



Certificate in Applied Positive Psychology

training the change agents of the world

Description and Outline

Created and led by **Emiliya Zhivotovskaya, MAPP, ERYT**

Guest Facilitator: Louis Alloro, MeD, MAPP, & Carin Rockin, MAPP

Guest Speakers: Sonja Lyubomirsky, PhD, Robert Emmons, PhD, Stephen Post, PhD, Andrew Newberg, MD, Todd Kashdian, PhD and Gayatri Devi, MD

Description:

Positive psychology (PP) is a new and rapidly growing field that demonstrates what individuals, organizations and communities need in order to flourish. Where traditional psychology focused on fixing what was wrong in a person, positive psychology aims to create more wellbeing, happiness and life satisfaction. While philosophers have long investigated the nature of happiness, it was not until 1998 that scientists coalesced to explore well-being through systematic and multi-faceted research. To date, thousands of PP studies have been conducted and papers published. However, there are few organizations training individuals in this fresh knowledge and innovative set of practices. The Open Center is therefore delighted to offer one of the first certificate programs in the country in both the theory and application of Positive Psychology. It is intended to benefit both individuals and those working with clients, organizations and communities.

This 150-hour, 6-month program is designed around the model of Flourishing developed by Dr. Martin Seligman, founder of Positive Psychology, with an added emphasis on physical well-being. It consists of six modules focusing on Positivity, Engagement, Relationships, Meaning, Achievement and Vitality (PERMA-V).

Each module includes:

- 1 weekend on site.
- 1 online webinar with a leading PP expert.
- 2 tele-classes with online videos.
- 1 interview call with a positive psychology practitioner.

Each module is designed to provide participants with the depth of knowledge, theory, tools and research to demonstrate and teach PP to others.

Students receive reusable power points, research summary pages, measurement tools, worksheets and bonus material.

The certificate will be of special interest to educators, coaches, managers, consultants, human resource personnel, executives, leaders, facilitators, yoga teachers, nutritionists, body workers, doctors, psychologists and other mental health/wellness practitioners.

Get certified to become a Positive Psychology Practitioner (PPP):

Positive Psychology Practitioners are experts in the theory, science and application of positive psychology and use this knowledge to help individuals, organizations and communities build the six pathways of flourishing: enhanced positive emotions, experiences of engagement and meaning, authentic positive relationships, accomplishment and vitality.

Positive psychology practitioners use validated measures of well-being and tested interventions to inform their work. They also use this knowledge in human flourishing to create and test new interventions.

Positive psychology practitioners disseminate positive psychology knowledge to individuals and advise others on how to construct systems and practices to create flourishing.

Program Details:

On Site Venue: New York Open Center; 22 E. 30th Street, New York, NY 10019

Distance Learning: Online and via teleconference and web conference

March 2014 – October 2014: 7 weekends, Saturdays & Sundays, 9am–6pm

March 15 & 16, April 12 & 13, May 17 & 18, June 7 & 8, July 12 & 13, September 6 & 7, October 11 & 12

Free Introductory Sessions:

Free intro Sunday, Sept. 7, 6–8pm at the New York Open Center [click here to register](#)

Free webinar [July 13](#) & [Aug 24](#), 1–2:30pm

Contact Emiliya (emiliya@emiliya.com or (212) 356-8747) with questions.

Registration and Fees

A 6-MONTH CERTIFICATE PROGRAM

12FP40S CEUs [click here](#)

\$3,950 (No Member Discount)

\$3,650 Early Bird registration by February 10.