

FLOURISH: THE SEARCH FOR WELL BEING

Wien

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In Memory:

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d. June 18, 2010, age 39 years

Outline

- ▣ Positive Education for Achievement & for Well Being
- ▣ What is Positive Psychology?
- ▣ ACR Exercise
- ▣ Skepticism re Positive Psychology
- ▣ The Science: PP builds Intellectual, Social, Physical Capital
- ▣ Q&A
- ▣ Break
- ▣ Should Well Being Be Taught?
- ▣ Widespread Depression & Happiness Flat
- ▣ Synergy with Classroom Learning & Success
- ▣ Can Well Being Be Taught?
- ▣ Evidence-based Positive Interventions
- ▣ Positive Psychotherapy & Gratitude Exercise
- ▣ Q&A
- ▣ BREAK
- ▣ Comprehensive Soldier Fitness
- ▣ Drawn by the Future
- ▣ Politics of Well Being
- ▣ 51
- ▣ Q&A

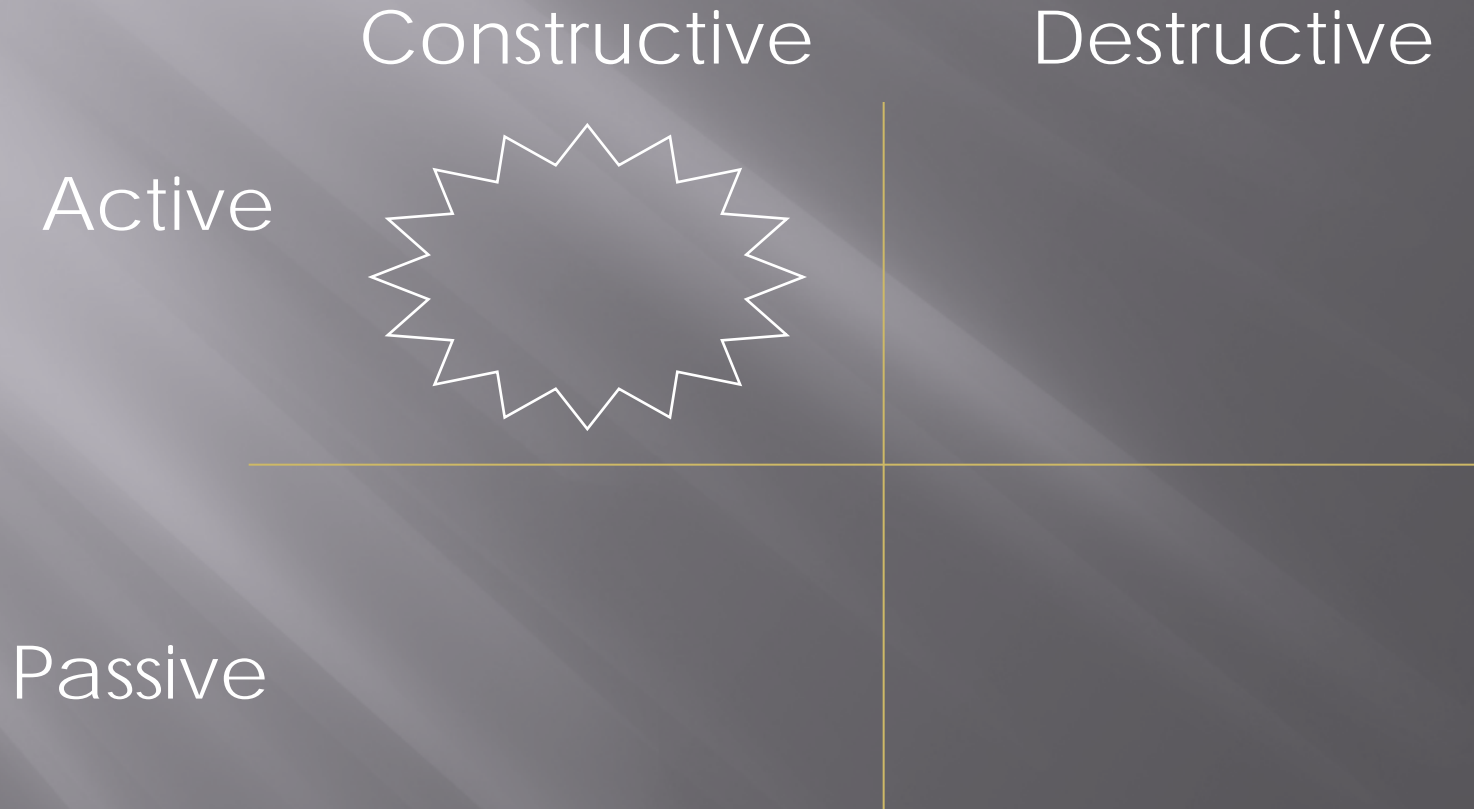
What is Positive Psychology?

psychology should:

- ▣ Be as concerned with strength as with weakness
- ▣ Be as interested in building the best things in life as in repairing the worst
- ▣ Be as concerned with making the lives of normal people fulfilling as with healing pathology
- ▣ Develop Interventions to increase well being, not just to decrease misery



Active Constructive



General Framework

Happiness as Scientifically Unwieldy: Dissolves into

Positive Emotion (The Pleasant Life)

Positive Character (The Engaged Life)

Positive Institutions (The Meaningful Life)

Positive Relationships (The Social Life)

Each is Measurable

Each is Teachable

$WB = PE + ENGAGEMENT + MEANING + RELATIONSHIPS$

Positive Education

Skepticism about Happiness

- ▣ Feeling vs Doing (Instrumental)
- ▣ Suffering Trumps
- ▣ Nothing New Here (Wealth, Longevity, LS)
- ▣ Fuzzy
- ▣ Antagonizes Traditional Learning
- ▣ Antagonizes Altruism
- ▣ Remediation vs Growth

Intellectual Resources

- ▣ Remote Associations
- ▣ Creativity
- ▣ Broadens Attention
- ▣ Liver Diagnosis

Positive Emotion Jolts us into a different mode of thought

Social Resources

- ▣ Yearbook
- ▣ Wages 15 years later

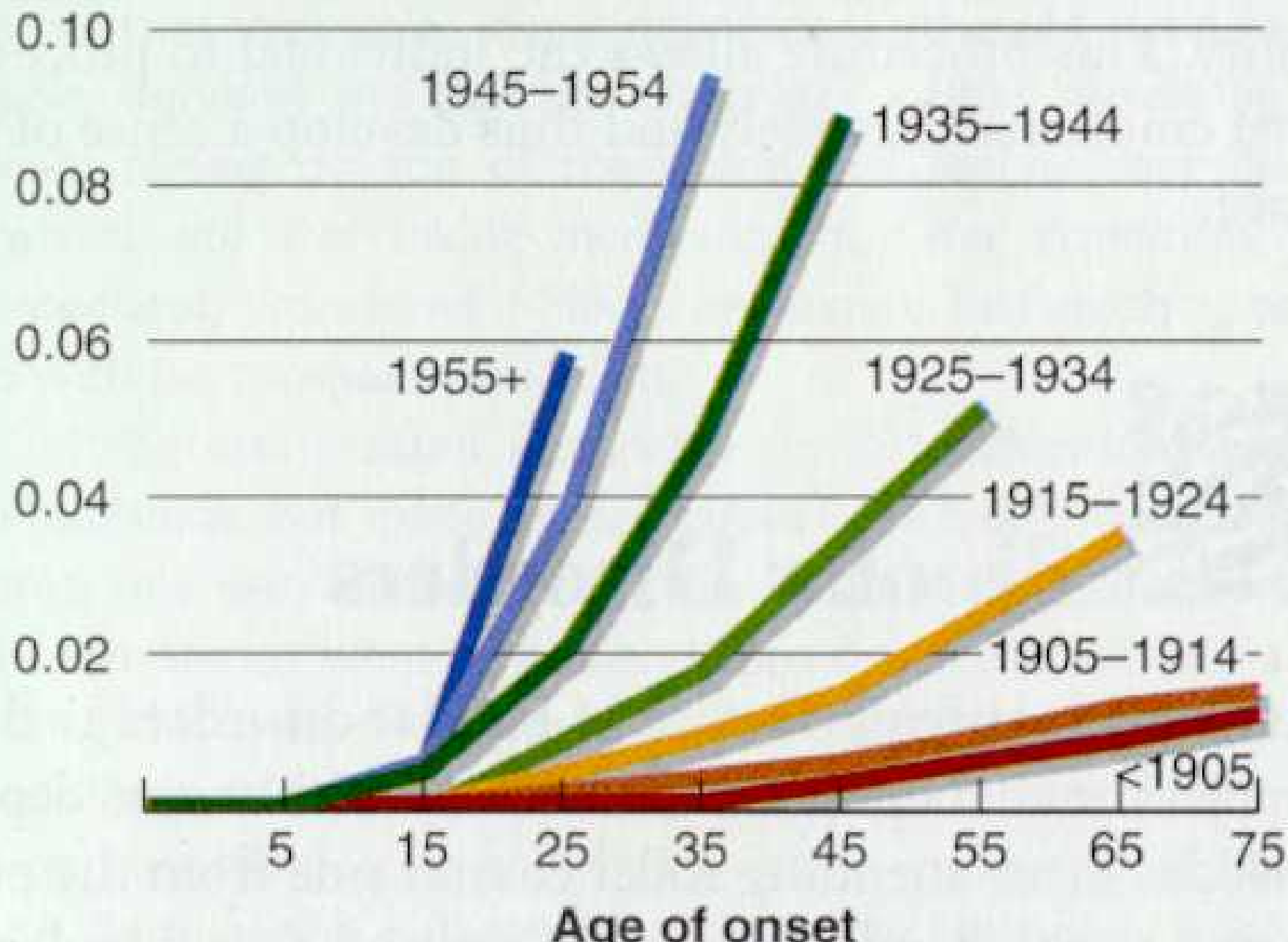
Health

- ▣ Nuns
- ▣ Heart Attack & Optimism
- ▣ 15 Minute Break

Should Positive Psychology Be Taught at School?

US (5 sites), $n = 18,244$

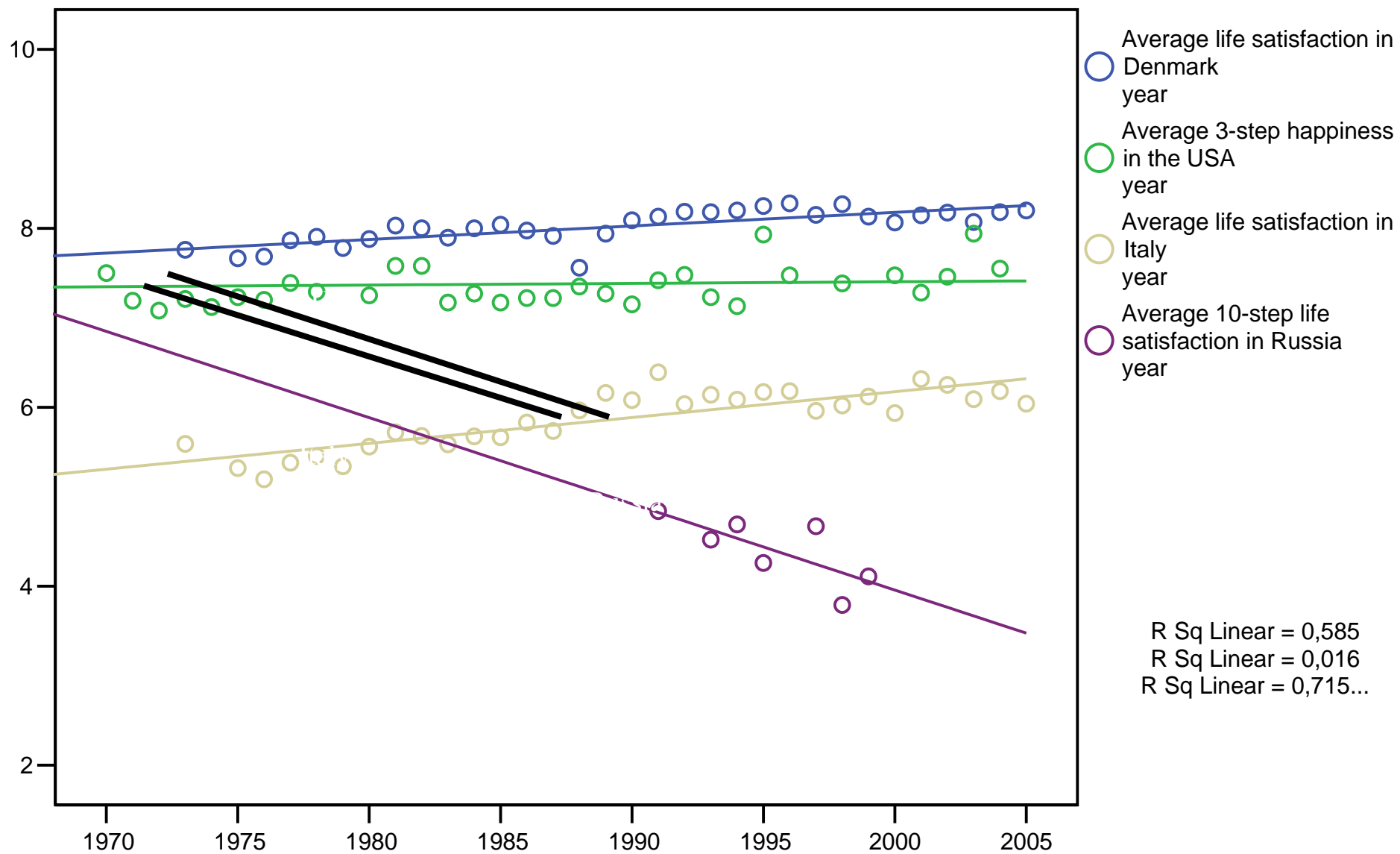
Cumulative rates of MDD



First Onset Change

- ▣ 1960 — mean onset age of 30 years
- ▣ 1995 — mean onset age of 14.5 years
- ▣ Recurrent Disorder

Little Increase in Well Being

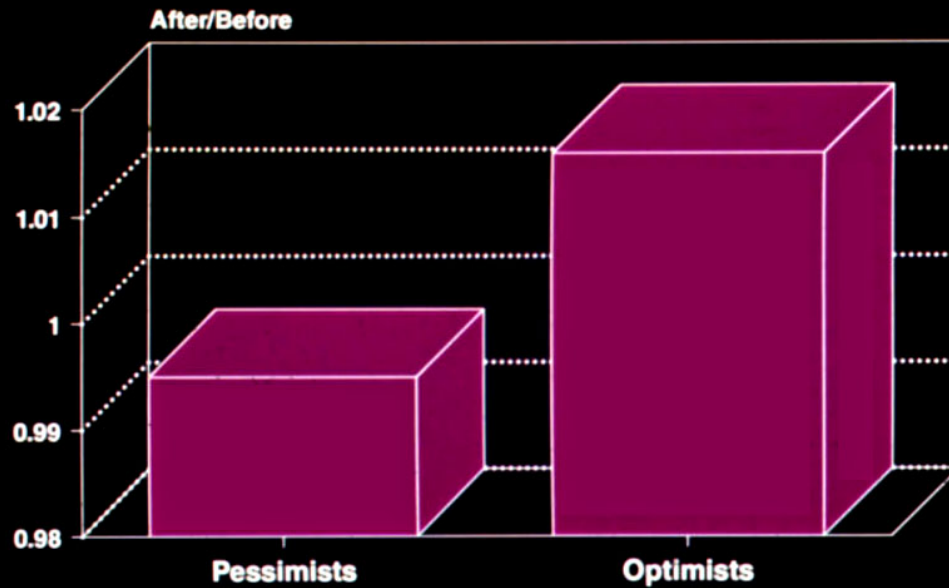


Positivity Promotes Learning

- ▣ Baby Explores under Positive
- ▣ Broadens Attention
- ▣ Promotes Creativity
- ▣ Success in the Workplace

Olympic Swimmers

SWIMMING TIME False Feedback



PP Should Be Taught

- ▣ Fights Depression
 - ▣ Raises Well Being
 - ▣ Synergy with Classroom Learning
 - ▣ Synergy with Worldly Success
-
- ▣ BREAK

BUT IS WELL BEING
TEACHABLE?

Positive Interventions

Empirically Validated Examples

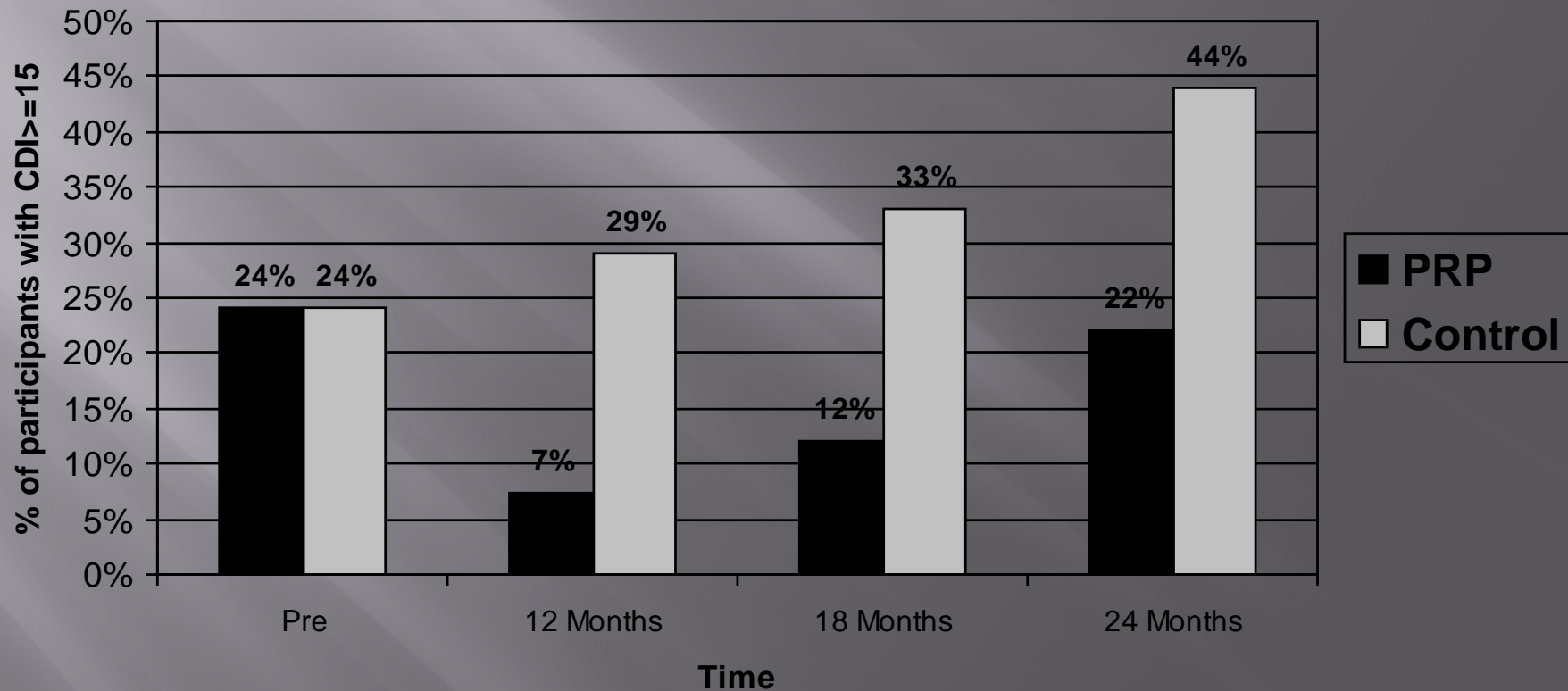
- ▣ Optimism: Penn Resilience Training
- ▣ Positive Emotion: 3 Blessings
- ▣ Engagement: Signature Strengths
- ▣ Positive Relationships: ACR
- ▣ Meaning & Purpose: Altruism vs Pleasure

•Penn Resilience Training (PRP)

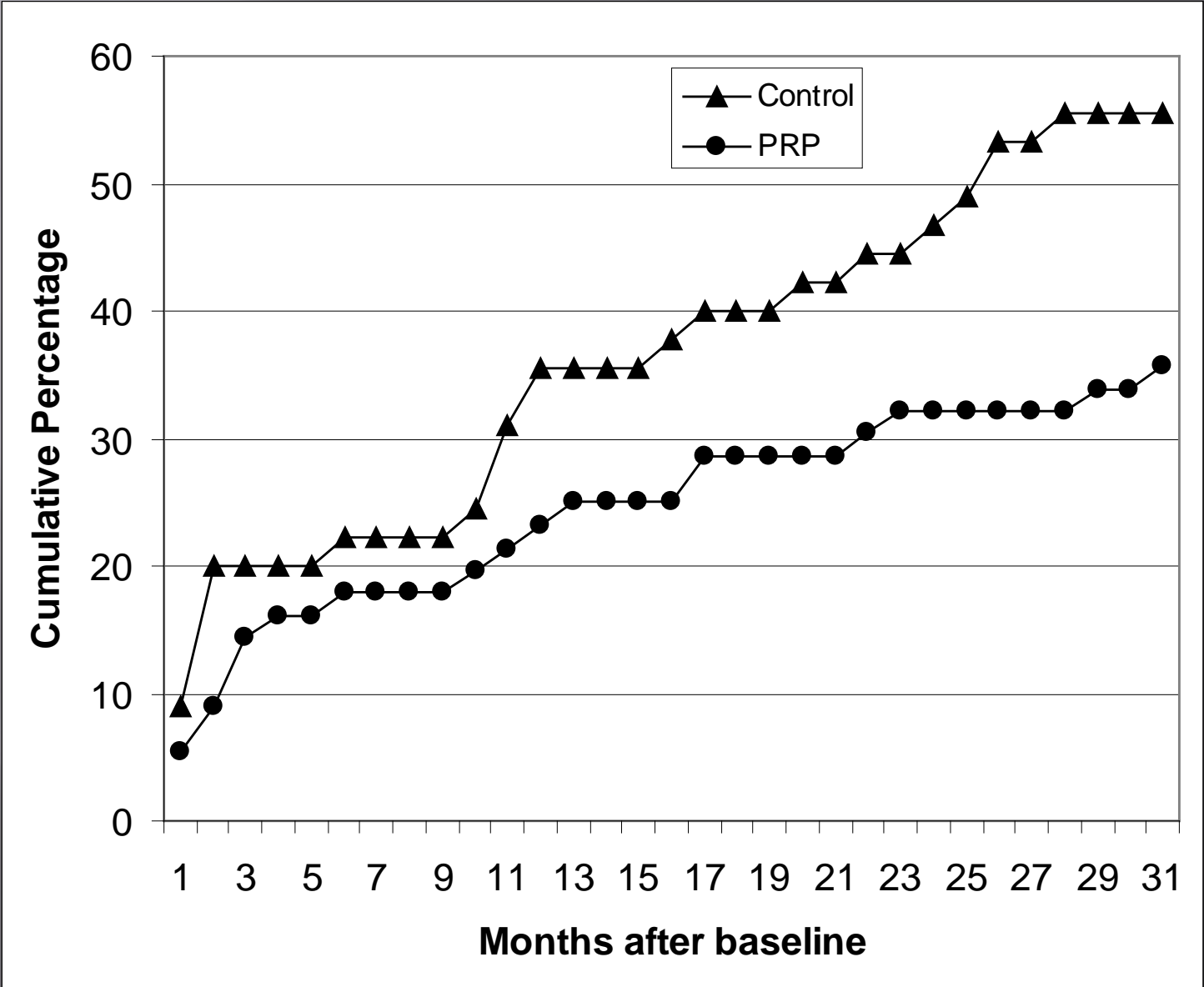
- ▣ 21 replications worldwide (3000 children)
- ▣ Whitehall
- ▣ Controlled Experiments
- ▣ Diverse Samples
- ▣ Led by Teachers
- ▣ Children learn to
 - handle day to day stressors
 - realistic optimism
 - assertiveness
 - decision-making

Prevention of moderate to severe depressive symptoms (% CDI \geq 15)

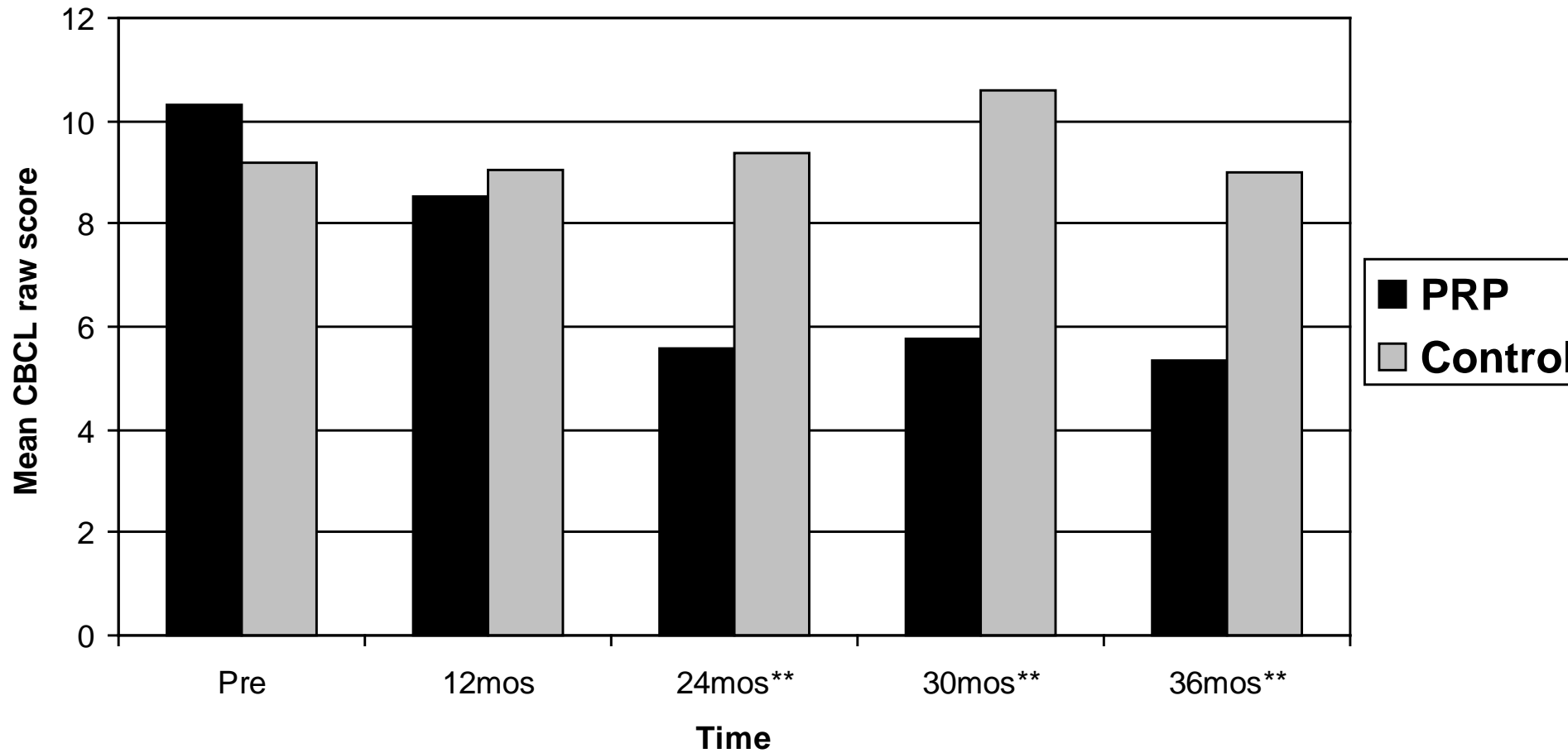
(From Gillham, Reivich, Jaycox, & Seligman, 1995).



Prevention : cumulative percent depression, anxiety or conduct disorder .



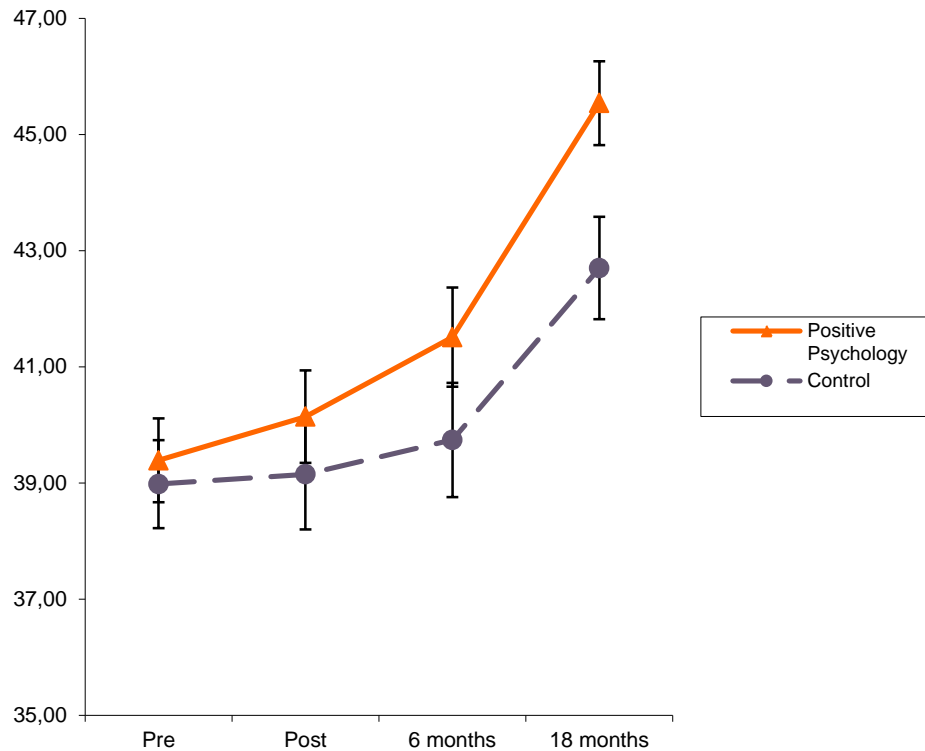
Prevention of conduct symptoms (Cutuli, 2004; Cutuli, Gillham, Chaplin, Reivich, Seligman, Gallop, & Abenavoli, 2008).



Positive Psychology Curriculum

- ▣ 240 9th Graders randomly assigned to literature with or without positive psychology
- ▣ 20 eighty minute sessions over one year
- ▣ Positive Emotion
- ▣ Character Strengths & Engagement
- ▣ Meaning
- ▣ Three year follow up

Social Skills (Teacher SSRS)

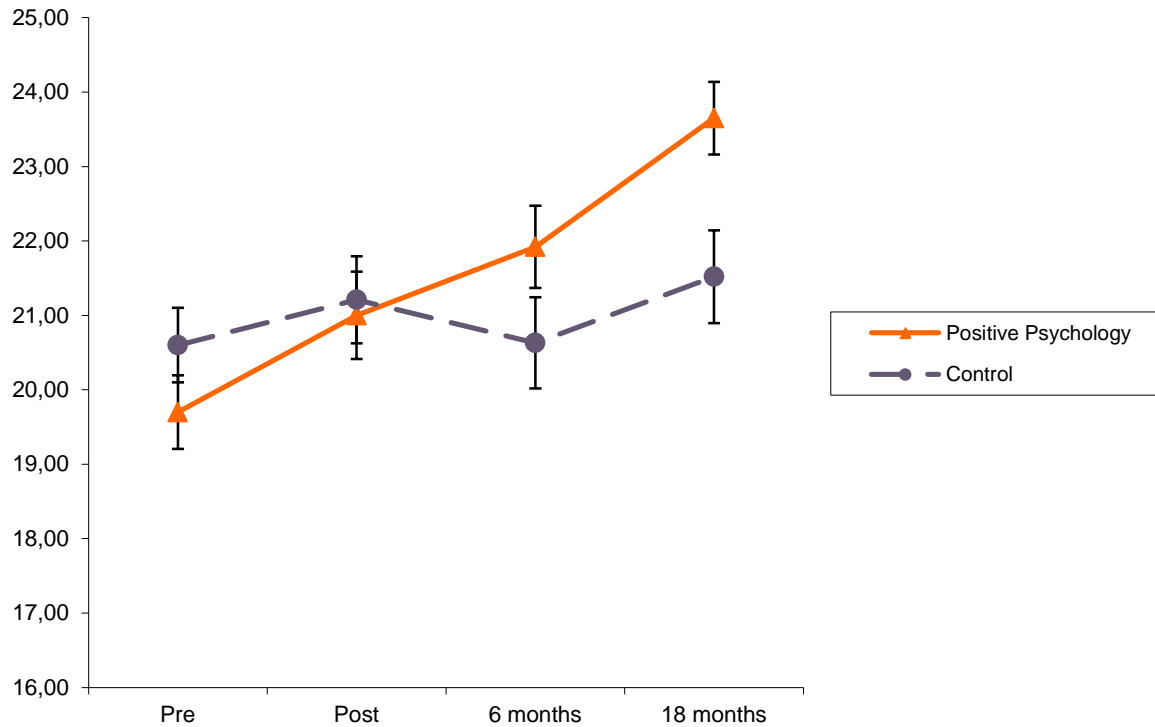


Social Skills Rating Scale

Measures: Teacher's report of students behaviors related to social skills, including cooperation, assertiveness, and self-control.

Sample items: "Volunteers to help peers on classroom tasks." "Politely refuses unreasonable requests from others."

Learning Strengths (OSS)

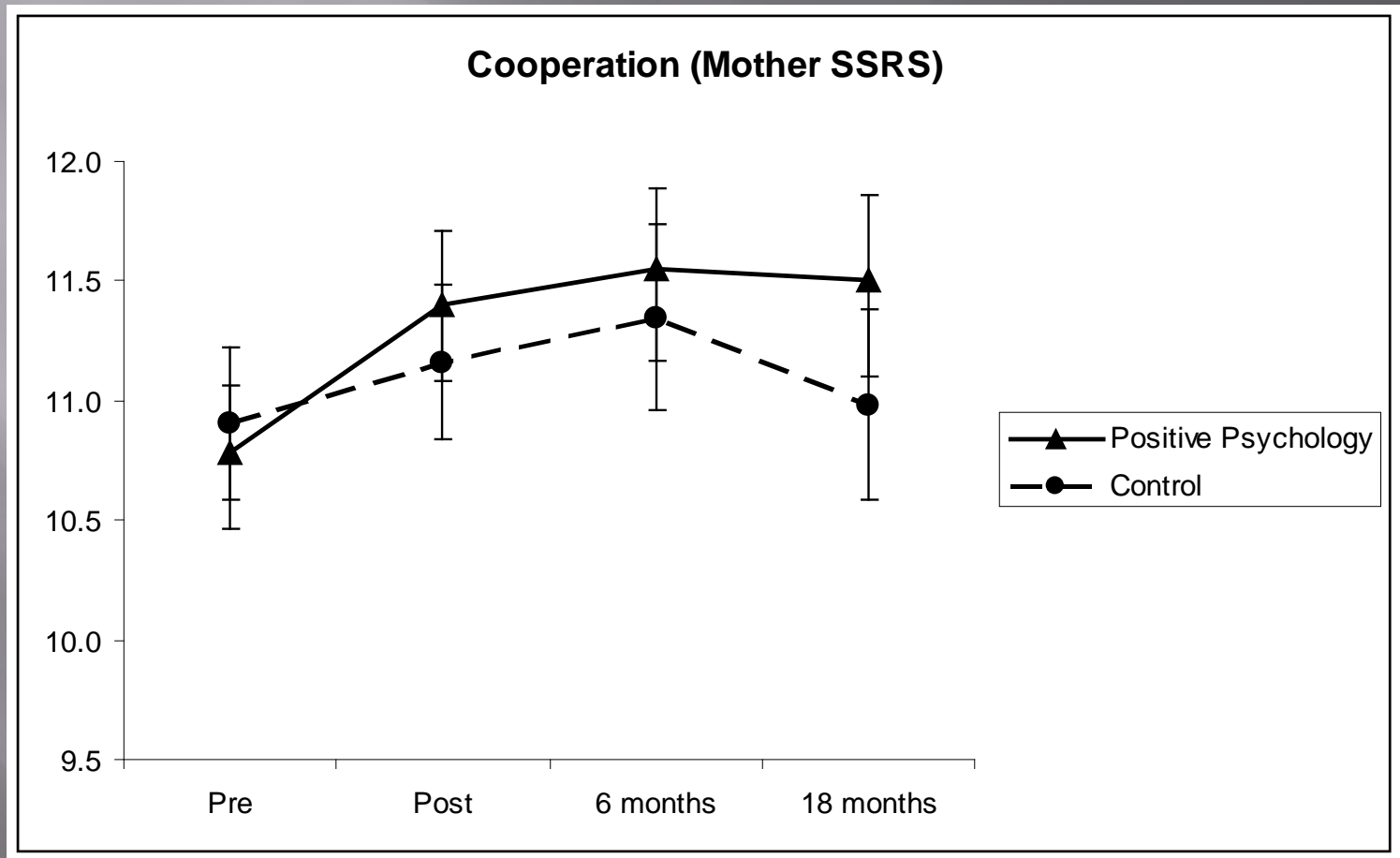


Teacher Observation of Strengths Scale : Learning strengths factor

Measures: Teacher's report of student's behaviors related to engagement in learning (e.g., curiosity, love of learning, creativity, zest)

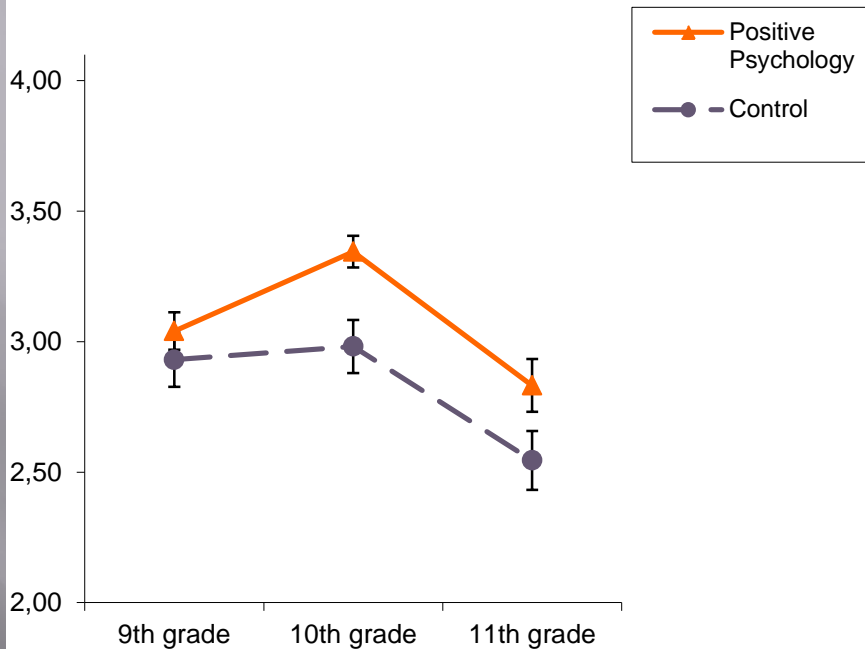
Sample items: Think of actual situations in which this young person experienced failure or a setback. How frequently did he/she show CURIOSITY?

Adolescents' Cooperation (Reported by Mothers)



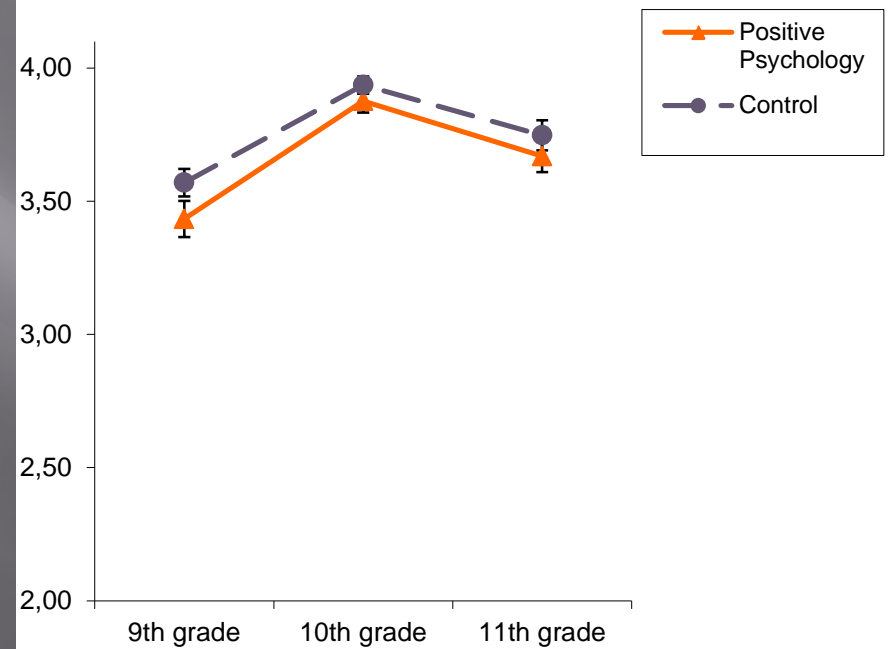
Language Arts (English) Grades by 9th grade Language Arts Level

CP: English GPA



Non-Honors

Honors: English GPA



Honors

Well Being Can Be Taught

- ▣ Well Being is Being Taught
 - UK (250 trained PRP teachers)
 - USA
 - Australia
- ▣ Entire US Army (Comprehensive Soldier Fitness)

Positive Interventions Empirically Validated

(Seligman, Peterson, & Steen)

- ▣ 1,650,000 Registrees
www.authentichappiness.org
- ▣ Exercise Link
- ▣ Baseline Battery (SHI CESD)
- ▣ Placebo Controlled
- ▣ Six Month Follow Up
- ▣ Three Blessings
- ▣ ACR
- ▣ Signature Strengths
- ▣ Gratitude Visit

CES Depression

□	<u>Pre</u>	<u>Post</u>	<u>1 Week</u>	<u>1 Month</u>	<u>6 Months</u>
□					
□ Memory (79)	13.5	12.1	12.9	12.5	13.6
□ Blessings (80)	14.2	10.2*	9.9*	9.4*	10.8*
□ Story (78)	13.7	10.3	13.6	14.2	12.8
□ Gratitude (82)	13.8	9.5*	11.0*	11.1	13.6
□ VIA (75)	13.7	11.7	12.8	12.9	13.7
□ UseVIA (77)	14.1	10.8*	10.4*	9.8*	11.3*

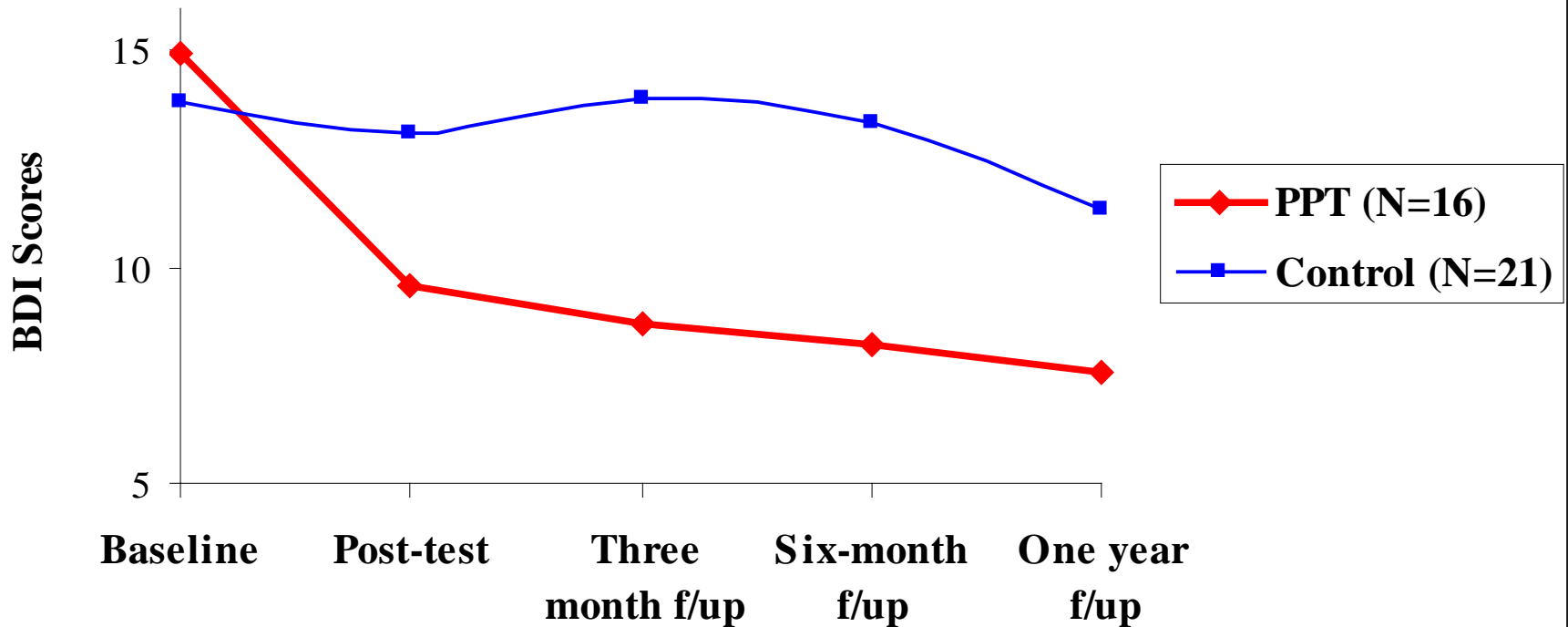
Group PPT (Acacia Parks 2005)

- ▣ 6-week intervention run in groups of 8-12, 1.5 hr sessions once a week
- ▣ Manualized
- ▣ Six positive exercises with homework

Group PPT

Depressive Symptoms

Depressive Symptoms for Group PPT at all Time Points



Individual PPT: Unipolar Depression

Rashid, Rosenstein, & Seligman (2005)

Participants

DSM-IV criteria for MDD

- ▣ Exclusion Criteria:
 - ▣ Current treatment of depression elsewhere
 - ▣ Panic disorder, manic or hypomanic episode (past or present)

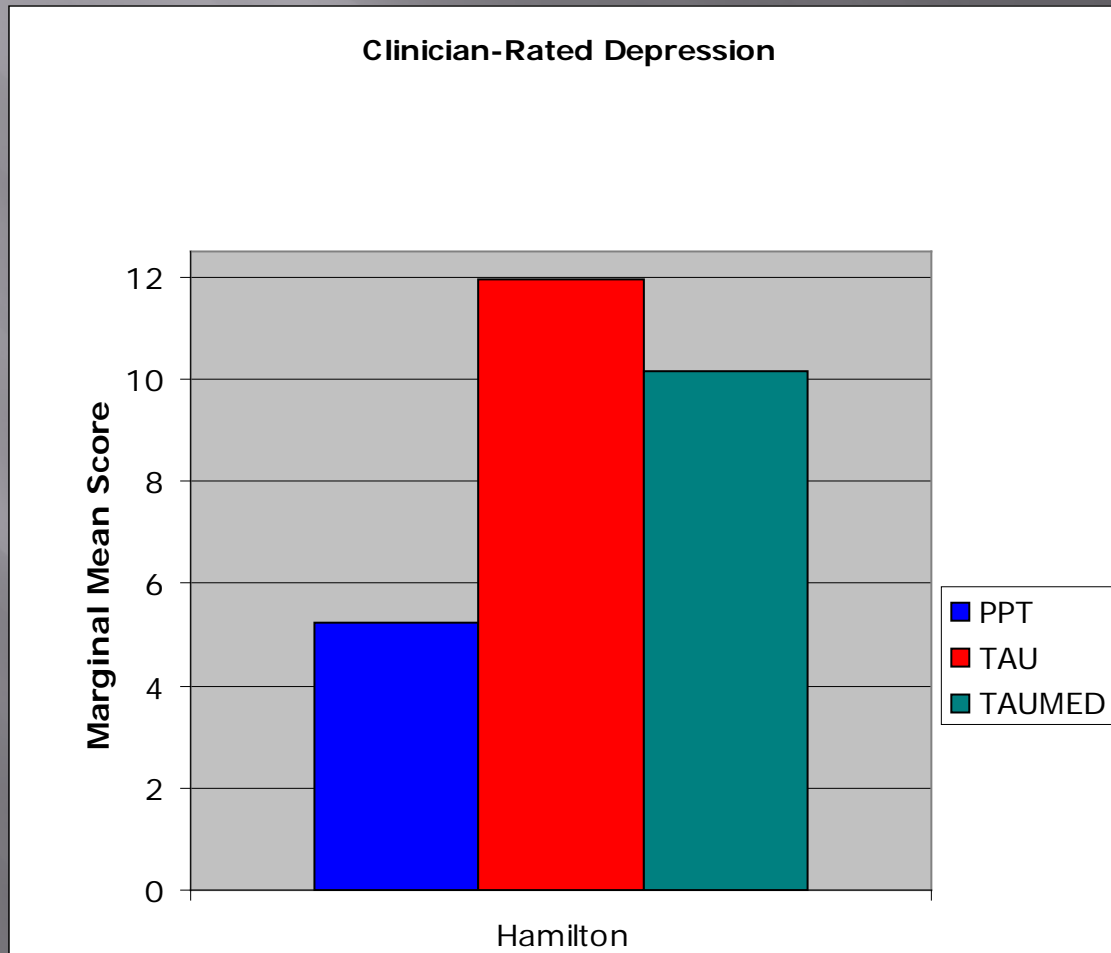
- ▣ Intent to Treat Sample
 - PPT = 13; TAU= 16; TAU+Meds= 17

Post-Therapy Depression

PPT=Positive Psychotherapy n=13

TAU=Treatment as usual n=16

TAUMED=Medications n=17





Three Blessing Results (Severe Depression N=42 or 30.2%)

	AHI	CES-D
Pre-test	55.29	33.50
Post-test	72.88	16.45
Change	+17.60 Increase Happiness	-17.05 Decrease Depression

*Results within the first month.

Gratitude Exercise

15 Minute Break

Comprehensive Soldier Fitness

Drawn by the Future

- ▣ Driven by the Past
- ▣ Failure of Learning Theory and Psychoanalysis
- ▣ Consciousness and Future Simulations
- ▣ Positive vs. Negative States
- ▣ Psychology of the Future
- ▣ 51% of the World Flourishing by 2051

Politics of Well Being

- ▣ Military & Economic Centuries
- ▣ What is Wealth For? GDP vs GWB
- ▣ The Safety Net and Florence
- ▣ Whitehall, Layard & Bentham
- ▣ South Tyneside and Irene Lucas
- ▣ The Camel, The Rebel, & The Child Reborn
- ▣ What can every human being say “Yes” to?
 - More Positive Emotion
 - More Engagement
 - More Noble Purpose
 - More Positive Relationships
 - More Positive Accomplishment

Sources & Resources

- ▣ www.positivepsychology.org
(Literature)
- ▣ www.psych.upenn.edu/seligman
(Literature & Manuals)
- ▣ www.authentichappiness.org
(Questionnaires)
- ▣ seligman@psych.upenn.edu
- ▣ [Flourish](#), 2011: N.Y.: Free Press
(My New Book)