



Newsletter ENPP 2013 Q1

Greetings!

Dear Members of ENPP,

On behalf of the Executive Board of ENPP, I am glad to be able to hereby launch our first electronic newsletter. The idea of the quarterly newsletter is to present relevant information about the status and development of PP related activities, mainly in Europe – directly to members by mail. We hope you will find it of interest and use. If you have wishes for content or form, please let us know and we will give it some serious thought.

Take care out there,

*Hans Henrik Knoop
President of ENPP*

Current developments

Hosting the ENPP Conferences

The Executive Board of ENPP has decided on a new process for selecting the host of the biannual ENPP conferences, the ECPPs. Next year ECPPP7 will take place in Amsterdam and we expect quite a number of people. In fact the conferences have become quite successful in recent years and this is the primary reason why the Board has decided on a new process: to make sure the success will continue.

If you would like to host ECPP in 2016 please send an application to the ENPP Executive Board. The application should contain information on the applying organization: ideas for scientific programme; economic overview, proposal for location, the organizing committee – academic background and experience. Send the application to the President of ENPP Hans Henrik Knoop: knoop@dpu.dk

The Board has also launched an ENPP Conference Planning Guide, which should be consulted when planning the conference. We look forward to hearing from you!

ENPP regional logo

ENPP is a European network for academics, researchers and practitioners interested in or working within the field of positive psychology. Several European countries, however, have their own national organizations for positive psychology and the Executive Board of ENPP is pleased to announce that it is now possible becoming affiliated with ENPP and thereby strengthening the positive relations across borders and improving the scientific studies. The affiliation is marked by posting a regional ENPP-logo on the national organizations' home page. In order to obtain the logo please send a request to the ENPP Executive Board with details of the organization, people involved in the organization, scientific level, field of practice and academic merits.

Regional activities

Germany: The website for the German organization for positive psychology is online: www.enpp.de Please note that the German organization is the first in Europe to be affiliated with ENPP.

Positive Psychology in France by Charles Martin-Krumm, Ph.D., Associate Professor, President of the French and French Speaking Positive Psychology Association

In the last few months, Positive Psychology was widely widespread in France, thanks different kind of initiatives and in several areas. First of all, special programs were broadcasted on the TV. They were in concern with happiness, how to explain it, how to enhance its level, which kind of exercise. These programs have been very popular on important channels at prime time. During the years 2011 and 2012, many magazines have been published about the same topic, and some of them were explicitly referred to positive psychology. For example, "Ca m'intéresse" which is quite popular in France and in French speaking countries has proposed a series of 3 special issues in concern with "New series: Positive Psychology – Work place, love, friendship... What makes us happy?" In "Cerveau & Psycho", another well-known magazine in French, was a special issue about Positive Psychology. These are just examples. There are some more in major national daily. Things are stirring in France! Moreover, several little books have been published. Some of them are very popular like *3 Kifs par jour* written by Florence Servan Schreiber or *Psycho Positive : mode d'emploi* published recently by Monique Borcard-Sacco. This kind of little books is very important because they propose an introduction to positive psychology, which is easily understandable for everyone. And books in English have now been translated into French like Martin Seligman's, Tal Ben Sahar's or Sonja Lyubomirsky's and Ilona Boniwell. Different websites have been created like (<http://www.psychologie-positive.net/> <<http://www.psychologie-positive.net/>>), or blogs like Charles Martin-Krumm's (<http://charles-martin-krumm-psypos.blogspot.com/> <<http://charles-martin-krumm-psypos.blogspot.com/>>).

The French and French speaking Positive Psychology Association's website is to be open in the next weeks.

Positive Psychology becomes very popular at the moment in France. How is it in a more scientific way? They are only a few French researchers who are involved in developing studies in the field of Positive Psychology, but they are nowadays more and more. In 2009, the French and French Speaking Positive Psychology Association was lunched and since a few days, Charles Martin-Krumm has been elected as its

new President. This is a way to build a network thanks to which French speaking researchers are now more able to communicate about this topic and to put into common their knowledge and research opportunities.

In terms of studies developed in France, links have been established between pain and mindfulness, and another one is ongoing in the domain of gratitude and its potential effects in prevention of discontent and development of prosocial behaviors in children and adolescents (project leader: Rebecca Shankland, University of Grenoble, France – has obtained a special grant of 52000€ from the French government). Furthermore, at least 3 Ph.D. students are working in the field of Positive Psychology at the moment. Martine Regourd-Laizeau, University of Metz, who works in the domain of intervention, EMDR and Positive Psychology, and more precisely developing an optimism protocol, and studying its effects on well-being or performance for example (Supervisor Cyril Tarquinio, University of Metz – Charles Martin-Krumm, University of Western Brittany). Yann Delas begins his Ph.D. research in the domain of hope in the context of schools and sports (supervisor Yvon Léziart, University of Rennes 2 – Charles Martin-Krumm, University of Western Brittany). Florence Delaune begins her Ph.D. research too. She will work with the Well-Being Barometer at the Workplace®, which is a trademark now. She will validate the tool and study the links between several variables, which maybe involved in the wellbeing process. Furthermore, she will examine the way it is possible to train the managers to enhance the level of wellbeing according to these links (supervisor Brigitte Albero, University of Rennes 2 – Charles Martin-Krumm, University of Western Brittany). Finally, several books have been published yet by French researchers. Please find below the main ones:

Boniwell, I. (2012). Introduction à la psychologie positive, science de l'expérience optimale. Paris: Payot.

Shankland, R. (2012). Psychologie positive. Paris : Dunod.

Cottraux, J. (2012). Psychologie positive et bien-être au travail. Paris : Masson.

Martin-Krumm, C. & Tarquinio, C. (2011). Traité de Psychologie Positive : Fondements théoriques et implications pratiques. Bruxelles : De Boeck.

Gaucher, R. (2010). La Psychologie Positive ou l'étude scientifique du meilleur de nous-mêmes. Paris : L'Harmattan.

Mehran, F. (2010). Psychologie Positive et personnalité : Activation des ressources. Paris : Elsevier Masson.

Lecomte, J. (2009). Introduction à la psychologie positive. Paris : Dunod.

Cottraux, J. (2007). La force avec soi : Pour une psychologie positive. Paris : Odile Jacob.

Two special issues in two different journals have been published this year. One is in *Pratiques Psychologiques* coordinated by Rebecca Shankland, and another one in *Cahiers Internationaux de Psychologie Sociale* coordinated by Michaël Dambrun.

What is missing now in France? Probably some degree courses specialized in Positive Psychology, like masters in applied Positive Psychology as the one in Philadelphia or London. However, an Executive Certificate in Positive Leadership has opened in Ecole Centrale Paris, which is one of the most famous

engineer high schools in France. Some courses are included in different kind of trainings (i.e., for teachers at the university of Western Brittany, for practitioner in the domain of physical training or rehabilitation at the IFEPS Angers – Institute of Training in Physical Education and Sports of Angers, or for Physical Education teachers at the Ecole Normale Supérieure). Moreover, intervention programs are needed in France to establish the link between the theoretical approaches and their practical implications. Furthermore, a conference would be a very good opportunity to develop Positive Psychology in France. A first conference was organised in France end of June 2009. Christopher Peterson and Nansook Park were the invited speakers. They have been much appreciated and this contributed to the development of Positive Psychology in the field of health at the workplace (this conference was organised by medical doctors association working in this area).

The main concerns actually in France with Positive Psychology are certainly to go on with wide spreading it, and to make sure that it is not reduced in only a new wellbeing practice, or happiness, or new self-development technique. Its future is probably very promising here!

Conferences and events

7th European Conference on Positive Psychology ECPP7

ECPP7 will take place in Amsterdam, the Netherlands, 2-4 July, 2014. For more information see www.ecpp2014.nl

International Conference on Positive Psychology in the Czech Republic: Message from the Czech representative of ENPP Alena Slezackova:

Let us remind you that Abstract Submission Deadline for presentations at the 2nd International Conference on Positive Psychology in the Czech Republic (CPPC 2013) is approaching. The Conference will be held in May 22-24, 2013 in Brno, Czech Republic.

For more information, registration and abstract submission please visit: <http://www.cppc2013.eu/en/>

University of Oslo: Summer School in Positive Psychology for Ph.D students

University of Oslo is proud to announce a Ph.D course in Positive Psychology in week 31 (July 29th – August 2nd) 2013 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 Milano. Delle Fave was one of the contributors to the famous millennium issue of American Psychologist (edited by Seligman & Csikszentmihalyi) in which positive psychology was launched 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>

Belgium: European Summer School (ESS)

We are currently accepting applications from PhD students and post-docs for this year's European Summer School (ESS), which will take place in Belgium, July 14-21st. The research theme for the event is 'Psychology and Well-Being Research'.

The ESS is organised by the European Federation of Students' Psychology Associations (EFPSA). Our organisation promotes and supports the academic development of psychology students across Europe through a variety of services and events.

Becoming an ESS Research Supervisor provides you with a unique opportunity for academic and personal development. Supervisors are given the chance to lead a group of six bright, talented and motivated European Bachelor and Master-level psychology students.

Further information and details can be found in the Supervisor Information Pack, Supervisor Application Form and Portfolio on: <http://www.efpsa.org/events/ess/>. If you are ready for this challenge, please return your application to Marike Deutz, Research Officer (summerschool@efpsa.org), by 22 February, 2013. Shortlisted candidates will be invited to interview on Sunday, 3 March.

We are looking forward to hearing from you.

Sincerely,
Marike Deutz
Research Officer, Junior Researcher Programme
PhD Student at Utrecht University
summerschool@efpsa.org

France: 2nd Conference on Positive Psychology

The 2nd Conference on Positive Psychology will take place in Metz in France from 21-22 November 2013. For more information please contact Charles Martin-Krumm: charles.martin-krumm@wanadoo.fr

Miscellaneous

There is widespread interest in positive psychology in Europe and in working within the field. It is however difficult finding a research institute or private organization willing to take on internships. ENPP has received two applications from two students looking for internships in Europe. Ms. Ida Schultz is studying Cognitive Science at the University of Osnabrück in Germany. Ms. Nathalie Jasmin Marcinkowski is studying Neuropsychology and Cognitive Science at the Ruhr University in Germany. Both are interested in internships so please contact Ida and Nathalie if you are interested in taking on an intern or have any information, which can assist them in their search.

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