Some school districts are using the **Certificate in Positive Psychology** (5 classes) as a lane change for their school counselors. Each class is 30 hours and contains rigorous college-level content led by a licensed therapist. If you need credits for professional development, you may want to consider appealing your HR requirements by sharing the information on this document.

**Positive Psychology Courses including Course Descriptions & Outcomes**

**WTPP – 100 Introduction to Positive Psychology (Required) 30 Hours -** This course introduces students to the growing field of positive psychology, including the study of human strengths, values, and characteristics that contribute to the well-being of the individual.  Learn how to use the “science of happiness” to nurture a life of emotional thriving.

As a result of this training, students will be able to

1. Contrast well-being theories to deficit-oriented models of psychology.
2. Explain how positive psychology theory describes happiness and well-being.
3. Describe concepts and interventions including gratitude, mindfulness, character strengths, values, and pursuit of positive emotions.
4. Apply positive psychology interventions to create a personal environment of flourishing and meaning.

**WTP – 110 Positive Self Change -30 Hours -** This course introduces the field of positive psychology including the study of human strengths, weaknesses, and characteristics that contribute to the well-being of the individual. Concepts are introduced in the context of creating change within oneself.

**As a result of this training, students will be able to**

1. Apply processes of change according to their current stage of change.
2. Establish meaningful goals and various goal assisting principles.
3. Explore values, strengths, willpower, self-compassion, and mindset, and understand each concept's role in positive change.
4. Apply positive psychology principles in personal and occupational settings using innate values and strengths to improve happiness.

**WTPP – 120 Cultivating Healthy Relationships – 30 Hours -** This course introduces positive psychology-based approaches for improving connection with family, friends and romantic partners. The importance of relationships to the well-being of the individual is vital. Students will examine the value of healthy relationships and the impact it has on life satisfaction and emotional well-being across age and culture.

As a result of this training, students will be able to

1. Describe various types of relationships including friendships, family and romantic relationships
2. Explain the influence intimacy has on culture, individual differences, experiences, and relationships
3. Explain how personality, self-concept, attraction, expectations and communication styles impact personal relationships
4. Describe the formative influences on intimacy including attachment, family relationships and cultural messages

**WTPP – 130 Communicating with Difficult People** -30 Hours - This course introduces effective communication techniques and strategies. Students will discover ways to navigate through pressured situations and learn techniques to avoid getting caught up in defensiveness and other dysfunctional communication styles.

As a result of this training, students will be able to

1. Recognize statements and actions that are likely to provoke difficult behavior in others
2. Describe basic communication skills including paraphrasing, asserting, and questioning
3. Describe techniques to maintain emotional control under pressure
4. Describe skills that promote merging with and managing conflicts

**WTPP – 140 Understanding Addictive Thinking – 30 Hours -** Discover what constitutes addictive thinking, biological origins, and different types of addictions. This course reviews strategies and skills to overcome addictive thinking patterns addressing common and atypical addictions.

1. Distinguish between the different models of addiction
2. Explain negative thinking patterns inherent in addiction and how positive psychology skills can minimize these patterns
3. Identify specific behavioral patterns caused by addictive thinking
4. Develop strategies to change addictive thinking patterns

**WTPP – 150 Mindfulness and Stress Management – 30 Hours -** This course introduces the science and practice of mindfulness in the context of mental well-being. Students will practice various forms of mindfulness and meditation as well as other stress management techniques. Learners will build knowledge of how stress manifests in their lives and build a toolbox of coping skills to mitigate its harmful effects.

As a result of this training, students will be able to

1. Explain the empirical evidence of the benefits of mindfulness
2. Identify symptoms and effects of stress
3. Implement forms of coping and self-care skills
4. Teach mindfulness practices to a selected population

**WTPP – 160 Post-Traumatic Growth and Resilience** – 30 Hours - In this course, students will learn about topics surrounding the “Positive Psychology of Trauma”. This will include post-traumatic growth (PTG) and emotional resilience that can help individuals move forward from tragic circumstances to become successful in their lives. Psychotraumatology, the study of psychological trauma, is relatively new to the field of psychology. In this class, students will explore the positive spectrum of the posttraumatic experience in the context of human strength and resilience through engaging in a series of exercises used to promote growth after traumatic life events.

As a result of this training, students will be able to

1. Name symptoms of posttraumatic stress
2. Explain the concepts of resilience and post-traumatic growth
3. Identify posttraumatic growth principles and elements of multiple models of PTG
4. Describe techniques to manage traumatic stress reactions