**Updates in Positive Psychology: The Science of a Meaningful Life**

Although the field of clinical psychology has traditionally aimed to “fix what’s wrong,” the newer sub-field of positive psychology instead helps us to “build what’s strong.” In this seminar, attendees will learn about the nature of happiness, and discover research-backed methods from positive psychology to help lastingly increase happiness both in ourselves and in our clients. We’ll explore what it means to be happy, why happiness is so important, and why it can often feel so hard to come by. We’ll then discuss principles for lasting well-being, drawing from positive psychology, mindfulness-based approaches, and cutting-edge neuroscience. In addition, we will introduce and put into practice dozens of evidence-based tools and techniques that can easily be implemented into clinical practice: Through lecture, clinical vignettes, and hands-on practice, you’ll learn skills that can transform your clinical work.

### Outline

- **Begin 12 PM ET**
  - Happiness 101
  - Awe
  - Break 1:30-1:45 PM ET
  - Gratitude
  - Compassion
  - Self-Compassion
  - Lunch Break 4-4:30 PM ET
  - Mindfulness
  - Savoring the Good
  - Break 5:30-5:45 PM ET
  - Cultivating Strengths
  - Connection
  - End 7 PM ET

**At the end of this seminar, participants will be able to:**

1. Identify the key benefits of happiness to our physical health, emotional well-being, interpersonal relationships, and job performance.
2. Define the concept of the negativity bias, as it pertains to clinical practice.
3. Employ research-backed approaches to effectively treat common mental health struggles, drawn from positive psychology and other strength-based methods.
4. Administer specific practices to cultivate gratitude, compassion, self-compassion, awe, and connection — and describe how to integrate these effectively into treatment.
5. Practice specific techniques to regulate the central nervous system and stimulate the vagus nerve, to help promote feelings of well-being.

**Learning Objectives**

**Seminar Schedule**

- Begin 12 PM EST and end 7:00 PM, with 15 minute breaks at 1:30 and 5:30, and a 30 minute lunch break at 4 PM

**The Presenter**


Dr. Paquette is a psychologist at Kaiser Permanente in the San Francisco Bay Area, where he conducts group and individual psychotherapy, performs crisis evaluations, and serves as the Training Director for an APA-Accredited postdoctoral residency program. In addition to his clinical work and writing, Dr. Paquette offers training and consultation to therapists and organizations on the promotion of happiness and conducts professional workshops around the country. He is also a frequent media contributor, having been featured regularly in print, online, and radio outlets. Dr. Paquette’s clinical experiences have spanned a broad range of settings, including Veterans hospitals, community mental health clinics, college counseling centers, and his current work at Kaiser Permanente.

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