

Professional Certificate in Positive Psychology



The Professional Certificate in Positive Psychology critically examines contemporary science-based methods for enhancing the wellbeing, performance and motivation of staff and clients.

The course includes a range of evidence-based applications to improve positive emotions, engagement, relationships, meaning, and accomplishment for people of all ages. Participants will have the opportunity to explore the relevance and application of positive psychology to professional practice, particularly in health, business and organisational contexts.



GRADUATE
SCHOOLS

MELBOURNE GRADUATE
SCHOOL OF EDUCATION

Shaping minds, shaping the world

Course structure

The professional certificate course is a graduate qualification consisting of two subjects:

Introduction to Positive Psychology

Participants will reflect on current trends in positive psychology research and apply contemporary scientific theories to issues of wellbeing in applied settings. They will be supported in analysing and critiquing key positive psychology constructs and their measurement, and in conceptualising personal and work-related experiences using positive psychological concepts.

Positive Psychology in Practice

This subject complements and extends learning from Introduction to Positive Psychology by examining how positive psychology interventions and programs are designed, delivered and evaluated. This will include practices such as positive psychology coaching, strengths-based interventions, mindfulness-based interventions and community level wellbeing programs. The applications of positive psychology will be explored at multiple levels, including individual, family, organisational (particularly health and business sectors) and policy.

Who should apply?

The course is designed for people who are interested in applying the science of positive psychology in health, business and organisational contexts.

Entry requirements

To be eligible to apply, you must meet the following entry requirements:

- An undergraduate degree in any discipline, and
- 2 years of documented professional experience.

Dates and delivery in 2017

The course will be delivered at the University of Melbourne, Parkville campus.

Subject 1:

Introduction to Positive Psychology

Friday 17 February, Saturday 18 February, Friday 17 March 2017

Subject 2:

Positive Psychology in Practice

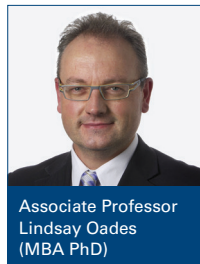
Friday 21 April, Saturday 22 April, Friday 26 May 2017

Cost

In 2017, the course fee for the Professional Certificate in Positive Psychology is \$5,984.00.

If you are an Australian citizen, you may be eligible for the Australian Government's FEE-HELP loan program, a scheme that helps you defer all or part of your tuition fees. You do not need to repay the loan until your income reaches a minimum repayment threshold. For more information, visit www.studyassist.gov.au

Teaching staff



Associate Professor
Lindsay Oades
(MBA PhD)

Associate Professor Lindsay Oades (MBA PhD) is the Director of the Professional Certificate in Positive Psychology. Lindsay champions an interdisciplinary approach to wellbeing, drawing on his experience in health services, business and education. He has taught in Australia, Taiwan, Hong Kong (China) and Japan and has published over 100 articles and book chapters related to wellbeing, recovery and coaching.

Lindsay is on the scientific advisory board at the Institute of Coaching, Harvard University, and he has been a visiting researcher to Kings College, London. Lindsay's work on stages of psychological recovery and the Collaborative Recovery Model (CRM) has been recognised internationally, including his co-authored book *Psychological Recovery*. Lindsay's two forthcoming books are the *Wiley Blackwell Handbook of the Psychology of Positivity and Strengths Based Approaches at Work* and the co-authored Cambridge University Press, *Wellbeing, Recovery and Mental Health*.



Paige Williams,
Lecturer in the Centre
of Positive Psychology

Paige Williams is a lecturer in the Centre for Positive Psychology. She completed post-graduate studies in change management and her PhD explores factors influencing work happiness. A published researcher and experienced in the translation of theory into an applied context for a wide range of contexts and groups, Paige is passionate about helping individuals, teams and organisations create sustainable positive change.

Centre for Positive Psychology, The University of Melbourne

The Centre for Positive Psychology's vision is to promote health and wellbeing by encouraging a self-managed positive lifestyle which enables optimal functioning and performance. The Centre strives for research and teaching excellence by systematically exploring factors that influence wellbeing in a range of settings, including education, workplaces and communities. The goal is to translate the latest research findings into valuable real-world practices and to create significant levers and agents of positive change.

For further information

Program Coordinator

T: +61 3 8344 3271

E: profcert-pospsych@unimelb.edu.au

How to apply for the course

To apply for this course please complete the application form at www.commercial.unimelb.edu.au/pospsych/



@EduMelb



/EducationMelbourne

Get in touch education.unimelb.edu.au

Authorised by Director, Learning and Teaching, Melbourne Graduate School of Education.

Publication by the Melbourne Graduate School of Education, University of Melbourne, CRICOS provide code: 00116K

The information in this publication was correct at the time of printing. The University of Melbourne reserves the right to make changes as appropriate. As details may change, you are encouraged to visit the University's website.

© Copyright University of Melbourne 2016. Copyright of this publication is owned by the University and no part of it may be reproduced without the permission of the University.



THE UNIVERSITY OF
MELBOURNE

The Melbourne Graduate School of Education is Australia's number one and among the world's finest for Education* (*QS World University Rankings by Subject).