



## Course Syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
PSYC-604	Positive Psychology: Health Promotion and Prevention	7.5
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
None	Social Sciences	Fall
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Psychology	English
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
2 <sup>nd</sup> Cycle	Dr. Xenia Georgiadou	2 <sup>nd</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
Face-to-face	N/A	None

### Course Objectives:

The main objectives of the course are to:

- Introduce the movement of positive psychology and its philosophy.
- Explore the concepts, research behind the concepts, techniques, and exercises that enhance well-being.
- Promote familiarization with another approach to everyday life's problems and the understanding of how human beings prosper in the face of adversity by enhancing the human strengths and virtues that make life worth living.
- Facilitate the application of the concepts of positive psychology to the work in counseling clients.
- Expand the knowledge of how positive psychology can impact on the promotion of emotional and physical health and the prevention of psychopathology.

### Learning Outcomes:

After completion of the course students are expected to be able to:

1. Be familiar with the philosophy and the concepts of positive psychology as well as the relevant research.
2. Understand the interaction between positive psychology and health.
3. Incorporate concepts and techniques of positive psychology in counseling practice.

**Course Content:**

Introduction to Positive Psychology: Historical and philosophical foundations  
 Basic assumptions about personality  
 Positive Psychology and DSM  
 Health Psychology  
 Happiness and Well-being  
 Positive emotions  
 Character strengths  
 Resilience and post-traumatic growth  
 Meaning and Values  
 Optimism and Hope  
 Positive Relationships and Institutions  
 Models and Techniques of psychotherapy in the positive psychology movement  
 The criticisms and the future of Positive Psychology

**Learning Activities and Teaching Methods:**

Lectures, discussions, videos, case studies

**Assessment Methods:**

Individual papers, projects, final examination

**Required Textbooks / Readings:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Positive Psychology in Practice Promoting Human Flourishing in Work, Health, Education, and Everyday Life	Joseph, S.	Wiley: John Wiley & Sons	Wiley: John Wiley & Sons	978-1-118-75693-5
Positive Psychology in a Nutshell: The	Boniwell, I.	McGraw-Hill Education	2012 (3rd Ed.)	978-0-33-524721-9

Science of Happiness				
Articles/chapters provided by the instructor				