

The Psychology of Flourishing

FEBRUARY 2022

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Flourishing and experiencing life's difficulties are not mutually exclusive. The circumstances of our lives bring a mixture of experiences and reactions to those experiences. Cultivating the dimensions of flourishing can help you and your clients "cope ahead," and be more fully resourced.

The purpose of this presentation is to introduce the audience to the concept of flourishing and to define and describe Seligman's PERMA model of flourishing. Research will also be presented that supports Seligman's primary hypothesis that cultivating PERMA promotes human flourishing in psychotherapy and everyday life. The presentation includes a cultural critique of the literature which, though international, displays an implicit bias towards a focus on populations from highly westernized countries.

LEARNING OBJECTIVES:

- Examine the Broad and Build (B&B) Theory of Positive Emotion
- Summarize Seligman's Model of Flourishing called PERMA
- Incorporate the basic tenets of B&B and PERMA to psychotherapy
- Integrate the role of positive emotion in psychotherapy



HEIDI A. ZETZER, PhD, (she/her/hers) is a Teaching Professor and the Director of the Carol Ackerman Positive Psychology Clinic in the Department of Counseling, Clinical & School Psychology at the University of California, Santa Barbara. Dr. Zetzer teaches Positive Psychology Across the Lifespan, Basic Practicum, Theories of Supervision & Consultation, and Supervision Practicum. She also directs the department's counseling

and clinical externships. She is a licensed psychologist and former president of the Santa Barbara County Psychological Association.

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to virtually
attend its February 2022 presentation.

TUESDAY, FEBRUARY 22, 2022

Noon to 1:30 p.m.
No meals or breaks provided.

Please register at:

https://cottagehealth.zoom.us/webinar/register/WN_Dn_UcmmxTqW6Nn8slOhFUQ

After registering you will receive a confirmation email containing information about joining the training.

CONTINUING EDUCATION

- Course meets the qualifications for one hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for one contact hour.
- Continuing Education: Attendance for the full hour is required to receive credit. CE credit is not offered for meals or breaks.

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FEES: There is no charge to Cottage Health employees. There is a \$15 fee to Non-Cottage attendees who wish to receive continuing education credit.

CERTIFICATES: Cottage Health employees will complete evaluations in Compass Learning. Non-Cottage attendees will receive certificates within 10 business days of returning the evaluation and paying the \$15 fee. Detailed instructions will be provided at registration.

- Grievances may be addressed directly to the Education Department.
- If you are in need of special accommodation, please contact the Education Department at (805) 569-7325.

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PROGRAM COORDINATORS

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TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

Learn more about our Psychiatry and
Addiction Medicine services at:
cottagehealth.org/mentalhealth

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