

POSITIVE PSYCHOLOGY IN PRACTICE

Save the date !



26th April, Danubius Hotel
Regents Park, London

About the conference

The international Positive Psychology movement, which was initiated by Seligman nearly two decades ago, continues to capture the attention of people around the world as a ground-breaking discovery in the understanding of the human psyche. Despite still being a relatively new field, it continues to be an important development in psychology, using scientifically proven methods to try and understand what makes people flourish and their life worth living. As the name suggests, this study or way of thinking focuses on positive thoughts, positive emotions and positive traits and a deeper understanding of this.

Traditionally, in the study and treatment of mental health, clinical psychology has focused almost entirely on illness and suffering and what breaks the human condition. It has long since been standard practice to try and tackle the negative aspects of one's life, i.e. their emotions, personality traits or destructive relationships. While Positive Psychology's aim is not to disregard the traditional way of looking at and treating mental health and analysing human suffering, its focus is rather on the study and understanding of wellbeing, happiness, optimism, altruism, courage, love, flow, personal strengths, creativity and imagination for personal and professional development. In this, there is the belief that a more holistic and realistic view of the human experience can be understood. Out of his interest to discover what made a life one worth living, Seligman came up with his PERMA model, which comprises 5 elements that make up the basis of what positive psychology is all about. These 5 elements include positive emotions, engagement, relationships, meaning and accomplishment. He postulates in his theory that these elements all contain three important properties; they contribute to well-being, people pursue them in all cultures and they are measured and defined independently from each other. In essence, Positive psychology is the study of the processes, conditions and traits that contribute to the flourishing and optimal functioning of humans.

Our upcoming conference on „Positive Psychology in Practice“ will focus on cutting-edge science and the practical application of Positive Psychology Interventions in healthcare, education systems, organisations and communities. The aim of this event is to gain a better understanding of what Positive Psychology actually is, the study and science behind it and how to apply it in your clinical practices. Plenary sessions will be interspersed throughout the day with question and answer sessions and panel discussions. The meeting will provide a valuable opportunity to network, share knowledge and ideas, and consider collaborative projects.

With numerous topics ranging from the understanding of the basis of positive psychology, to mindfulness and to how to overcome difficult circumstances and turn them into positive experiences, there is something to interest everyone. The concurrent workshops, spearheaded by experts in their field, deal with gaining the skills and tools for practical application of positive psychology.

TARGET AUDIENCE:

- ✔ Primary Care and Community Mental Health Professionals
- ✔ Clinicians
- ✔ Psychologists
- ✔ Psychiatrists
- ✔ Therapists
- ✔ Counsellors
- ✔ Social Workers
- ✔ Case Managers
- ✔ Researchers
- ✔ Nurses
- ✔ Sociologists
- ✔ Economists
- ✔ Educators
- ✔ Social Policy Makers
- ✔ Coaches, Practitioners & Entrepreneurs
- ✔ Organisational & Business Leaders
- ✔ Students
- ✔ Anybody with an interest in the field of Positive Psychology

CHAired BY

Dr. Pat Gwyer

Associate Fellow of the British Psychological Society, Chartered Psychologist, Clinical Psychologist, Chartered Scientist

SPEAKERS

Tim LeBon

Author of Wise Therapy (Continuum, 2001) Achieve your Potential with Positive Psychology (Hodder 2014) CBT Therapist in NHS (part-time) and Psychotherapist & Philosophical Life Coach in private practice Short Course Lecturer at City Uni and City Lit London

Major Andy Shaw Royal Marines (retired)

Founder of The Mountain Way Helping Veterans Overcome Post Traumatic Stress

Dr. Fredrike Bannink

Clinical Psychologist & Master of Dispute Resolution. International author, speaker & trainer. Therapy, training, coaching & mediation, Amsterdam. Positive psychology, positive CBT & Solution Focus

Miriam Akhtar MAPP

Positive psychologist and one of the UK's leading practitioner of positive psychology, Trainer, Coach, Visiting Lecturer, contributor to the World Book of Happiness and the World Book of Hope and Author of 5 books including Positive Psychology for Overcoming Depression and What is Post-Traumatic Growth?

Dr. Vikki Barnes

Clinical Psychologist and National Lead for Positive Psychology People and Service Team Virgin Care Limited

Keith Cowley

Positive Psychologist, Coach and Public Speaker President Elect, International Positive Psychology Association (Student division)

Dr Jolanta Burke

Senior Lecturer Associate DL Programme Leader for MAPP CP School of Psychology University of East London

Liz Robson-Kelly MAPP CP

Director Worth-it Projects (Social Enterprise) Ltd

Dr. Eva Hertz

Founder of Center for Mental Robusthed, Copenhagen. Clinical psychologist, author and lecturer at Aarhus University, Master of Positive Psychology

Dr. Tim Lomas

Lecturer in Positive Psychology at University of East London University of East London

Vanessa King MAPP (University of Pennsylvania)

Board Member, Head of Positive Psychology and Workplaces for social movement Action for Happiness. Vanessa studied Positive Psychology under Martin Seligman. She is the author of two evidence-based books - 10 Keys to Happier Living and for children 50 Ways to Feel Happy. An international speaker with two TEDx talks, she consults in wellbeing and resilience for a wide range of organisations, communities & individuals.

Lynne Wealleans

Director of Policy and Engagement, Beth Johnson Foundation

Positive Psycho

Thursday 26th April AM

08.30 - 09:25

Registration and Coffee

09:25 - 09:30

Welcome and Introduction by Chair

Dr. Pat Gwyer,

Associate Fellow of the British Psychological Society, Chartered Psychologist, Clinical Psychologist, Chartered Scientist

09:30 - 09:50

Sarah Lewis,

Managing Director and Principal Psychologist at Appreciating Change, Anglia Ruskin University

Turning theory into reality, making it happen - To be confirmed

09:50 - 10:10

Tim LeBon,

Author of Wise Therapy (Continuum, 2001) Achieve your Potential with Positive Psychology (Hodder 2014) CBT Therapist in NHS (part-time) and Psychotherapist & Philosophical Life Coach in private practice Short Course Lecturer at City Uni and City Lit London

The good life

10:10 - 10:30

Major Andy Shaw Royal Marines (retired),

Founder of The Mountain Way Helping Veterans Overcome Post Traumatic Stress

Post Traumatic Growth

10:30 - 10:50

Dr. Fredrike Bannink,

Clinical Psychologist & Master of Dispute Resolution. International author, speaker & trainer. Therapy, training, coaching & mediation, Amsterdam. Positive psychology, positive CBT & Solution Focus

Post Traumatic Success

10:50 - 11:00

Question & Answer Session

11:00 - 11:30

Morning Coffee Break and Networking

11:30 - 11:50

Miriam Akhtar MAPP,

Positive psychologist and one of the UK's leading practitioner of positive psychology, Trainer, Coach, Visiting Lecturer, contributor to the World Book of Happiness and the World Book of Hope and Author of 5 books including Positive Psychology for Overcoming Depression and What is Post-Traumatic Growth?

Positive Psychology for Overcoming Depression

11:50 - 12:10

Sok-ho Trinh,

CEO & Co-Founder of Institute of Passion, Passionologist, lecturer, Positive Psychology coach, PhD researcher in Positive Psychology on the topic of Passion, University of East London

Passionology: unleashing passion for people and organisations to thrive sustainably

12:10 - 12:30

Vanessa King MAPP (University of Pennsylvania),

Board Member, Head of Positive Psychology and Workplaces for social movement Action for Happiness. Vanessa studied Positive Psychology under Martin Seligman. She is the author of two evidence-based books - 10 Keys to Happier Living and for children 50 Ways to Feel Happy. An international speaker with two TEDx talks, she consults in wellbeing and resilience for a wide range of organisations, communities & individuals.

What makes us happy?

12:30 - 12:40

Question & Answer Session

12:40 - 13:40

Lunch Break and Networking

ology in Practice

Thursday 26th April PM

Concurrent Workshops First Session

Dr. Vikki Barnes,

Clinical Psychologist and National Lead for Positive Psychology People and Service Team Virgin Care Limited

Positive Psychology in the Workplace

13:40 - 14:40

Keith Cowley,

Positive Psychologist, Coach and Public Speaker President Elect, International Positive Psychology Association (Student division)

Model Of Life Growth

Fredrike Bannink,

Clinical Psychologist & Master of Dispute Resolution. International author, speaker & trainer. Therapy, training, coaching & mediation, Amsterdam

Positive CBT

14:40 - 15:00

Afternoon Coffee Break and Networking

Concurrent Workshops Second Session

Dr Jolanta Burke,

Senior Lecturer Associate DL Programme Leader for MAPPCCP School of Psychology University of East London

Applying Positive Psychology to Coaching

15:00 - 15:50

Liz Robson-Kelly MAPPCCP,

Director Worth-it Projects (Social Enterprise) Ltd

Positive Education

Lynne Wealleans,

Director of Policy and Engagement, Beth Johnson Foundation

Positive Ageing Practice

End of workshops back to main conference room

15:50 - 16:20

Dr. Eva Hertz,

Founder of Center for Mental Robusthed, Copenhagen. Clinical psychologist, author and lecturer at Aarhus University, Master of Positive Psychology

Resilience - why it matters

16:20 - 16:40

Dr. Tim Lomas,

Lecturer in Positive Psychology at University of East London University of East London

The positive power of negative emotions

16:40 - 17:00

Open question session with afternoon speaker panel and closing remarks by chair

Venue: Danubius Hotel

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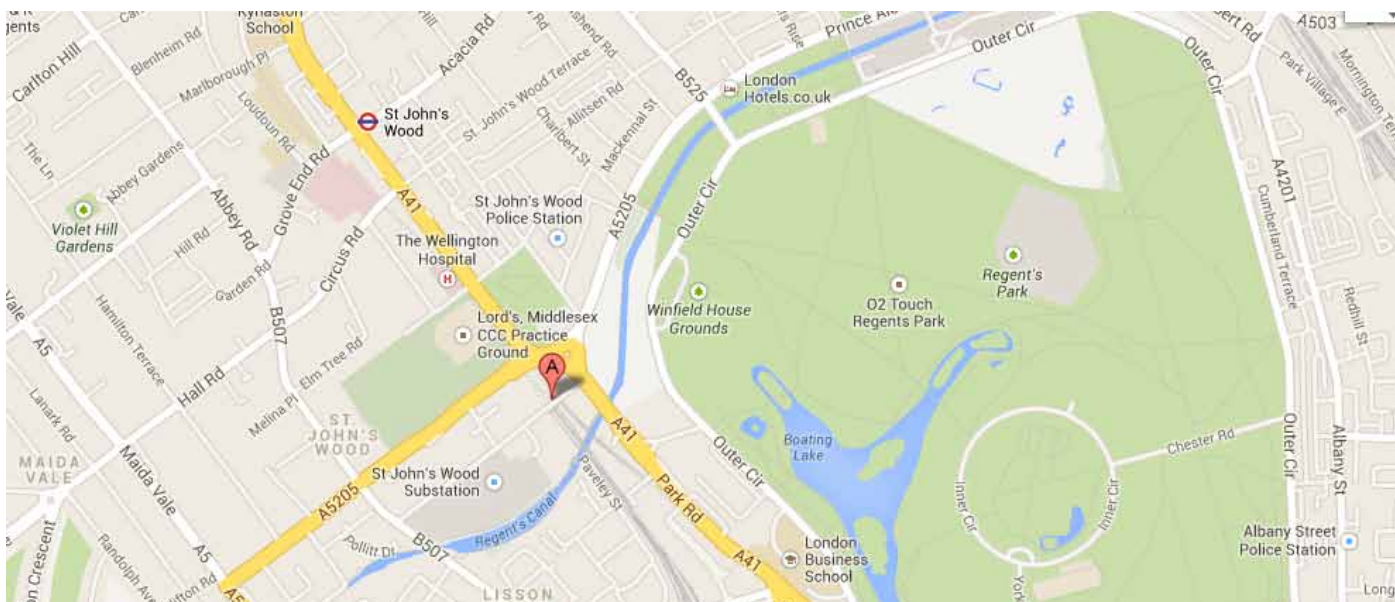
Marylebone

Camden Market

Marble Arch, Oxford Street & Shopping in London, West End

Wembley Stadium

Our venue, the Danubius Hotel Regents Park in London, offers our delegates reduced room rates. If you wish take advantage of this discount, please contact their Reservation Team directly by email on reservations@danubiuslondon.co.uk or by telephone at 0207 722 77 22, quoting the rate code **2504FORUMA** for the Positive Psychology in Practice event on the 26th April 2018.



Positive Psychology in Practice

26th April 2018, Danubius Hotel Regents Park London



Ways to book Online: www.forumsandevents.co.uk **Email:** info@forumsandevents.co.uk

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For multiple bookings please attach a list of delegate names and job titles

Title

First Name:

Surname:

Job title:

Organisation:

Address: _____

_____ Post code: _____

Tel:

Email:

I understand that this registration booking is subject to the booking conditions.

Signature: _____ Date: _____

Delegate Rates (please tick the box as applicable)

Early bird registration ends 28th February 2018

Early Bird Registration £ 245.00

Standard Registration £ 295.00

Early Bird Registration Charity/Student Sector £ 165.00

Registration Charity/Student Sector £ 195.00

Booking conditions

Forums and Events Ltd (the „Company“)

accepts bookings under the following conditions:

- 1 Bookings are accepted through our website by registering and providing the information needed and processing a credit card or bank transfer payment.
- 2 Bookings are also accepted by fax or email by filling up the booking form together with full payment sent to Forums and Events Ltd. A confirmation of the booking will then be issued.
- 3 Returning the signed registration form or making a payment through the website constitutes a firm booking.
- 4 Bookings may be made over the telephone. In such case bookings will be confirmed only after receiving full payment.
- 5 All payments including credit card, must be in the currency advertised.
- 6 The Company reserves the right to cancel a booking/registration if payment is not made 6 weeks prior to the conference taking place. Any outstanding payment becomes the responsibility of the signatory made on the reservation form.
- 7 Payment for any booking made within 6 weeks of the conference will still be due to the Company irrespective of whether the delegate attends.
- 8 All correspondence will be sent to participants at the address specified on the booking form or over the telephone (this address will also appear on the official Participants list given out at the event).
- 9 Should you be unable to attend, a substitute delegate may be able to attend. This must be received in writing one week prior to the conference.
- 10 The Company reserves the right to change the conference speakers in case of illness or other conditions beyond its control.
- 11 The Company does not accept responsibility for loss or damage to delegates own property and/or personal effects whilst at the conference. The Company does not accept any liability for loss or damage to personal effects caused by events beyond its control including (but without limitation) fire, flood, strikes, civil disturbances or for consequential loss or damage of any kind whatsoever.

Cancellation of booking

- Written confirmation received 6 weeks prior to the conference will be accepted and a refund of 90% of the booking charge will be made. After this date, no refunds can be given. Verbal cancellations will not be accepted.
- If written cancellation is not received 6 weeks prior to the conference full payment will still be due irrespective of whether the delegate attends the conference.

Pay by Debit/Credit Card

Please debit my Visa Card MasterCard

Card no: _____

Valid from: ___/___/___ Expiry date: ___/___/___

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Signature: _____

Date: _____

Invoice

Requesting an invoice and signing this form will secure your place at the conference.

All invoices must be paid in full before the event.

See booking condition 6.

If you have authorisation from your trust/ department to attend this event and require an invoice, please provide the correct billing address or shared services address (including the relevant payable codes) and a purchase order number. We are unable to process any bookings without this information. We are unable to send out invoices to home addresses.

PLEASE COMPLETE (Billing address of Payment Card or invoice)

Title

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Booking number

Conference fee includes

Entrance to the conference, lunch & refreshments full conference documentation and certificate of attendance.

Sponsorship opportunities

If you are interested in exhibiting or sponsoring this event contact: Mr Charlie Ioannou on +44 (0) 20 8144 2944 charlie@forumsandevents.co.uk

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