



Course Syllabus

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

Course Objectives:

The main objectives of the course are to:

- Provide students with an introduction to positive psychology and its Philosophy.
- Help students explore the concepts, research behind the concepts, techniques, and exercises that enhance well-being.
- Familiarize students with another approach to everyday life's problems and help them understand how human beings prosper in the face of adversity by enhancing the human strengths and virtues that make life worth living.
- Help students learn how to apply the concepts of positive psychology to their work in counseling clients.
- Provide students with 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 concepts of positive psychology and 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
 Positive Psychology and Health Psychology
 Character strengths
 Resilience
 Positive emotions
 Meaning and Values
 Happiness and Subjective Well-being
 Hope and Optimism
 Positive therapy
 The future of Positive Psychology

Learning Activities and Teaching Methods:

Lectures, discussions, role-playings

Assessment Methods:

Individual Papers, Final Examination, Attendance and Participation

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Positive Psychology in Practice Promoting Human Flourishing in Work, Health, Education, and Everyday Life	Joseph, S.	Wiley	2015 (2 nd Ed.)	978-1-118-75693-5
Positive Psychology in a Nutshell : The Science of Happiness	Boniwell, Ilona e-book	McGraw-Hill Education	2012 (3 rd Ed.)	9780335247202
Package of articles prepared by the instructor				