

## **A Special Presentation**

### **Positive Psychology and Authentic Happiness**

With

**Dr. Martin Seligman**

**Sunday, June 29, 2003  
5:00pm to 7:00pm  
(Registration is at 4:30pm)**

**ALASKA PACIFIC UNIVERSITY  
Grant Hall Theatre  
Anchorage, Alaska**

**Co-Sponsored by:**  
Alaska Psychological Association (AK-PA)  
Alaska Pacific University

#### **Presentation Abstract**

Positive Psychology is the study of positive subjective experience, positive character traits, and positive institutions. It represents a sea change in the social sciences, a change from an exclusive concern with healing damage and repairing weakness toward a positive psychology of understanding and building human strength. Research on optimism is an example of Positive Psychology: Optimists achieve more in the workplace, bounce back more readily from defeat, and have better physical health than pessimists. Pessimists, on the other hand, may have the advantage of realism. Optimism is a learnable and flexible skill. I suggest that psychology in this decade will supplement its focus on healing mental illness with a new focus on understanding and building the best things in life.

#### **Presentation Objectives**

- ❖ To be able to define Positive Psychology
- ❖ To learn about research on Positive Experience and Positive Character
- ❖ To learn about optimism as an example of Positive Psychology

#### **About the Speaker**

**Martin E.P. Seligman, Ph.D.**, works on positive psychology, learned helplessness, depression, and on optimism and pessimism. He is currently Fox Leadership Professor of Psychology in the Department of Psychology at the University of Pennsylvania. He is well known in academic and clinical circles and is a best-selling author.

His bibliography includes twenty books and 200 articles on motivation and personality. Among his better-known works are *Learned Optimism* (Knopf, 1991), *What You Can Change & What You Can't* (Knopf, 1993), *The Optimistic Child* (Houghton Mifflin, 1995), *Helplessness* (Freeman, 1975, 1993) and *Abnormal Psychology* (Norton, 1982, 1988, 1995, with David Rosenhan). His most recent book is the best-selling, *Authentic Happiness* (Free Press, 2002). He is the recipient of two Distinguished Scientific Contribution awards from the American Psychological Association, the Laurel Award of the American Association for Applied Psychology and Prevention, and the Lifetime Achievement Award of the Society for Research in Psychopathology. He holds an honorary Ph.D. from Uppsala, Sweden and Doctor of Humane Letters from the Massachusetts School of Professional Psychology.

Since 2000 his main mission has been the promotion of the field of Positive Psychology. This discipline includes the study of positive emotion, positive character traits, and positive institutions. As the science behind these becomes more firmly grounded, Dr. Seligman is now turning his attention to training Positive Psychologists, individuals whose practice will make the world a happier place, in a way that parallels clinical psychologists having made the world a less unhappy place.

### **Presentation Schedule**

4:30 Registration

5:00 Positive Psychology and Authentic Happiness including a Q & A session

### **Continuing Education**

**Positive Psychology and Authentic Happiness** is sponsored by The Alaska Psychological Association (AK-PA). AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program.

Two (2) continuing education credits will be awarded to participants who attend the entire two-hour presentation as offered. Partial credit cannot be given.

**Fees**

**Authentic Happiness  
Sunday, June 29, 2003**

**General Admission: \$10**

**2 CE units: \$25**

**\*\*NOTE: Registration at the door will be available.\*\***

**CANCELLATION POLICY**

Cancellation requests, **IN WRITING**, must be postmarked seven (7) days prior to the start of this event in order to receive a refund. All cancellations are subject to a \$25 processing fee. Authorized refunds will be mailed following the completion of the seminar. AK-PA regrets that no refunds can be issued for ANY reason after the deadline.

**REGISTRATION FORM**

**Authentic Happiness  
(June 29)**

**Please print form and  
mail with payment  
(checks payable to "AK-PA") to:**

**Alaska Psychological Association  
P.O. Box 241292  
Anchorage, AK 99524-1292**

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General Admission Y

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**REGISTRATION FEE TOTAL** \_\_\_\_\_

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