



Thames Valley University
London Reading Slough

Thames Valley University is pleased to announce the launch of its new course:

Certificate of Professional and Personal Development

Applied Positive Psychology in Health and Social Care Settings

Brentford Campus

The first intake of this innovative, masters level, single semester course will commence in **February/March 2009** and will be delivered via a series of masterclasses, web based learning sessions and assessed workplace assignments.

Developed and delivered by Dr Tim Anstiss* the course will familiarise you with the latest insights from the emerging field of positive psychology, and will help you apply the science of positive psychology to the challenge of improving the health, wellbeing and quality of life of individuals and groups.

The course is suitable for a wide range of health and social care professionals, including:

Nurses, Doctors, Psychologists, Mental Health Professionals, Occupational Therapists, Physiotherapists, Social Workers, HR Professionals and others.

The course will involve attendance at an initial two day masterclass followed by two additional one day workshops.

For more information about the course, contact:

Tel 0800 036 8888
learning.advice@tvu.ac.uk
www.tvu.ac.uk

* <http://careers.bmj.com/careers/advice/view-article.html?id=2397>

Positive Psychology is the science of optimum human development, positive emotional states and lives that go well. Its subject matter includes happiness and wellbeing, hope, optimism, flow, empathy, contentment, values, resilience, human strengths, positive character traits, mindfulness, positive mental health and the institutions which foster and enable well lived lives.