

PSYC90094 Positive Psychology in Practice

Credit Points:	12.5						
Level:	9 (Graduate/Postgraduate)						
Dates & Locations:	2016, Parkville This subject commences in the following study period/s: April, Parkville - Taught on campus.						
Time Commitment:	Contact Hours: 24 hours (3 x 8 hour workshop days) Total Time Commitment: 170 hours						
Prerequisites:	<table border="1"> <thead> <tr> <th>Subject</th> <th>Study Period Commencement:</th> <th>Credit Points:</th> </tr> </thead> <tbody> <tr> <td>PSYC90093 Introduction to Positive Psychology</td> <td>February</td> <td>12.5</td> </tr> </tbody> </table>	Subject	Study Period Commencement:	Credit Points:	PSYC90093 Introduction to Positive Psychology	February	12.5
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PSYC90093 Introduction to Positive Psychology	February	12.5					
Corequisites:	None						
Recommended Background Knowledge:	None						
Non Allowed Subjects:	None						
Core Participation Requirements:	For the purposes of considering requests for Reasonable Adjustments under the Disability Standards for Education (Commonwealth 2005), and Students Experiencing Academic Disadvantage Policy, academic requirements for this subject are articulated in the Subject Overview, Objectives, Assessment and Generic Skills sections of this entry. It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this course are encouraged to discuss this matter with the Student Equity and Disability Support Team: http://www.services.unimelb.edu.au/disability/						
Coordinator:	Assoc Prof Lindsay Oades						
Contact:	School of Melbourne Custom Programs profcert-pospsych@unimelb.edu.au (mailto:profcert-pospsych@unimelb.edu.au)						
Subject Overview:	This subject complements and extends learning from "Introduction of Positive Psychology" by examining (a) common positive psychological practices and their evidence and (b) how positive psychology interventions and programs are designed, delivered and evaluated. Practices explored will include positive psychology coaching, strengths-based interventions, mindfulness-based interventions and community level well-being programs. The applications of positive psychology will be explored at multiple levels from individual, family through to organisations (particularly health and business sectors) and policy level. Students will be enabled to design and evaluate interventions in work contexts relevant to them, including the use of positive psychological/well-being measurement.						
Learning Outcomes:	At the completion of this subject, students should be able to: <ol style="list-style-type: none"> 1 Design a positive psychology program based on existing theory and evidence. 2 Evaluate a positive psychology program using appropriate positive psychological measurement and evaluation methods. 3 Apply contemporary evidence on positive psychological interventions. 4 Demonstrate key introductory skills of positive psychology coaching. 						
Assessment:	Consultant submission – Design an evidence based positive psychology intervention tailored to an organisational setting (1500 words), due two weeks after the first workshop day - 35% Practicing positive psychology coaching: Coach and be coached using positive psychology coaching. (2500 words related to coaching skills and coaching experience, coaching participation), due two weeks after the second workshop day - 40% Consultant report – Evaluating a positive psychology intervention. Links to Assessment 1. Description and mock						

	report of an evaluation of the intervention (1000 words including appendix), due two weeks after the final workshop day - 25%
Prescribed Texts:	Loman, Hefferon, Ivtzen (2014). Applied Positive Psychology: Integrated Positive Practice. London: Sage.
Breadth Options:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	<p>Graduates will develop the following generic skills:</p> <ul style="list-style-type: none"> # Problem-solving skills, including engaging with, researching and identifying strategies to solve unfamiliar problems and bring about change. # Analytical skills and the ability to construct and express logical arguments. # To learn to critically investigate, modify and adapt new ideas and approaches. # Plan effective work schedules and meet deadlines. # Verbal and written communication skills. # Change management skills. # Use of evidence and data.
Links to further information:	http://www.commercial.unimelb.edu.au/courses
Related Course(s):	Professional Certificate in Positive Psychology