

NEWSLETTER

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Dear Members of ENPP!

Gratitude is what comes to my mind when writing this first message to you after being elected as the president of ENPP. I want to express my gratitude to all of you and to my fellows on the ENPP board for the trust. I would also like to thank Hans Henrik Knoop for being a great president and Gitte Bjerre for being a fantastic secretary and I'm glad that they are both still with us on the board, Hans as past president and Gitte now as a formal board member. Antonella Delle Fave and Teresa Freire have decided to step down from the board after years of service and I would like to thank them for their great work for ENPP, it has been a true privilege working with both them. A new board member has been selected whom I truly welcome. Most of you know Professor Jan Walburg from the Netherlands, who hosted ECPP7 2014. Jan has worked hard on bridging the field of positive psychology and public health which I believe is very important for future development of the field. After resigning as Executive Secretary Gitte has now become a member of the board. Last, but not least, I want to welcome our new Executive Secretary for ENPP Gudrun Snorraddottir from Iceland.

I would also like to express gratitude to the great team of ECPP7 in Amsterdam and wish the team of ECPP8 all the best!

It is an exciting time for positive psychology in Europe where there is continued increase of interest in wellbeing, happiness, positivity and flourishing in different settings. This interest goes way beyond the field of psychology in schools, workplaces, at local community level and on a national level with a request for a whole society approach towards wellbeing. It is important to strengthen the research in this area and apply the results in the field. That, I believe, is best done in collaboration between sectors. Determinants of happiness and wellbeing are complex and are related to many sectors, therefore we need to collaborate between health, social, education and labour at least when we aim for a flourishing individuals in a flourishing society.

Dora Gudrun Gudmundsdottir
President of ENPP



GREETINGS!

Dear Members of ENPP,

Welcome to the third ENPP Newsletter this year. The aim of the newsletter is to keep you updated on what is happening across Europe and hopefully inspiring you in your own work with positive psychology.

*Dora Gudrun
Gudmundsdottir
President of ENPP*



Further information on ENPP can be found on our website:

www.enpp.eu

Editorial team: Dora Gudrun Gudmundsdottir, Gudrun Snorraddottir, Gitte Bjerre, Dominik Dallwitz-Wegner

Positive psychology in Turkey

By Dr. Emine Sevinç Çağlar, country representative for Turkey
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First of all; before introducing the strides in Turkey in the field of positive psychology, I would like to present my warmest greetings to all worthy colleagues.

Apparently, interest and research that focus on what it takes to make people happier, more successful, or the secret path to 'good lives'; had been enduring long before the establishment of positive psychology as a subfield within the science of psychology. A glance at literature, globally, proves that either philosophical or scientific; these phenomena have been handled since the ancient times. Turkish lore does not draw apart from this trend. In philosophical or religious texts; concepts such as happiness have been treated since thousands of years. As purely scientific research, however, date is not very old, going in parallel with the developments in US and in Europe.

Browsing theses, as a starting point, is a good way to form an opinion about the depth of research conducted on a particular subject. So that; a thorough analysis on completed theses relevant to the concepts of positive psychology reveals that studies in Turkey began around late 1980s going through 1990s concerning self-esteem, self-efficacy, optimism, and hope. Though, research regarding satisfaction of life or work is rife, and dates long before than that. In 2004, the first doctoral thesis by M. T. Dost, was conducted regarding subjective well-being. This is also the time that pace of research and interest on positive psychology strikingly accelerates.

The first book in Turkish that treats positive psychology concepts was published in 2010, in the field of organizational behaviour, edited by Professor Güler İslamoğlu. It is named 'Kurumlarda İyilik de Var' can be translated as: In institutions, there is well-being as well. Its focus is on the encouragement and strengthening of positive behaviours, in line with positive psychology approach, for the benefit of the institution. Work engagement, organizational citizenship, and trust are some of the topics covered in the book.

Later in 2012; another book that is involved with positive psychology was printed. It is named 'Positive Psychology to Manage Crisis'. The writers are Professor Dr. Nevzat Tarhan, and psychologists; Orhan Gümüşel and Aynur Sayım. It takes positive psychology approach to deal with crisis and stressful events. The book came out with the work of a team of 12 experts in various fields of psychiatry and psychology, and offers practical applications for readers to handle crisis situations in daily life. The main emphasis was on the built up of intellectual skills that positive psychology stresses to expertly manage crisis.

The writer of the latter book, Professor Tarhan is at the same time the founding rector of Uskudar University. It opened its doors as the first thematic university of Turkey in the field of Behavioural Health and Sciences, and received its first students in the 2012-2013 academic years. It is the only institution that has 'positive psychology' as a compulsory course in the core curriculum of undergraduate program for psychology. Since 2011, they have been organizing seminars as well, on positive psychology.

However, several other privately owned institutions mostly formed after 2005, offering therapy, counselling or training from the standpoint of positive psychology, exist. They function in various domains of psychology but their common focus is on the positive perspective. For example, one of these institutions named 'Pap Parenting' established in 2009 reveals itself as a parenting school for positive and aware parents. Mainly, its scope is on family and child therapy, at the same time, they are organizing seminars and training in this field. Another one named as 'Positive Performance Institute' offers counselling for senior executives, and trainings for employees' of companies. Istanbul Pozitif Psikoloji Akademisi is another example. They organize workshops on various topics of positive



psychology. On their announced program for 2014, the topics include 'hope and struggle', 'love and anger', 'happiness and sorrow', 'burnout and curiosity', and more. Everyone is welcomed in these workshops. The topics are discussed under the supervision of expert psychologists.

Since 2012; 'The Journal of Happiness and Well-Being' has been published both in Turkish and English. The content of it, as the name suggests, is related in positive psychology and happiness studies. It is an online international electronic journal, published two times a year (January and July). As the editor-in-chief Dr. Tayfun Doğan puts forth, it is the first and still only the scientific journal in our country that is directly related to positive psychology research. 4th issue was announced recently in July 2014. Articles may be contributed at any time for publication consideration. The reviewing process usually takes from three to eight weeks; author revision and the editorial/production cycle may take up to three months. Ideally, papers should be submitted to Dr. Tayfun DOĞAN (hapeditor@gmail.com) electronically as a word-processed file.

As a final word; positive psychology, although it is quite a new area, empirical research is rapidly going up in Turkey. When the reflection of positive psychology into psychological services is considered, the cultural elements of the country should not be overlooked. The proclivity for indulgence and unconditional acceptance can be traced in most of the ancient teachings of Turkish culture; such as in Mevlana's (the great Anatolian mystic, poet, and philosopher, the world-renowned humanist). Teachings of him attached importance to the inner power and the human's strong aspects. Such an approach is closely related with, and also pretty much encouraging for the progress of positive psychology. Thus, there is no doubt for a promising future of positive psychology in Turkey, although there is still a long way to go.

*'There is a life-force within your soul, seek that life.
There is a gem in the mountain of your body, seek that mine.
O traveler, if you are in search of That
Don't look outside, look inside yourself and seek That.'* Mevlana Cemaleddin-i Rumi

Dr. Emine Sevinç Çağlar, Beykent University, Istanbul, Turkey

The logo for the Swiss Positive Psychology Association (SWIPPA) features the word "swippa" in a bold, lowercase, sans-serif font. The "sw" is in red, and the "ippa" is in black. A small red cross is positioned above the "i".

The Swiss Positive Psychology Association (SWIPPA) has been founded recently in Zurich; <http://www.swippa.ch/>.

Professor Dr. Willibald Ruch from The University of Zurich is the current president of the association. SWIPPA wants to foster and help cultivating research and evidence-based practice in positive psychology in Switzerland. A first one-day meeting with international speakers will be held on November 21st, 2014 in Zurich

see here for details: <http://www.swippa.ch/veranstaltungen.html>



Positive psychology in Denmark

By Nina Tange, country representative for Denmark
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Denmark has again and again been ranked as the happiest nation in the world. So of course the happy Danes should have a master's program in positive psychology 😊

In August 2014 the Master of Positive Psychology (MoPP) became a reality – and since then the interest has been overwhelming. We have been able to accept 80 students into the program annually – but many more have applied. The MoPP students are mid-career professionals with lots of experience from different fields (such as education, HR, consulting, healthcare etc).

The Master's program is developed, designed and run by a small group of people: Hans Henrik Knoop, Frans Ørsted Andersen, Ib Ravn and Nina Tange.

While designing the master's program the challenging task of applying positive psychology research to professional practice was of utmost importance to us: How may we intelligently apply the insights of positive psychology, so that managers, consultants, educators may refine their practices in ways that are suitably based in research and theory?

Learners of positive psychology are often tempted to apply the well-documented interventions of positive psychology: Three good things, using signature strengths in new ways, count your blessings, gratitude letter, (Reflected) Best Self Exercise etc. However, we see a need for positive psychology practitioners and professionals to find new, context-appropriate ways of improving practice, while retaining the foundation in scientific research. So we have developed an intervention methodology and a template for the assignments, which try to do exactly that:

For their written assignments, the students at MoPP are required to

- 1) create and develop new tools based on positive psychology research.
- 2) apply these tools and interventions in their own organizations
- 3) gather information about the results of the interventions. This is done through research interviews and questionnaires.
- 4) do a scientific discussion of the results of the interventions

By designing the MoPP assignments like this, we provide our students with opportunities for

- 1) creative transformation of scientific research into useful tools for real-life challenges
- 2) real-life learning through the students own experiments in their own organizations
- 3) relevant gathering of scientific empirical data – and the reflections which needs to go along with that
- 4) critical reflections on which results the interventions have created – how these results are created – and why.

So far the assignments have lead to students who

- 1) become innovative designers of new positive psychology interventions.
- 2) find it important and meaningful to try out the interventions in their own organizations.
- 3) get a greater understanding of why the interventions produce the results they do.
- 4) do critical reflections on what positive psychology interventions can and cannot do.

Our students find the assignments motivating, useful and meaningful. Apart from this, the assignments also create an exciting knowledge bank of a variety of interesting new tools and interventions – all based on scientific research.

If you are interested in hearing more about our experiences, please do not hesitate to contact me at: nina@edu.au.dk



Fact box: Master of Positive Psychology (MoPP)

- MoPP started in 2011 and is placed at Aarhus University
- MoPP is a two years master programme for mid-career professionals with several years of experience
- 80 students are accepted into the program annually
- MoPP students come from both public and private sector. They hold jobs in different fields - primarily education, HR, consulting and healthcare.
- The first MoPP students finished in June 2013. So far 95 students have graduated
- The MoPP students are required to develop new research-based interventions for their own organization, try out the interventions, and do a critical scientific evaluate of the interventions and the results they create.

JOHN TEMPLETON FOUNDATION
SUPPORTING SCIENCE - INVESTING IN THE BIG QUESTIONS

The John Templeton Foundation

The autumn open-submission call for proposals for the John Templeton foundation is open now until October 1, 2014. Visit <https://portal.templeton.org/login> to apply.

The John Templeton foundation (JTF) will distribute \$155M of funding in 2015 (up from \$93M in 2013) for topics that range from quantum physics to the evolution of cultural complexity. A significant proportion of these funds are dedicated to topics falling under the banner of positive psychology.

Topics that are eligible for funding and that may be of interest to ENPP members include the following: self-regulation, self-control, gratitude, forgiveness, joy, wisdom, generosity, honesty, humility, purpose, hope, resilience, well-being, psychology of religion, love, compassion, cooperation, altruism, moral psychology, character development, meditation, creativity, spirituality and health, competition, curiosity, communication, and thrift. JTF funds basic and applied science.

JTF gives grants for up to 3 years in duration and for projects ranging in scope from \$50,000 to more than \$5,000,000. There are no constraints on the nationalities of the principal investigator or project members. The application process begins with an Online Funding Inquiry (essentially a letter of intent); applicants who are successful at this stage are invited to submit a more detailed full proposal. The process includes peer review and is highly competitive: ~85% of proposals considered in the Human Sciences portfolio are rejected at the first stage and ~50% are rejected at the second stage. Priority is given to under-studied research questions.

Learn more about JTF's grant making process here: <http://www.templeton.org/what-we-fund/our-grantmaking-process>

Learn more about Sir John Templeton's philanthropic vision here: <http://www.templeton.org/sir-john-templeton/philanthropic-vision>

ECPP7 in Amsterdam

This year, the European conference on positive psychology (ECP) was held in the Netherlands from the 1st until the 4th of July in an architectonic monument, the Beurs van Berlage, in Amsterdam's city centre. It was a very vibrant, informative and heart-warming event. In total 920 people coming from over 50 countries were attending. We think the appearance of some innovative themes, such as positive technologies and positive design, gave a unique glance to the conference. Also, there was a special cultural evening, featuring MAPP director James Pawelski, xx of the Rijksmuseum on the exhibition Art as therapy and psychologist Ryan Niemec on movies and strengths. Carla Leurs, a Dutch top violinist, played several times during the conference works from Fauré and Bach. Among the many oral and poster session, there were excellent keynotes from well-known speakers such as Carmelo Vazquez, Barbara Fredrickson and Nic Marks.

For anyone who is interested in a look back at the ECP 2014, please visit our website at <http://www.ecpp2014.nl/look-back>

Many of the presentations slides can be approached here via Slideshare, as well as some pictures which give a good idea of the atmosphere during the conference. Also, the livewall of tweets is still available at <http://ecpp2014.livewallstream.com/>.



ECPP8 - in Angers, France - Save the date: 28 June-1 July 2016

We kindly ask you now to save the dates for ECPP8: 28 June – 1 July, 2016 in Angers, France. We really look forward to meet you all there and we promise that we will keep you well informed!

