

# Positive Psychology Network

## Schedule of Activities for 2014

### *What is the Positive Psychology Network?*

The Positive Psychology Network was established in Brisbane late in 2012 as a forum for allied health, coaching, corporate and education professionals with an interest in Positive Psychology.

Through its range of activities, the network aims to promote knowledge and skills in the many applications of Positive Psychology across different settings – clinical and coaching practices, wellness promotion services, schools and post-school settings, businesses and organizations, sporting and other personal performance enhancement contexts, and any other setting where the core business is promoting people's optimal performance and quality of life.

*The Positive Psychology Network provides the following services:*

- Monthly networking meetings with guest presenters
- Peer consultation meetings for practitioners
- Master Classes focusing on specialized skill-building
- Workshops provided by eminent professionals and researchers

The PPN has a LinkedIn site and invites psychologists and other mental health professionals to use this for networking, sharing information relevant to the PPN, and seeking professional support such as supervision, mentoring and peer consultation.

***Dr Kate Lemerle, Psychologist  
PPN Convener***

## MONTHLY NETWORKING MEETINGS

### About the Positive Psychology Network:

The PPN hosts monthly networking meetings open to psychologists, coaches, educators and other health professionals with a shared passion for Positive Psychology. These meetings provide participants with the chance to forge connections with other professionals working in Positive Psychology.

Each meeting features a guest presenter, selected for their expertise as practitioners and researchers in the field of Positive Psychology. Our meetings have a practical focus so we build our knowledge and skills in the applied practice of Positive Psychology.

**VENUE:** The Mill Hotel, 239 Wickham Terrace, Spring Hill, QLD 4000

**COST:** \$12 per person

### *Online registration instructions:*

Go to <http://chrysaliswellnessservices.fullslate.com/> and scroll down the page to the link to the activity you want to book (e.g. [Positive Psychology Network Monthly Meeting - February](#) \$12). This will take you to the calendar where you then select the date for the activity you are booking.

This then takes you to the registration page that asks you to enter your name and contact details. If you enter email and mobile, you will receive confirmation of your booking and also an SMS reminder the day before the meeting.

Once completed, click "Proceed to Payment" which walks you through the steps to completing payment via PayPal (either with a credit or debit card).

Light refreshments provided, meals and drinks can be ordered from the restaurant.

- For further information please email [pospsych13@iinet.net.au](mailto:pospsych13@iinet.net.au)



**Presenter:** Judi Pears (Psychologist)

**Topic:** “Positive Psychology in Action – Some Practical Strategies from the WYSE Women’s Groups”.

Many women don’t have a clear idea of where they are heading in life, and tend to underestimate themselves, not seek promotion, and lack the confidence to put themselves forward in their workplace. The WYSE WOMEN Coaching Program is specifically designed to focus on personal and professional growth, and is targeted at all women who want to flourish. It aims to help women identify what they are looking for in life, gain wisdom, and achieve success drawing on their core strengths and other applications of Positive Psychology. Judi will share some of the practical strategies she has developed for applying the principles of Positive Psychology to help women (and men too) reach their “best possible selves”.

**About our Presenter:** Judi Pears has almost 20 years experience in Coaching and Organisational Psychology. She gained a Post-Graduate Diploma in Psychology in 1992, and later returned to tertiary studies to complete a Masters Degree in Organisational Psychology (2003). Judi has been supervising Post-Graduate students in Griffith University's Organisational Psychology program since February 2009. In 2010 she was awarded the position of Adjunct Lecturer, Griffith University (Mt Gravatt campus). She has assisted in the development and facilitation of the practicum program to develop students' establishment of their professional identity, whilst also addressing legal and ethical issues which arise in the context of working as a Psychologist. She is an active Member of several professional associations including the Australian Psychological Society, Brisbane South Medicare Local Group, the College of Organisational Psychologists, the Coaching Psychologists Interest Group (Qld), and the Australian Institute of Management (AIM). Judi also serves as a Committee Member on the Brisbane Women's Club Board and the Griffith University Advisory Board.



**Presenter:** Stephen Halsall

**Topic:** “Raising Boys: Promoting Positive Brain Development in Teenage Boys”

Stephen Halsall, with his colleague Andy Roy, created Powerhouse Programs in 2009 in response to their recognition of the gap in coaching for fathers raising teenage boys. Both Stephen and Andy have been heavily involved in working with men and boys through well-respected national community development organisations. They have been conducting Rites of Passage Camps around Australia for over 10 years, and recently released their book “Raising Teenage Boys” which aims to demystify brain development during this period of growth, and help parents offer their teenage sons the best possible chances to traverse this period of life successfully.

In this workshop, Stephen will be sharing his insights gained since establishing “Powerhouse Programs” and the Rites of Passage Camps, with particular focus on brain development during the teenage years and ways in which parents, teachers and significant adults can strengthen resilience and promote positive mental health during this stage of development.

**About our Presenter:** After an initial ten-year career in finance, Stephen is completing his Honours in Psychology at Queensland University, investigating the efficacy of the various Powerhouse Family Programs. He is a Facilitator for *Common Ground* (a 9-week life skills course for men) and Trainer with the Men’s Wellbeing Association. Stephen has served as Pathways Foundation Regional Coordinator in Queensland from 2009-2011 and has served on over 10 Pathways to Manhood camps throughout Australia. In 2010-2011, he was involved in the Australian Indigenous Mentoring Experience (AIME) through QUT, and has mentored a young indigenous boy, under the Volunteer Mentor Support Program in Inala, for over three years.



**Presenter:** A/Prof Lindsay G Oades, Director of the Australian Institute of Business Wellbeing, University of Wollongong and Co-Editor of the International Journal of Wellbeing.

**Topic:** **Measuring Wellbeing Outcomes in the Australian Health System**

The discussion in this session will explore issues related to measuring mental health outcomes that incorporate both the avoidance of goals we don’t want such as being satisfied with achieving low level symptoms and low level dysfunction, but also approach goals of measures of flourishing such as meaning and positive social relationships. We will discuss what is meant by recovery, what constitutes a positive outcome, and who decides.

**About our Presenter:** A/Prof. Lindsay Oades is the Director of the Australian Institute of Business Wellbeing at Sydney Business School, University of Wollongong, Australia, and a visiting researcher to Kings College London. Lindsay is also on the scientific advisory board at the Institute of Coaching at Harvard University. Lindsay has published over 90 articles and book chapters related to wellbeing, recovery and coaching and is co-editor of the International Journal of Wellbeing. He currently consults to the Australian and NSW Mental Health Commission on areas related to wellbeing and recovery in relation to individuals, mental health systems, schools, workplaces and liveable cities.

Please note that Lindsay is also offering 1-day training program on “Positive Psychology Coaching” (see below)

**MAY** 013727

**Thursday 29 May, 6:30 – 8:30 PM**



**Presenter:** Cate Crombie, Certified Trainer with the International Centre for Non-Violent Communication

**Topic:** “An Introduction to Nonviolent Communication (NVC)”

Compassionate Communication or Nonviolent Communication (NVC) is a practical and easily learned process for communicating with empathy, honesty, power, integrity and compassion, all of which are core elements of Positive Psychology. The skills of NVC are designed to transform difficult relationships, enhance all relationships, and teach people how to listen and speak in a way that vastly increases the likelihood of getting their needs met and their highest dreams realised. In addition, NVC strengthens our ability to inspire compassion from others and respond compassionately to others and ourselves. In this presentation Cate will walk us through some of the core skills of NVC and help us learn how to apply this approach in promoting positive relationships across many different contexts.

**About our Presenter:** Cate has been a facilitator of communication courses for over 20 years. Her workshops and training are offered in a variety of ways and settings, from corporate training, to parenting workshops in community centres, in-service training in the social services sector, and universities. Since 2001, Cate has been learning and practicing Nonviolent Communication skills in both her personal and professional life, as she is committed to fully living the process. Being inspired to share this powerful yet natural model with others, Cate is now a Centre for Nonviolent Communication (CNVC) certified trainer of Nonviolent Communication.

**JUNE** 013728

**Thursday 26<sup>th</sup> June, 6:30 – 8:30 PM**



**Presenter:** Paula Robinson, Managing Director of the Positive Psychology Institute (Sydney, NSW)

**Topic:** “Mental Fitness: What it Is (and Isn’t) – An Introduction”

Mental Fitness is a proactive, positive term without the negative connotations associated to mental health or mental illness. Whilst the term mental fitness is being increasingly used by psychologists, mental health practitioners, schools, organisations and the general population, there is confusion as to what it is (and isn’t) within the scientific and popular literature. To address this lack of consensus Paula has conducted a comprehensive theoretical and empirical review of the term mental fitness drawing from psychology, positive psychology, physical fitness and the perceptions of the global community. In this session she will give an overview of the “mental fitness” model, and share her experiences of introducing this construct into a diversity of settings including some of the outcomes from evaluations she has conducted.

**About our Presenter:** Paula is a Registered Consulting and Coaching Psychologist and arguably the first in the world to address the concept, measurement and development of **Mental Fitness**, based on her PhD research. Her current role is Managing Director of the Positive Psychology Institute, specialising in the science of integrating traditional Psychology and Positive Psychology theory, research and practice. Paula holds a Bachelor of Science (with Distinction), an Honours degree in Psychology (1st Class) and an Australian Postgraduate Award to undertake the degree of Doctor of Philosophy to research the Concept and Measurement of Mental Fitness. She has extensive experience in designing, delivering and evaluating evidence-based programs promoting the concept of “mental fitness” within educational, private and public sector organisations with individuals, groups, teams and business units.

Please note that Paula is also offering 1-day training program for professionals the day following this session.



**Presenter:** Kari Sutton, Principal Facilitator and CEO of Invest in Wellbeing.

**Topic:** “Positive Education in Action – Some Practical Strategies for Promoting Resilience in Schools”

In this workshop Kari will talk about ways we can promote resilience in schools and share some strategic interventions as well as a range of practical, evidence-based activities that promote resilience and help both students and teachers to bounce back after adversity.

**About our Presenter:** Kari Sutton has worked in the education and training field for the past 2 decades training principals, teachers and school teams in both the government and private sectors. She is an experienced facilitator in positive psychology, group dynamics, communication and teamwork. Her keynote addresses and customized presentations, seminars and workshops empower people to take responsibility for enhancing their own emotional health and wellbeing, work together more effectively and achieve success. Kari is a member of the International Positive Psychology Association (IPPA), and is passionate about empowering people to create more wellbeing in their everyday lives both professionally and personally.



**Presenter:** Robert McInnes, Director & Counsellor at Cognitive Principle Therapy Pty Ltd, Victoria.

**Topic:** “An Introduction to Cognitive Principle Therapy”

In this workshop Robert will provide us with an overview of the theory underpinning a new therapy called Cognitive Principle Therapy [CPT] then share with us some examples of ways Cognitive Principle Therapy can be applied to promote positive emotional experiences and wellbeing. CPT has been developed through more than 15 years of research, and is based on the work of Stephen R. Covey in his books “7 Habits of Highly Effective People”, “Principle Centered Leadership” and other books related to neuroscience and how the conscious and subconscious minds work.

The theory states that between thinking and behavior there is a principle, e.g. with jealousy, there is thinking and behaviour about being jealous, but the principle in between is trust. In treatment terms, the therapist works to create a new habit of trust and attach that to the thoughts and behaviours of jealousy in order to effect change. The presentation will outline an application of CPT in relation to an Anger Management program run over four 1-hour sessions. Robert will also briefly discuss, in general terms, other therapy applications such as couples counselling, depression, and pornography addiction counselling including giving us a couple of practical activities to demonstrate how to create a new habit.

**About our Presenter:** After a successful career as a Certified Practicing Accountant, Robert completed an Advanced Diploma of Counseling and Family Therapy followed by a Master of Arts (Counselling). He worked for 6 years as an AOD Counsellor and also as a generalist counsellor with the Wavecare Counselling Service before specialising in Anger Management & Couples Counselling. He now operates his own business Cognitive Principle Therapy Pty Ltd.



**Presenter:** Tracy Baker-Lawrence, Psychologist

**Topic:** “Using the Enneagram in Coaching Psychology”

The aim of this workshop is to increase practitioners’ self awareness using the Enneagram and to explore ways it could be used with clients in a coaching psychology perspective. The Enneagram is a dynamic system of nine personality types that empowers a better understanding of ourselves and others. It is an approach that is used in a multitude of business applications, building understanding of cultural differences, and in treatment settings to promote personal growth by helping a person better understand her or his primary needs and motivators whilst also strengthening interpersonal relationships.

**About our Presenter:** Tracy Baker-Lawrence has worked as a psychologist for 15 years after a career in business development. Tracy trained as an Enneagram teacher through the Australian Institute of Enneagram Studies in 2006, and completed training in 2011 as a certified Neuro- Linguistic Programming practitioner. She is the President of the Australian Enneagram Community and is looking to commence a PhD related to personality and the Enneagram in 2014. She currently works in private practice at two medical centres in Brisbane and uses a strengths-based and solution focused approach alongside mindfulness in her work with clients.



**Presenter:** Nahum Kozak, John Paul College, Brisbane

**Topic:** “Soaring into Success’: Positive Education Initiatives & Outcomes at John Paul College”.

John Paul College is an independent K-12 college of 2,000 students in Brisbane. Inspired by the developments in Positive Education in Australia as well as overseas, John Paul College initiated the “SOARING into Positive Education” Program in 2011 under the leadership of Nahum Kozak. Nahum was appointed in 2011 as the college’s Head of Positive Education. After a period of consultation and reflection with staff across the college, combined with extensive research into evidence-based approaches to Positive Education, Nahum has guided the school’s conceptualization of the program through several phases including a staff survey, professional development and coaching in Positive Psychology, and integration of the model across the school curriculum. In this session Nahum will share his experiences in the development of the program and the impact on the students’ development and school’s culture.

**About our Presenter:** Nahum Kozak is a school-based psychologist, and the co-ordinator of the counselling and pastoral care services at John Paul College, Brisbane. He is commencing doctoral research this year to evaluate outcomes of the program. Prior to counselling and consulting with schools, Nahum fostered community development initiatives for eleven years as a church-based youth worker. He is keenly interested in the wellbeing of young people in these critical and influential years of their development, and sees schools as a key component of educating for wellbeing.



**Presenter:** Dr Kate Lemerle, Psychologist and Convener of the Positive Psychology Network

**Topic:** “The How of Happiness: The Art and Science of Making Australia Happy”.

Happiness is an emotion we all strive for, and wish upon others for whom we care. It has been regarded as a fundamental outcome of therapy for millennia, and all sorts of methods have been applied to achieve it. Yet it’s only quite recently that the “science of happiness” has been investigated, and we are now learning a great deal more about happiness and the brain.

In this last workshop for the year, Dr Kate will give an overview of contemporary understanding of the science of happiness, and along the way share her experience with the “art” of promoting happiness – how do we foster sustained affective health, as a core element of wellbeing, in our clients?

**About our Presenter:** Kate is the principal psychologist and founder of Chrysalis Wellness Services in Springfield (south west of Brisbane) providing specialised life coaching and positive psychology treatment programs to individuals, couples and families. She has over 35 years professional experience as a psychologist including having taught undergraduate psychology and health promotion courses at various universities in NSW and QLD, and introduced new programs in Coaching Psychology and Positive Psychology at the University of Southern Queensland.

Apart from her clinical work Kate also provides supervision for provisional psychologists, convenes the Positive Psychology Network which she set up in 2012, and co-ordinates the Brisbane West APS Peer Network. She is a member of the Australian Psychological Society (APS), International Positive Psychology Association (IPPA), International Society for Quality-of-Life Studies (ISQoLS), Institute of Coaching Professional Association (ICPA), and International Society for Coaching Psychology (ISCP).



# POSITIVE PSYCHOLOGY NETWORK SPECIALIST WORKSHOPS

## WORKSHOP 1

### ***Positive Psychology Coaching: A Teaspoon of Philosophy, a Cup of Theory and a Bucket of Practices***

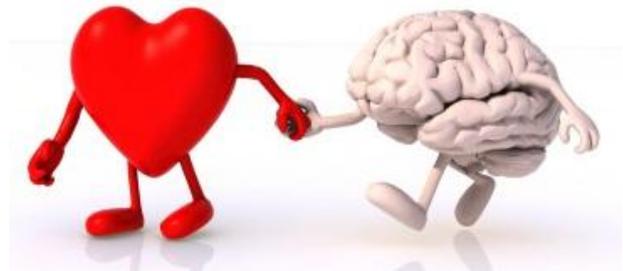
***Date:*** Thursday 1<sup>st</sup> May, 9:00 – 4:30 PM

***Presenter:*** A/Prof Lindsay Oades, Director of the Australian Institute of Business Wellbeing, University of Wollongong and Co-Editor of the International Journal of Wellbeing.

***Registration:*** \$355 (full fee) or \$255 (student)

This workshop will provide practitioners with an overview of positive psychology coaching (PPC) and how it is similar and different to other types of coaching. The two key types of wellbeing: hedonic or short term wellbeing and eudaimonic or sustainable wellbeing will be covered to enable participants to grasp the foundation of PPC, before examining the key practices which may be used to achieve the aim of increasing these types of wellbeing with clients. The role of a positive case conceptualisation will be explored and discussed, combined with several prototypical processes usually observed during PPC. Several positive psychological assessments will also be explored in the context of PPC. Practitioners will have the opportunity to compare, contrast and integrate these ideas with their current practices.

- Bookings online at <http://chrysaliswellnessservices.fullslate.com> or email the Positive Psychology Network [pospsych13@iinet.net.au](mailto:pospsych13@iinet.net.au) for a registration form.
- Registration fee includes refreshments and lunch.
- Students must register via tax invoice – please contact the PPN Convener.



## WORKSHOP 2

### ***Mental Fitness at Work***

***Date:*** Friday 27<sup>th</sup> June, 9:00 AM – 4:30 PM

***Presenter:*** Paula Robinson, Managing Director of the Positive Psychology Institute (Sydney, NSW)

***Registration:*** \$355 (full fee) or \$255 (student)

***APS Calendar ID:*** 013709

Positive Psychology is the scientific study of human flourishing, and an applied approach to optimal functioning. It has also been defined as the study of the strengths and virtues that enable individuals, communities and organisations to thrive.

One component of Positive Psychology is **Mental Fitness**, a proactive, positive concept which Paula Robinson, through her research, has defined and framed in a way that can help to improve well-being and optimal functioning.

Join us for a lively, interactive and practical workshop that will explore key concepts and current thinking in Positive Psychology applied to workplace settings; the Mental Fitness Model encompassing strength, flexibility and endurance; group exercises and activities to put into practice concepts from Positive Psychology and Mental Fitness; and gain practical tools to take away and use in the workplace, including some to support individuals and teams.

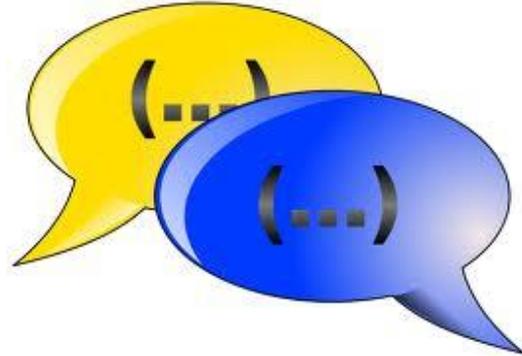
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# POSITIVE PSYCHOLOGY NETWORK

## PEER CONSULTATION MEETINGS

Peer consultation refers to an arrangement in which professional peers work together for mutual benefit by engaging in a process where critical and supportive feedback is emphasized while evaluation is de-emphasized. It provides practitioners with a potentially effective approach to increasing the frequency and/or quality of supervision in a non-threatening atmosphere of mutual respect. The basic premise underlying peer consultation is that individuals who have been trained in basic helping skills can use these same skills to help each other function more effectively in their professional (or paraprofessional) roles.



*Peer consultation experiences offer a number of benefits including:*

- Greater interdependence of colleagues and less dependence on "experts";
- Opportunity to assess our own skills and those of our peers, and for structuring our own professional growth;
- Increased self-confidence, self-direction, and independence;
- Development of consultation and supervision skills;
- Ability to choose the most suitable peer consultant; and,
- Lack of evaluation.

**About our Peer Consultation Sessions:** Each of our meetings begins with participants introducing themselves, sharing their areas of specialisation and/or work experience and their particular interest for the evening's consultation session. This could be to gain some help with a difficult client, to explore content and materials for a new resource or program, or to discuss applications of a new approach to your work. Then participants will form pairs for two 1-hour consultation sessions, at the end of which new pairs will be formed so every participant has the chance to gain one hour of active peer consultation.

**Registration:** \$15 per session

- Bookings online at <http://chrysaliswellnessservices.fullslate.com> or email the Positive Psychology Network [pospsych13@iinet.net.au](mailto:pospsych13@iinet.net.au) for a registration form.
  - Venue to be advised (close to Brisbane CBD)
- 
- Peer Consultation Meeting – February: Tuesday 11 February, 6:00 - 8:30 PM
  - Peer Consultation Meeting – March: Wednesday 12 March, 6:00 - 8:30 PM
  - Peer Consultation Meeting – April: Monday 7 April, 6:00 - 8:30 PM
  - Peer Consultation Meeting – May: Wednesday 7 May, 6:00 - 8:30 PM
  - Peer Consultation Meeting – June: Tuesday 17 June, 6:00 - 8:30 PM

# POSITIVE PSYCHOLOGY NETWORK

## MASTER CLASSES

*All Masterclasses are eligible for 6 hours Active CPD.*

*Please note that the Master Classes are limited to 12 participants so early registration is recommended.*

### **Applied Positive Psychology in Clinical Practice**

**\$255 (incl GST)**

#### ***To be repeated in August***

This workshop focuses on the practical skills needed to conduct Positive Psychology Interventions (PPI's) in the clinical treatment of adjustment disorders, anxiety and mood disorders. Participants will learn skills in using a range of Positive Psychology assessments, case formulation where building strengths for resilience are the defined clinical outcomes, and developing intervention plans using a Positive Psychology framework. Case studies will be used as worked examples, and participants will have the chance to apply this approach to their own cases.

*The workshop assumes a basic knowledge of positive psychology theory, brain structure and function, as well as micro-counselling skills.*

### **Using the VIA Signature Strengths Approach in Practice**

**\$255 (incl GST)**

#### ***Saturday 15 February, 9.00 AM – 4:30 PM***

This Masterclass is for health and education professionals wanting to learn practical ways for using strengths in their work such as coaching, managing, clinical work or teaching. All participants will be required to complete the online VIA Strengths Survey and bring this to the class. We will cover the background to the VIA and current evidence from research validating this tool for use in a selection of contexts, then practical applications and issues such as over-use and under-use of strengths, strengths-spotting, using strengths to promote optimal functioning in selected situations, and how to measure outcomes from this approach.

### **Positive Psychology for Post Traumatic Growth**

**\$255 (incl GST)**

#### ***Saturday 15 March, 9.00 AM - 4.30 PM***

Post-traumatic stress disorder, depression and anxiety are widely recognised psychological consequences of trauma. Less widely recognised, however, is that about one third of people exposed to highly stressful events or trauma experience positive effects. Haidt's (2006) adversity hypothesis states that people require adversity, trauma and setbacks in order to grow, find fulfilment, develop as a person and find their inner purpose and true meaning for life. The research literature concerning posttraumatic growth (PTG) has recently seen a surge of interest and we are beginning to understand how as practitioners we can foster this positive outcome. In this workshop, we review the theoretical evidence for PTG and explore ways we can apply this in the treatment of clients who have experienced highly stressful life events using case studies and Positive Psychology Interventions (PPI's).

### **Flourishing Relationships:**

**\$255 (incl GST)**

#### **Couples Therapy with Positive Psychology**

#### ***Saturday 3 May, 9.00 AM - 4.30 PM***

The quality of relationships has been established as the most important factor for life satisfaction, physical and mental health, and success across numerous domains. Indeed, all major theories of wellbeing include positive relationships as a core element, and troubled relationships are the most common trigger for a wide range of psychological problems.

This workshop explores contemporary understanding of attachment from a neuropsychological perspective, the role of forgiveness and compassion in promoting deep emotional bonds, understanding passionate and companionate love, and the positivity ratio as a core concept underpinning healthy relationships. Woven throughout the workshop will be discussions about emerging evidence about the role of the brain in shaping our social relationships. Participants will take away practical strategies for coaching "active constructive communication", uncovering relationship strengths, building a shared future using evidence-based techniques such as "Envisioning the Best Tomorrow", and solution-focused approaches for healing relationship wounds such as infidelity.

### **Applied Positive Psychology in Clinical Practice: Weekend Retreat at Townsville**

**\$545 (incl GST)**

#### ***Saturday 17 - Sunday 18 May 2014, 9:00 AM - 5:00 PM***

Please see our website for full details.