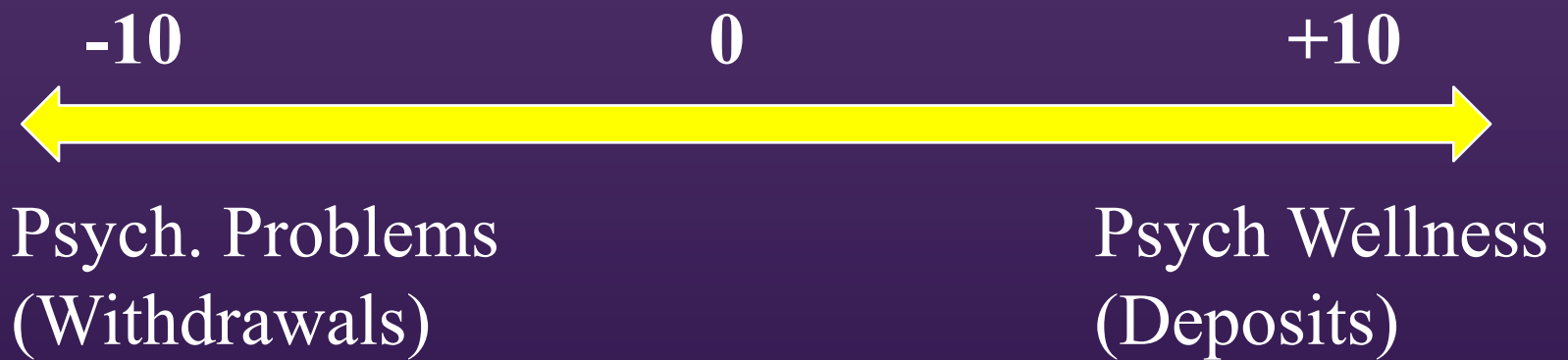
POSITIVE PSYCHOLOGY

“Positive psychology is the **SCIENTIFIC study (*and scientifically informed applications*) of what enables individuals and communities to thrive ”**
(IPPA)

Pawelski (2016)

On Defining the “Positive”

- PP is more than the study of the “positive” as there are many different definitions of the word positive.
- Leads to several important questions:
 - Does PP include the study of the negative?
 - Which variables to study and how?



Who Does Positive Psychology?

On Positive “Psychologists”

- Psychologists
- Sociologists, Economists, Social Workers, Managers
Nurses etc.
- Life Coaches
- Others

Training Programs

- PP is typically taught in MAPP programs
- Some Ph.D. programs and ad hoc courses
- Workshops
- Accreditation/Certification? (Future of our Field)

Where to From Here

- Address Criticisms
- Continue the Conceptual Clarification of the Field
- Further Integration of Various Disciplines in PP
- New Doctoral Programs
- Task Forces on Accreditation/Certification

OUTLINE

1. On Positive Psychology
2. New Developments in Science

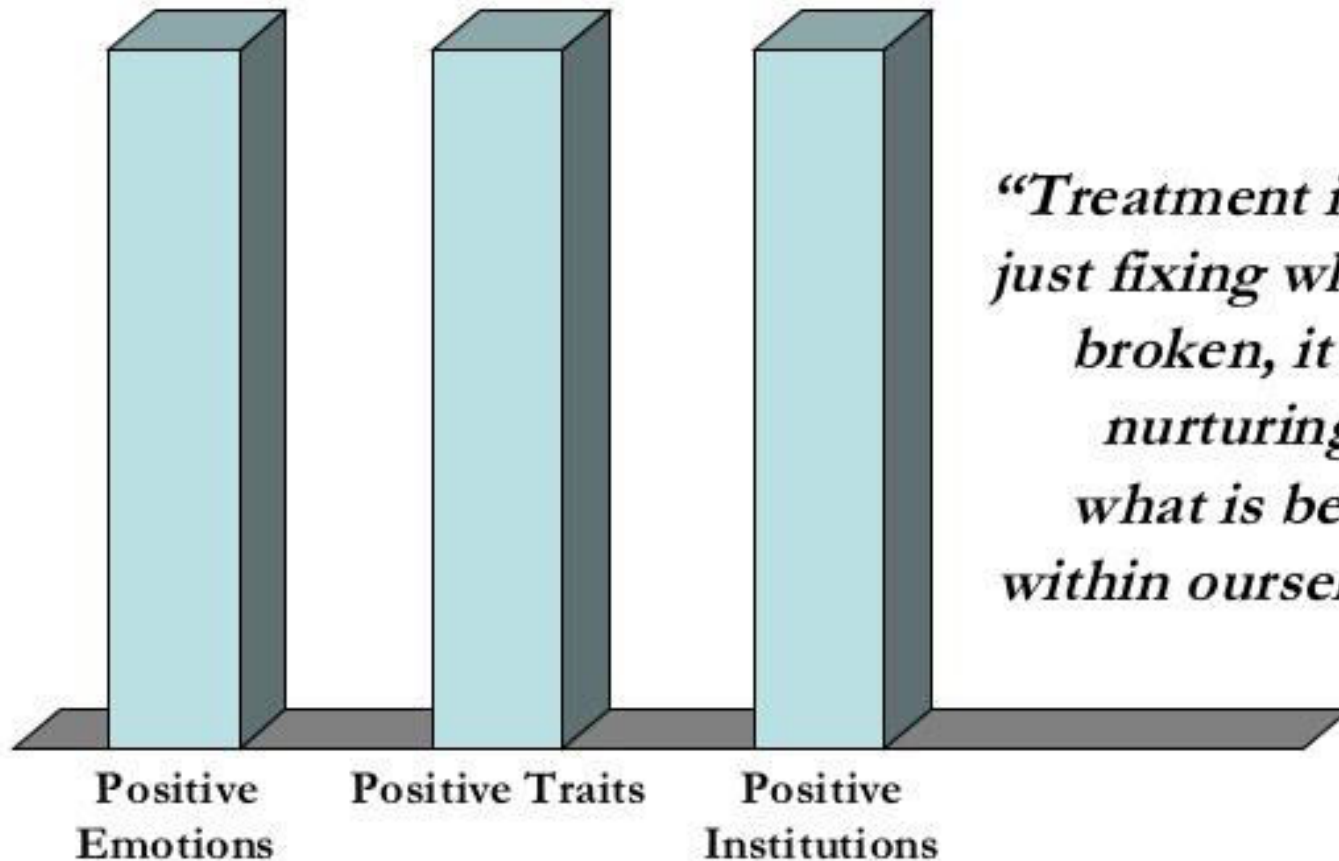
Breadth and Importance of Positive Psychology (Rusk & Waters, 2013)

- 5 Times more articles over past 15 yrs
- In a variety of fields (Psychology, Public Health, Management, Sport Sciences etc.)
- In a number of themes (optimism, emotions, motivation, etc.)
- 4% of PsychINFO
- Several Specialized Journals

Theory and Research

- From Unidimensional to Multidimensional Perspectives (PERMA- OFIS etc.)
- From Effects to Processes (Mediators)
- And to Moderators (McNulty & Fincham, 2012)
- A Variety of Methods, Ps, and Replications

The Three Pillars of Positive Psychology



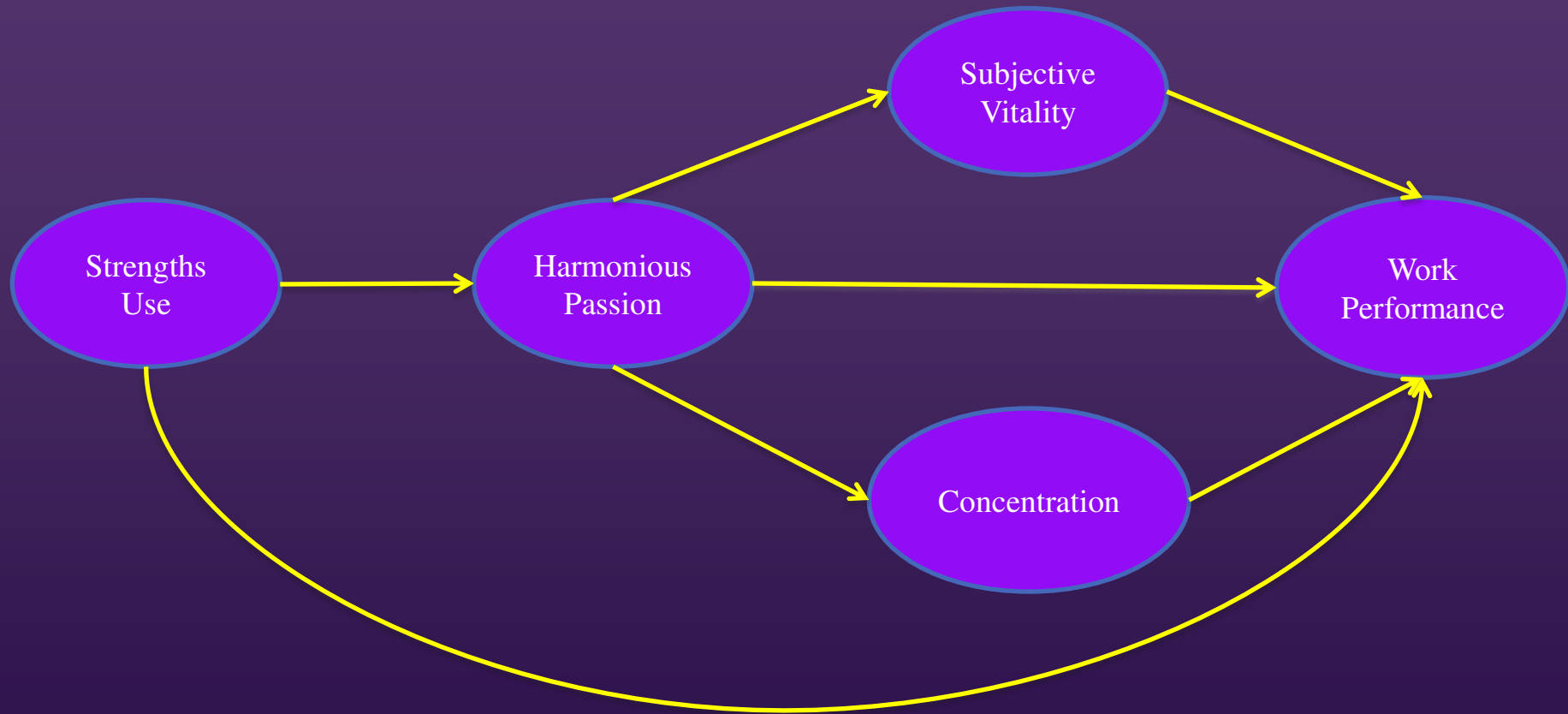
“Treatment is not just fixing what is broken, it is nurturing what is best within ourselves”.

Dubrueil, Forest, Courcy (2014)



(N= 424 M/Fs; Mage=40yrs)

Dubrueil, Forest, Courcy (2014)



WHERE TO FROM HERE?

- Neuroscience and Physiological Data
- Big Data and Real-Life
- Beyond the Individual- Effects On Community/Societal Variables
- From Effects to Charting the Processes
- From “+” Variables to the Study of both “+” and “-”
- More Complex Theories (e.g., Resilience)
- Cross-Cultural Considerations

OUTLINE

1. On Positive Psychology
2. New Developments in Science
3. **New Developments in Applications**

A Diversity of Problems/Issues

- Family Therapy
- Art therapy
- Intergroup relations
- Sport/exercise
- Offender rehab
- Health
- Alcohol use
- Smoking cessation therapy
- 2Language acquisition

A Variety of Intervention Modalities

- Individual
- Group
- Online Interventions

Sophisticated Intervention Designs

- Randomized Control Trial
- Large Ns
- Control Groups
- Serious Intervention Protocol
- Follow-ups

Efficacy of Interventions

- Seligman et al. (2005)- AP
- Replications of Seligman (Mongrain et al. 2012; others)
- Sin & Lyubomirsky (2009)- Meta-Analysis (k=51;n=4,500) on Well-being & Depression
- Boller et al. (2013)- Meta-analysis (k=39;n=6,139)- Idem

Education In Bhutan: Adler & Seligman (in press)

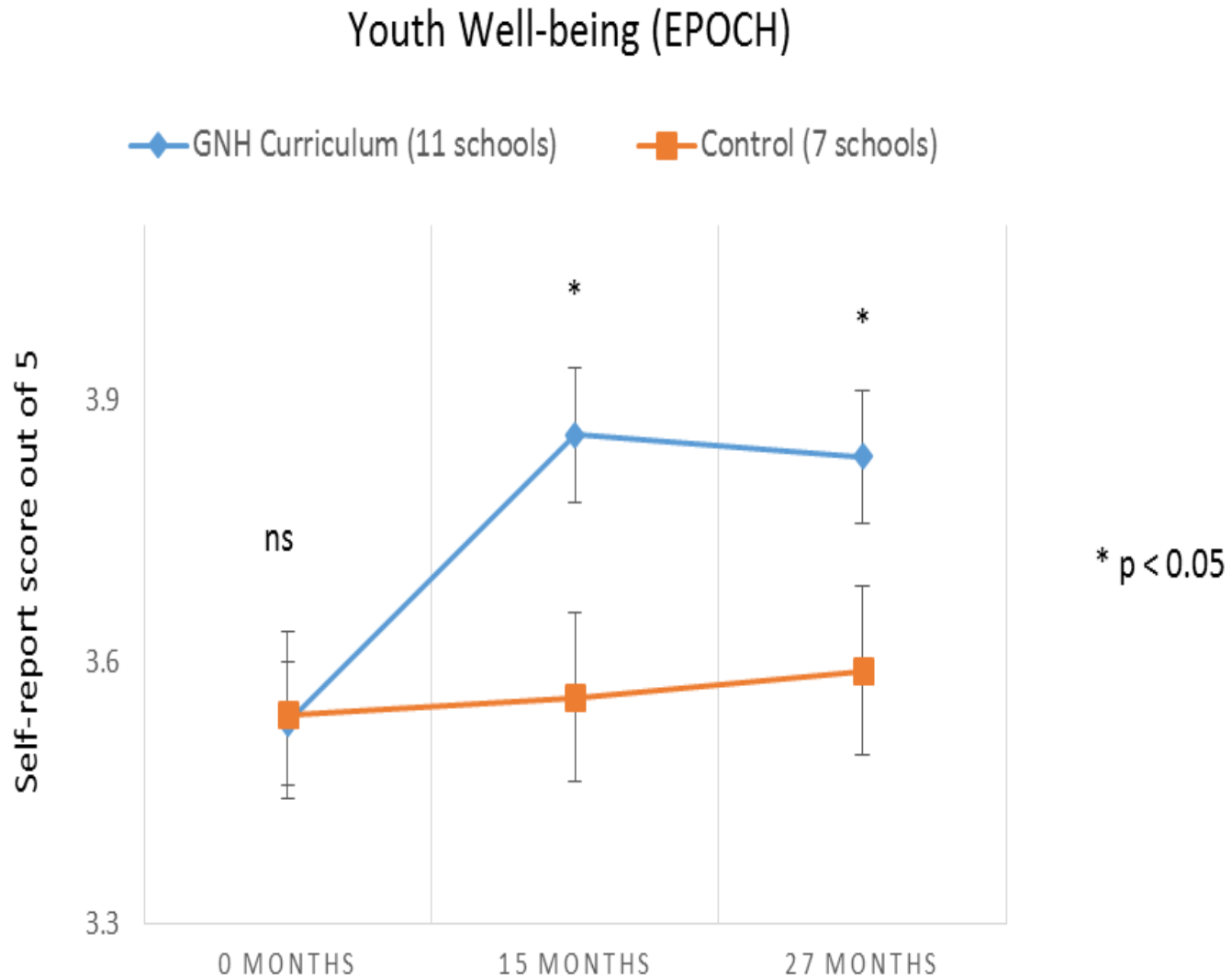


The GNH Curriculum Experiment

1. Mindfulness
2. Empathy
3. Self-awareness
4. Coping with emotions
5. Communication
6. Interpersonal relationships
7. Creative thinking
8. Critical thinking
9. Decision making
10. Problem solving

The High School curriculum teaches these skills in a 15-month stand-alone course called Life Skills Training. The curriculum also incorporates these skills into existing academic subjects.

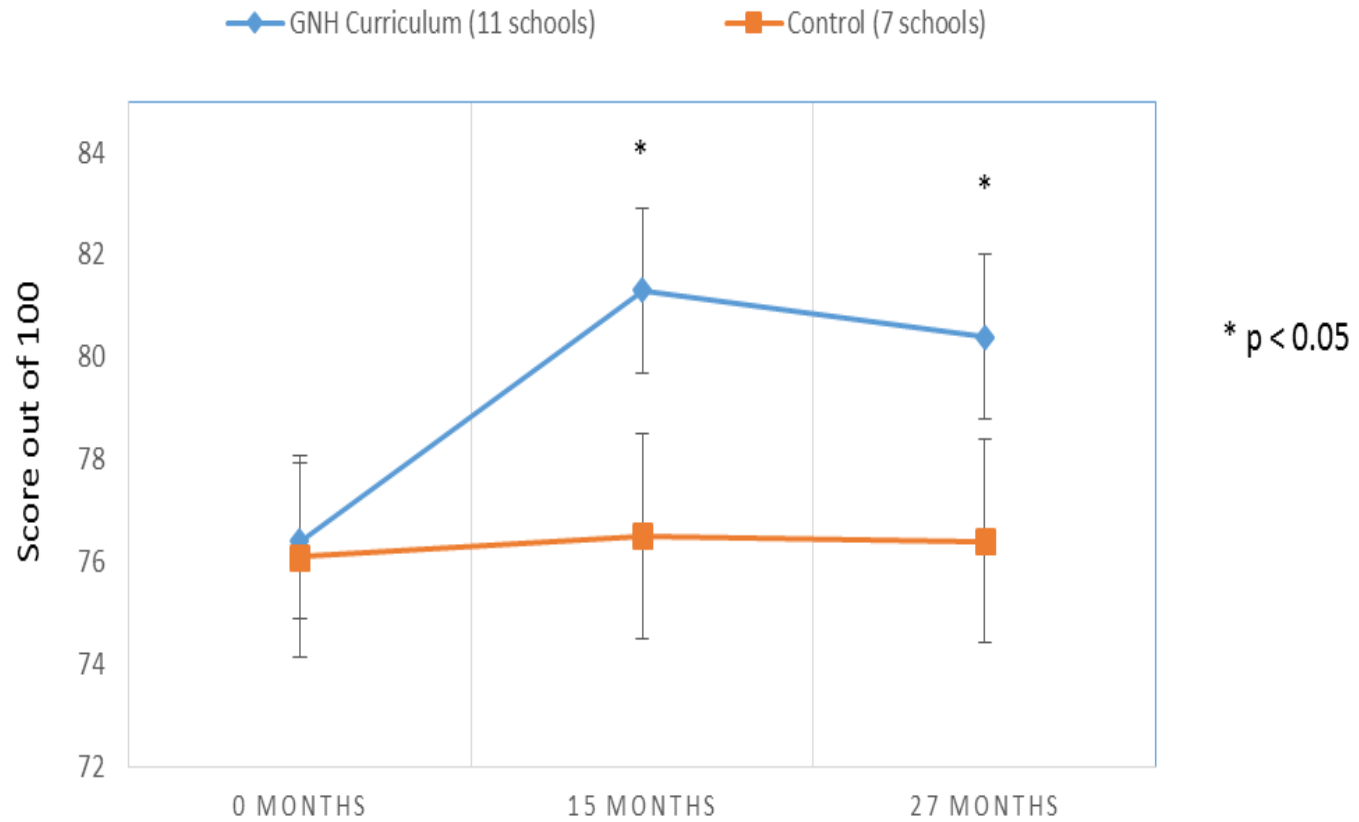
Adler & Seligman (in press)



(N=6,500 High School Students; Mage=15 yrs)

Adler & Seligman (in press)

STANDARDIZED TEST SCORES



Where to From Here

- Defining What is a PP Intervention (Positive Topic, Mechanism, Outcome)-(Parks & Biswas-Diener, 2015)
- More Complex Understanding of the Intervention Process (Lyubomirsky & Layous, 2013)- PxT and Mediators (“+”Affect, Thoughts, Behaviors, Need Satisfaction)
- PP Interventions Making their way in Mainstream Clinical/Counselling Psychology (Owens et al., 2015)
- More Diverse Populations and Problems
- Education is Key to Produce Some Long Lasting Changes in Society

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4. In the News

IN THE NEWS

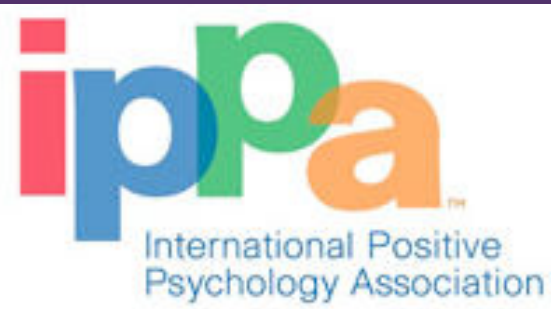
New Associations/Groups

- . IPPA Divisions (Clinical, Health, Students, Work & Org)
- . APA Division 17, Section on PP
- . Education group (IPEN)
- . Quebec...

Upcoming Conferences

- . ECPP In Angers (June 28th-July 1st 2016)
- . 2nd Brazilian Congress on PP (June 28th-July 1st 2016)
- . Festival of Positive Education (July 18-20th, Dallas, TX)
- . 5th World Congress on PP 2017 in...

Save the Date!



**Fifth World Congress
on Positive Psychology**

July 13-16, 2017

Montréal, Canada!

CONCLUSIONS

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THANK YOU !!

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