

The Science of Possibilities

Interventions of Positive Psychology for Education, Psychotherapy and Individual Growth



Keynote und Workshop mit Teilnahmebescheinigung
Freitag, 22. Juni 2018, 10-17 Uhr
Universität Trier

Keynote: Prof. Dan Tomasulo, PhD (Columbia University, New York)

Workshop: Dan Tomasulo (Columbia University, New York), Jennifer Cory (New York), Andrea Szucs (Columbia University, New York), Michaela Brohm-Badry (Universität Trier)

Positive psychology is the scientific study of what enables individuals, organizations and societies to best develop and flourish. Thus, the focus of research is on psychological well-being, cultivation of best practices and resources, and applying the potential of people for a best possible life. Topics such as achievement, flow, meaning, emotions, resilience, character strengths, relationships and motivation lead to fascinating areas of human existence.

In this keynote and workshop, basic research findings of positive psychology and accompanying interventions will be presented and explored. We are proud and happy to have leading experts from the USA join us at the University of Trier to share their knowledge on cultivating a fulfilled life.



Prof. Dan Tomasulo, PhD, MFA, MAPP (New York, Columbia University)

Dan Tomasulo, PhD, MFA, MAPP is a core faculty member for the Spirituality Mind Body Institute (SMBI), Teachers College, Columbia University and on teach staff, Master of Applied Positive Psychology, University of Pennsylvania where he works with Martin Seligman.

He is also Director New York Certification in Applied Positive Psychology and honored by *Sharecare** as top ten online influencers on the topic of depression. His memoir, *American Snake Pit: Hope Grit and Resilience in the Wake of Willowbrook*, was recently published by Stillhouse Press.



Jennifer Cory, MS, MAPP, LCSW (New York)

Jennifer Cory, MS, MAPP, is a psychotherapist in private practice specializing in trauma and post traumatic growth; Associate Director of the NY Certificate in Applied Positive Psychology program; and Director and Founder of the HEART Initiative, an organization dedicated to helping individuals with chronic and degenerative illnesses thrive. Jennifer has served on the faculty at Monmouth University and presently serves on the Dean's Council for the School of Social Work there. She holds a Master of Science in Advanced Clinical Practice from Columbia University, School of Social Work, and a Masters in Applied Positive Psychology from the University of Pennsylvania. She is co-author of *The Well-being Journal*, a workbook for building resilience, strengths and meaning in social work and the social services.



Andrea Szucs, LMSW, RDT, SIFI, NYCAPP (New York, Columbia University)

Andrea holds an MSW from Fordham University and an RDT from the North American Drama Therapy Association. She is a graduate of the American Musical and Dramatic Academy. She holds a Certificate in Field Instruction and serves as a Lecturer in Social Work/ Field Instructor for Columbia University, School of Social Work, NYC. Additionally, she holds a certificate in Applied Positive Psychology. In her groups, she works with individuals with cognitive and psychiatric disabilities, building on Positive Interactive Behavioral Therapy, using tools of Drama Therapy, Positive Psychology and Improvisational Theater. She is the co-creator of The ACTing Cure Group model for people with intellectual and psychiatric disabilities. Andrea is also working as a coach, corporate trainer and professional actor (as Andrea Sooch) www.andreasooch.net



Prof. Dr. Michaela Brohm-Badry, (Universität Trier), NYCAPP

Michaela Brohm-Badry is Professor for Learning and Instruction and Didactics and Dean of the Faculty of Education, Philosophy and Psychology at the University of Trier.

Her research interests are motivation and positive psychology. She is author and graduate of the New York Certificate in Applied Positive Psychology, President of the German Society for Positive Psychological Research (DGPPF), blogger on *Spektrum der Wissenschaft* and columnist of *WirtschaftsWoche*.

Anmeldung

Keynote: 10-11h

Workshop: 11-17h

Raum: A 9/10

Bitte melden Sie sich für den Workshop an. Die Anzahl der Plätze ist begrenzt, daher ist die Anmeldung verbindlich. Können Sie trotz Anmeldung nicht teilnehmen, melden Sie sich bitte ab, um den Platz jemand anderen zur Verfügung zu stellen. Die Teilnahme ist für die Teilnehmer/innen kostenfrei.

Bitte senden Sie Ihre Anmeldung per Mail an Julian M. Greve (greve@uni-trier.de).

Bei ganztägiger Teilnahme erhalten die Teilnehmer/innen eine Teilnahmebescheinigung.

