

NEWSLETTER

ENPP 2013 Q4



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Dear Members of ENPP!

Exactly one year ago, on the 21st of December 2012 the Earth was professed to end. People now seem to agree that it did not.

Often positive psychology has had similar proclaims confronting it, and it is still around also. Indeed, much of the criticism seems to strengthen our field. As it should, I should say. For what would a science be without intelligent and honest criticism to test proposed theories. Question mark not necessary.

With a registered membership now around 1.100, we look forward to the 7th European Conference on Positive Psychology in Amsterdam, I hope to meet many, hopefully very many, of you there. It is a great opportunity to get together with colleagues sharing your interest in contributing to a better world by means of positive psychology, and a great way to gain state-of-the-art insight in the science and practice of positive psychology.

Positive Psychology has grown so strong, measured on publication, impact and influence, that it could now be considered a genuine sub-discipline of psychology like for instance social psychology. Yet, while tempting, maybe positive psychology is better conceived of as an overarching dimension of all psychological disciplines, focusing specifically on the well-functioning and the well-being from each perspective. And yes, it can be argued that this should not be necessary, but our ubiquitous negativity-bias continues to make it, I would respond.

Hans Henrik Knoop
President of ENPP
(2010-2014)

GREETINGS!

Dear Members of ENPP,

May this newsletter find you well and thriving, and may I on behalf of the Executive Board of ENPP convey season's greetings to all of you and your families.

If not earlier, hope to see you in Amsterdam!

Take care out there,

*Hans Henrik Knoop
President of ENPP*

Upcoming events

European Conference on Positive Psychology 1st – 4th July 2014 in Amsterdam

Less than a year to go.. From the 1st to the 4th of July 2014 the seventh European Conference on Positive Psychology will take place in Amsterdam, the Netherlands. The Trimbos Institute will be hosting the conference in a consortium with the University of Twente and the Netherlands Institute for Social Research, and in close collaboration with the ENPP (European Network on Positive Psychology).

We are looking ahead for a very exciting program! The conference aims at an extensive coverage of topics within positive psychology featuring renowned speakers such as Barbara Fredrickson, Carmelo Vázquez, Hans Henrik Knoop and Felicia Huppert. Also, some Dutch hotshots in positive psychology will be presenting, such as Wilmar Schaufeli, Professor in organizational psychology, who has organized a key symposium on thriving in healthy organizations and Ernst Bohlmeijer, Professor in mental health promotion, who will speak about integrating positive psychological principles into mental health care. The closing of the conference will be done by Mihaly Csikszentmihalyi with a view on the future of positive psychology. In between, visitors will be inspired by keynote symposia, oral and poster presentations and an interactive lunch festival. The social program includes a cultural evening on positivity and culture, presenting James Pawelski, Director of Education and Senior Scholar in the Positive Psychology Center at the University of Pennsylvania, and Jan Auke Walburg, professor in positive psychology. Next to the regular themes, innovative themes such as positive design and technology, and positive aging are included. During the conference special tracks will be organized around work, schools and positive health.

The Call for abstracts has been send to our contacts and currently, we are receiving the first registrations, submissions for (poster) presentations and workshops (see <http://www.ecpp2014.nl/abstract-submission>). The deadline for submission of proposals is due at January 31st 2014 and we would like to invite you all to submit your ideas before that time. Our scientific committee consists of a team of prominent researchers in positive psychology and is about to review all proposals (for the list of people in the scientific committee, see <http://www.ecpp2014.nl/organisation/scientific-committee>). If you will come to the conference, don't wait too long to register for your attendance. Until March 31st a considerable discount on the registration fee is provided.

A newsletter is published every two months to follow the progress of the conference and to hear more about the talks from the keynote speakers. The first newsletter was published recently. It

contains some welcoming words from the chair of the conference, Jan Auke Walburg, and Professor Pieter Desmet who organizes a -key symposium on positive design, explains what design may have to do with positive psychology. New IPPA President and Professor in psychopathology at the Complutense University at Madrid, Carmelo Vázquez, is one of our keynote speakers. In the newsletter he argues that positive psychology is a necessary complement to our view of human functioning, even in conditions of distress and malfunctioning. Already 300 people registered for the newsletter via <http://www.ecpp2014.nl/newsletter>. Also, via Twitter you can follow us.

The conference is held in an architectonic monument in the Netherlands: the Beurs van Berlage, situated in the centre of the dynamic city of Amsterdam. We would certainly recommend extending the stay in Amsterdam with a few days to enjoy the city's attractions. For example, Amsterdam is home to many of the world's most acclaimed museums, such as the Rijksmuseum, the Van Gogh Museum and the Anne Frank House.



Do you want to promote the conference? Please forward this message to your (LinkedIn) network, or download and use our ECPP Flyer. We would be very thankful for that.

And let's introduce our project team who will make the conference happening:

Jan Walburg, CEO of Trimbos Institute and Professor in positive psychology. He is the chair of the ECPP 2014. jwalburg@trimbos.nl

Neeltje Vogels - Research associate at Trimbos Institute and project manager of the ECPP 2014. She is the main person to contact with in case of questions regarding the conference. nvogels@trimbos.nl

Marja van der Meulen - Owner of M2support and conference organizer. She helps with the registration, logistics and communication. info@m2support.nl

Linda Bolier - Research associate at Trimbos institute in positive psychology and sparring partner for the project team. lbolier@trimbos.nl

We hope to see you in Amsterdam at the ECPP 2014!



News from Italy

Education

Educational opportunities to learn positive psychology are prominently provided in the clinical and health domains. At the University of Bologna, Giovanni Fava and Chiara Ruini are actively engaged in the integration of positive psychology within the Master degree in Clinical Psychology. A six-credit course is available on "Clinical Applications of Positive Psychology". The course is taught in English and it attracts foreign students involved in Erasmus and Overseas programs. A module on Well-Being Therapy, Mindfulness and Positive Interventions is also included in the course of Psychotherapy. Every year internationally renowned scholars working on well-being related topics are invited as visiting Professors. At the University of Milano, students of the Medical School – future physicians, nurses and other health professionals - are trained in health psychology and doctor-patient relationship through a positive psychology approach. To this purpose, Antonella Delle Fave and Marta Bassi authored a textbook in Italian ("Psicologia e salute", 1st edition 2007, 2nd edition 2013) that has been increasingly used as reference textbook for health psychology courses in several other universities as well.

Associations

Italy has the first formal national association of positive psychology in Europe. The Italian Society of Positive Psychology (Società Italiana di Psicologia Positiva, SIPP) was founded back in 2004. It comprises a group of academics and professionals extremely active in positive psychology research and application. In line with the Society's aim of disseminating positive psychology in Italy, a national conference has been organized each year since 2007. In addition, the SIPP steering group is active in publishing books and articles in national and international journals and in keeping SIPP members up to date with a regular newsletter.

Read more about SIPP: <http://www.psicologiapositiva.it/home.htm>.

POSITivitiES: promoting well-being in European Schools

Together with research and educational institutions from Spain and Denmark, Italy is partner of an ongoing Comenius project aimed at developing a training program addressed to teachers of primary and secondary schools. The training program derives from the joint effort of researchers and teachers from the three countries. It aims at improving the quality of learning and teaching experience through the support of attention, emotion regulation, self-efficacy, self-determination, flow, engagement, meaning and cooperation. It comprises eight modules, each of them addressing

one of the above listed topics through a theoretical introduction, exercises for individual practice, and pedagogical resources for application in the classroom. The final version of the program will be available to all the interested European schools by end October 2014. Additional information can be found at <http://positivities.eu/en/>.

Conferences and events

The 7th national conference on positive psychology will be held in Florence in June 6-7 2014. The conference title is “Positive psychology and the challenge of complexity”. The current IPPA President, Prof. Carmelo Vazquez, has been invited as keynote speaker.

Italy’s country representative is Marta Bassi, also President of SIPP. E-mail: marta.bassi@unimi.it



News from Germany

There is a growing interest for topics from the field of Positive Psychology in Germany. In academia, Positive Psychology is very present – although not always labeled as such: A survey conducted by Michael Eid in 2011 revealed that German universities provide regularly seminars on topics such as well-being, life satisfaction, optimism or self regulation – to name just a few. And Dominik Dallwitz-Wegner (Board Member of ENPP and former country representative, Germany) is increasingly invited as a guest speaker on Positive Psychology to different universities.

Concerning the research activities in the field of Positive Psychology, Michael Eid found a large body of research conducted by German researchers on topics such as well-being, (life) satisfaction or self-regulation, with an internationally comparable quantity.

Positive Psychology is also present in the public: “Well-being” is very popular in the media since many years. Just now, the TV-channel ARD (one of the biggest TV-channels in Germany) reported for one week about all different aspects of happiness. Business and politics discuss alternatives to the gross domestic product to measure common wealth, and a commission of the German Bundestag entitled “Growth, Wealth and Life Satisfaction” has been implemented (<http://www.bundestag.de>).

Also in the field of Education we can see a promising development: Until today, more than 100 schools have implemented the school subject “happiness” – a project developed by Ernst Fritz-Schubert and his team (more information under www.gluecksstifter.de and www.fritz-schubert-institut.de).

As a conclusion, we can say that the interest for Positive Psychology is growing in public as well as in academia. Now, a stronger formalization of Positive Psychology programs should be focused in the future.

If you would like to contribute to the development of Positive Psychology in Germany, please contact us at www.positive-psychologie.org or contact directly the current ENPP country representative Corinna Peifer at corinna.peifer@leuphana.de

Associations

ENPP Germany is a network of researchers and practitioners from the field of Positive Psychology. The network’s aims are

- to support the exchange of interested researchers and practitioners
- to promote the visibility, research and application of Positive Psychology in Germany and



- to integrate Germany into the research-based international activities of the field.

For further information please visit our website at www.positive-psychologie.org. If you are interested in contributing to the network, you are very welcome to contact us!

In 2013, the German-speaking Association of Positive Psychology (GAPP) was founded and is now officially active. GAPP's goal is to bring the concept and methods of Positive Psychology to the attention of a broader public in the German-speaking countries. GAPP supports the practical application of PP in areas such as coaching, psychotherapy, counselling, school, business and politics. GAPP wants to serve as a communication platform for initiatives which are rooted in academic application of PP. Guidelines for certification of applied trainings in PP have already been developed. In Germany the first trainings which are based on these guidelines have now started. The board consists of renowned university professors from Germany and Switzerland: Prof. Michaela Brohm, Prof. Michael Eid and Prof. Willibald Ruch. For further information please see: www.dach-pp.eu

Conferences and events

Positive Psychology and Learning [Positive Psychologie und Lernen]

04.-05.05.2014, Trier, Germany

For more information please go to http://www.mach-bildung.de/Mach_Bildung/Home.html

Congress: Applied Positive Psychology in Coaching, Leadership and Business [Angewandte Positive Psychologie in Coaching, Leadership & Business]

05.-06.07.2014, Rosenheim, Germany

Experience Positive Coaching and Positive Leadership as practical approaches for everyday business. Presentations and workshops with Martin Seligman, Robert Biswas-Diener, Daniela Blickhan, Günther Lueger, Christian van Nieuwerburgh among others. More information at

<http://www.positivepsychologie.eu>

Congress: Update on Positive Psychology

12.-13.07.2014, Berlin

Martin Seligman outlines the latest developments. Mihály Csíkszentmihályi talks about news in flow research. Many other speakers provide insight into practical applications of Positive Psychology. More information at <http://www.positivepsychologie.eu>

Workshop: The Power of Positive Emotions [Die Macht der guten Gefühle]

27.-29.06.2014, Graz, Austria

Barbara Fredrickson: How a positive attitude can permanently change your life. Lecture and



workshop with Barbara Fredrickson on the power of positive emotions and positive resonance. New impulses for counseling, coaching, education, everyday life and therapy. More information at <http://www.positivepsychologie.eu>

Miscellaneous

Conference in Bhutan

Note from Changa Dorji , Royal University of Bhutan: We are pleased to inform you that the 3rd Creative University Conference called "Creative Economy, Creative University and Creative Development: Ideas, Knowledges and Paths towards Sustainability, Happiness & Wellbeing" will be jointly organized by the Institute for GNH Studies (iGNHaS), RUB, International Creative University Network, Global Studies in Education (CGSE, Waikato University, New Zealand), and Future Education Groups & Organization Studies, University of Marburg, Germany, from 14 to 16 April 2014. The Conference will be held at the University Convention Centre, Office of the Vice Chancellor, Thimphu.

We will appreciate if you could disseminate the Joint Call for Papers amongst University researchers and scholars and encourage submission of abstracts/workshop proposals that address any of the four thematic forums/workshops described in the Joint Call.

We are pleased to inform you that the last date for submitting an abstract (1000-1500 words) has now been extended up to 30 December 2013.

http://www.kyoto-bhutan.org/en/news/71_2013-11-05.html

Positive psychology in Bosnia and Herzegovina

By Sabina Alispahić, ENPP country representative for Bosnia and Herzegovina

In the last few years, the field of positive psychology has gained a lot of interest in Bosnia and Herzegovina. A few positive psychology workshops have been organized in Sarajevo and Tuzla, and also department of psychology in Banja Luka is offering course in positive psychology. In recent years there has been quite a lot of research in this field. I am happy to say that the influence of positive psychology is present here and is taking root in many aspects of living.

Sabina Alispahić, PhD, is a teaching assistant, working at the Department of Psychology, Faculty of Philosophy in Sarajevo. Her research interests are: motivation, human needs, Maslow's theory of motivation, and Self-determination Theory.



Certificate In Whole Person Positive Psychology

London. UK: Ashridge, July 2014- August 2015

A whole-person approach to positive psychology and optimal well-being developed and taught by one of the leading experts in the field, Dr. Tal Ben-Shahar. This year-long online and onsite course offers an in-depth, integrated exploration of the science and direct application of positive psychology—the study of individual and societal flourishing—in all aspects and all stages of life. Learn More: www.wholebeinginstitute.com/cipp/uk

Oslo Summer School in Comparative Social Science Studies 2014

University of Oslo is proud to announce a Ph.D course in Positive Psychology in week 30 (July 21th – 25th) 2014 at the University of Oslo, Norway. The title of the course is: Positive Psychology and the Challenge of Diversity in Well-being Promotion. The course is given by Antonella Delle Fave from the University of Milan. Delle Fave was one of the contributors to the seminal millenium issue of American Psychologist (edited by Seligman & Csikszentmihalyi) in which positive psychology was launced and she has served as president for the International Positive Psychology Association (IPPA).

You find all relevant information about the Summer School and the course in positive psychology here: <http://www.sv.uio.no/english/research/doctoral-degree/summer-school/index.html>

European Flow Researchers Network EFRN

In order to foster and systematize future research on the phenomenon of flow-experience, European flow-researchers have founded a European Flow-Researchers Network in 2012. A first official meeting was held in Trier, Germany, in December 2012.

Main aims of the network are:

- to develop a common understanding of concept and measurement of flow
- to stimulate scientific exchange
- to facilitate cooperation for research and funding
- to foster scientific progress



The second annual meeting of the EFRN in Eastbourne on 29-30 November 2013, hosted by the University of Brighton, was a great success, with members from Denmark, France, Germany, Italy, Portugal, Spain, Sweden, the Netherlands, and the United Kingdom attending. The psychophysiology of flow group met on Friday the 29th and the general meeting took place on Saturday the 30th. Hanneke van Bruggen was invited as a speaker this year, to share her extensive experience as the former organizer of the successful European Network of Occupational Therapists in Higher Education

(ENOTHE), amongst many others. As a result of her guidance, the EFRN meeting focused on formalizing and tightening up the organization of the EFRN, agreeing on collaborative projects and beginning to establish better networks of communication, both amongst members of the group and with the outside world. Subcommittees were formed and tasks delegated, including the formation of a mission statement and goals for the coming half year, ahead of the next half-session meeting of the EFRN at the ENPP conference in Amsterdam in July 2014.

Future meetings are planned on a yearly basis, plus half-session meetings at the ENPP and IPPA conferences.

For further information on the network or if you are interested in joining us, please find us on Facebook and on the ENPP-website: <http://www.enpp.eu/index.php/research-projects/european-flow-network> or send an email to the coordinator of the network: Dr. Jon Wright at J.Wright@brighton.ac.uk

