



COURSE PROSPECTUS 2020/2021



POSITIVE PSYCHOLOGY IN PRACTICE

Copyright

Copyright 2020 Positive Psychology Guild (PPG)
All rights reserved

Positive Psychology Publications
United Kingdom

CONTENTS

ABOUT

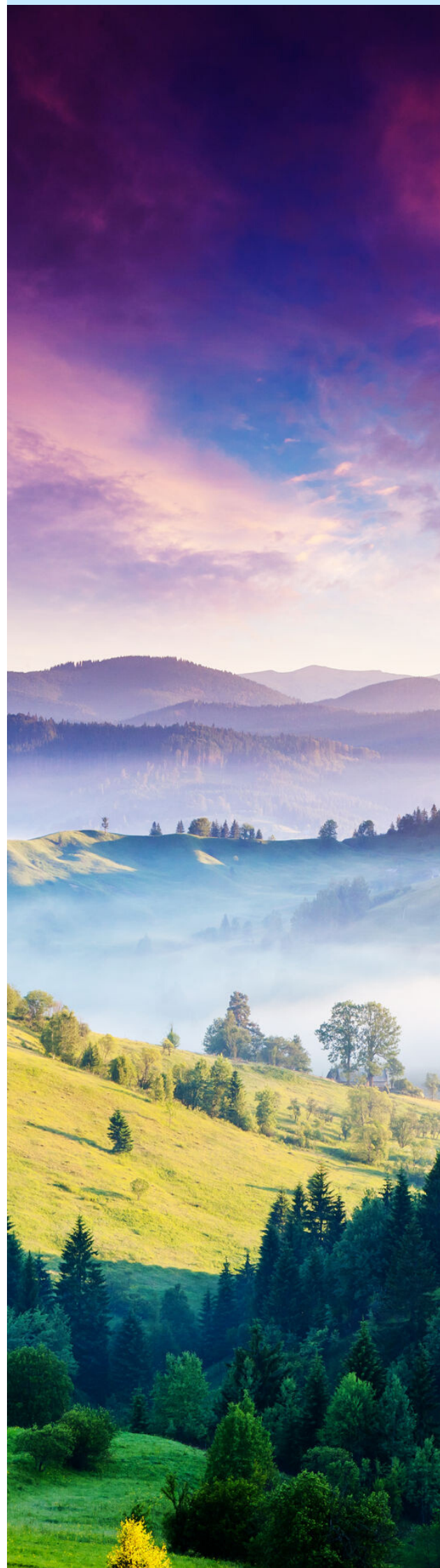
- 5** Positive Psychology Guild Charter, Vision & Values
- 7** Becoming a Professional Positive Psychology Practitioner

CORE DIPLOMAS

- 11** L5 Diploma Positive Psychology Practice
- 12** Pathway 1 - Positive Psychology Practice & Coaching
- 15** Pathway 2 - Positive Psychology Practice & Training
- 18** Pathway 3 - Positive Organisational Psychology Practice
- 22** How to Apply

SPECIALIST DIPLOMAS

- 25** L5 Diploma Positive Psychology & Somatic Practice
- 28** Specialisation 1 - The Psychology of Movement
- 29** Specialisation 2 - The Psychology of Exercise
- 30** Specialisation 3 - The Psychology of Sport
- 31** L7 Diploma in Applied Positive Psychology Research
- 34** How to Apply



ABOUT

CHARTER, PURPOSE, VISION & VALUES

About PPG

The Positive Psychology Guild (PPG) was formed with a constitution and a charter containing the following objectives:

- A professional membership body for Positive Psychology Practitioners, including coaches, trainers, facilitators, educators, and counsellors;
- Independent Accreditation for non RQF Positive Mental Health and Wellbeing Training;
- Dedicated to providing training and educational activities for disadvantaged and disengaged members of the community;
- Enhancing human potential, happiness, wellbeing and flourishing;
- A thought leader within the field of Positive Psychology and its applications across Industry, culture and communities.

Our Purpose

We serve as a think tank, research institution, training provider, awarding body and membership organisation for Positive Psychology Practitioners Internationally.

We offer a bridge between coaches, mentors, trainers, consultants, entrepreneurs, teachers and researchers who integrate Positive Psychology into their services, and psychologists, counsellors, and psychotherapists engaged in positive therapy.

We also partner with Bucks New University Positive Psychology Department (MAPP), and collaborate on research, raising standards and building awareness of this emerging and powerful discipline.

Together with our social hub, the Positive Psychology Network (PPN), we aim to become a world leading network of Positive Psychology Practitioners.

PPG aims to uphold and lead on National Occupational Standards (NOS) within the linked disciplines of Coaching, Training, and Therapeutic Intervention through Positive Psychology.

We currently adhere to current NOS for psychological therapies and coaching, and our training courses are built around these standards:

Our Values

We value education, diversity and the natural desire of every person to cultivate their strengths in life and work, and to find ways to express their authentic selves.

Our courses are designed to stimulate personal and professional development, and encourage each student to engage positively and to grow.

We welcome neurodiversity and students on the autism spectrum.

Course Accreditation

All of our course certificates are accredited by the Positive Psychology Guild and independently by the CPD Group.

PPG is a Not for Profit Organisation and a government registered learning provider with a UK Provider Reference Number: 10067939.

BECOMING A PROFESSIONAL

7

POSITIVE PSYCHOLOGY PRACTITIONER

Positive Psychology is a scientific and philosophical approach to wellbeing and flourishing. It encourages people to connect with their personal strengths and cultivate happiness, flow, meaning, love, gratitude, accomplishment, growth, and better relationships. It can help organisations to develop a more positive and resilient work environment. It is also one of the fastest growing areas of psychology today.

Positive Psychology in Practice

Positive Psychology in Practice translates the scientific and academic study of Positive Psychology to life and work through the application of professional skills. We specialise in the delivery of Level 5 Positive Psychology in Practice Diplomas. Our 2020 Core Diplomas introduce the fundamental practitioner skills of coaching, training, and facilitation. Our 2021 Specialist Diplomas introduce other important practitioner skills related to the psychology of emotion and cognition, somatic practices (movement, exercise, sport), and applied research skills.

Becoming a Positive Psychology Practitioner

Most of our students are adult learners with busy lives. They are looking for flexible, online, professional courses that will prepare them for practicing an area of Positive Psychology. Some know early on that they wish to become coaches, trainers, or facilitators. Others are not yet sure. Because of that, our Core Diplomas share the first module as a common knowledge base. This allows you the freedom to change your mind about your preferred skill track after starting your course.

You may start your course at any time of the year and choose the pace at which you study. Depending on your pace, a full diploma may take around 6 to 9 months to complete. The course content is delivered online in a user-friendly format and a personal tutor is assigned at the start of your course. All of our tutors are qualified Positive Psychology Practitioners with relevant experience. You will meet with your tutor on a regular basis online and be able to contact them by email.

Building a Professional Practice

8

Becoming a Level 5 Positive Psychology Practitioner is only the start of your journey with us. As a not-for-profit entity, we offer free Student Membership throughout your studies and on graduation, one complimentary year of Professional Membership. If you are based in the UK, this will cover your insurance and liability needs for the first year of your practice. If you are establishing a Positive Psychology in Practice company, we will support your application to upgrade to Organisational Membership and/or become an Approved Learning Centre. You may also apply to become a Certified Tutor and access our support on research, publishing, and events.

A Place to Flourish

Our intention is for our students and members to flourish, connect, and contribute to the application of Positive Psychology in their local communities and globally. By choosing to study with us you will be joining an open-minded community of teachers and learners that are keen to explore new terrain and bridge the practice of Positive Psychology with other professional domains. For example, business, education, health, governance, emergency services, and aid and development. We welcome your past experience too and what we may learn from teaching you.

Moving into Academia

We support adult learners who wish to move into or return to academia. For example, after completing one of our online Level 5 Positive Psychology Practitioner diplomas, you may be ready to study for a Level 7 Masters in Applied Positive Psychology (MAPP) at a university, or integrate the study of Positive Psychology into a future PhD application. The levels reflect a UK-based education grading system. If you are based overseas, we will take your country's education grading system into account.

Moving into Practice

Our online courses may also be relevant for those who have completed a Level 7 MAPP qualification and now wish to develop or enhance the skills needed to practice. Given your existing knowledge base in Positive Psychology, it will be possible to apply to study single modules that meet your professional development needs rather than repeat any prior learning by studying for an entire diploma. Level 7 and above practitioners may also apply for Fellow Membership and contribute to our events.

3 CORE COMPETENCIES

9

OF POSITIVE PSYCHOLOGY IN PRACTICE

(1) Confident Practice

The structure of our courses and our teaching philosophy are designed to create confident Positive Psychology Practitioners. Through gaining a solid knowledge base and relevant skill sets, and accessing our ongoing practitioner support strategies, our students and members have the means to develop their future practice. Through our social hub, the Positive Psychology Network, you may also connect with like-minded professionals and peers, and collaborate on common interest areas.

(2) Authentic Leadership

Our thought leadership and willingness to explore local and global applications of Positive Psychology will appeal to students who are natural leaders as well as those who wish to develop their leadership skills. At the heart of becoming a Positive Psychology Practitioner is authenticity. Learning how to be authentic is an integral part of our course delivery and assignments. We aim to create practitioners who are authentic leaders in their chosen fields of expertise, and ensure our tutoring and teaching methods are inclusive and encouraging of this positive trait.

(3) Professional Integrity

Professional integrity is about client respect and maintaining appropriate boundaries, for example, client confidentiality. We also create Positive Psychology Practitioners who strive to practice honesty, resilience, critical thinking, and a positive outlook on life and work. Our students learn how to take care of their essential needs first so that they may have the energy needed to support others. They also learn how to assess potential clients and identify where a client's need may exceed the scope of their training. In such cases, they look for positive referral pathways.

Link to Professional Guidelines for Positive Psychology Practitioners:

<https://ppnetwork.org/professional-guidelines-positive-psychology-practitioners/>

CORE DIPLOMAS

POSITIVE PSYCHOLOGY IN PRACTICE

Our Professional UK Level 5 Diplomas in Positive Psychology Practice are designed for people who wish to practice Positive Psychology in the fields of Coaching, Training, and/or Facilitation. Whichever pathway(s) you choose, your journey will begin with Module 1, the academic study and personal exploration of Positive Psychology Fundamentals.

MODULE 1

POSITIVE PSYCHOLOGY FUNDAMENTALS

Module 1 will ground you in the Psychology of Strengths, Authenticity, Resilience, Positive Emotions, and Motivation. You will be introduced to wider psychology research and insights on these areas as well as Positive Psychology research and practice. This first module is critical as it will form the knowledge base and self-awareness necessary for your confidence and future area of practice.

Module 1 will challenge you academically and personally to go beyond a surface-level understanding of Positive Psychology to a point where you can understand and critically evaluate fundamental Positive Psychology topics. You will complete 10 written assignments: 5 reflective logs, 4 literature review papers, and 1 academic presentation. Your assignment themes will reflect topics and areas of research that motivate and inspire you, and may inform your future practice. Your personal tutor, a Positive Psychology Practitioner, will guide you through this learning process.

To become qualified to coach, train, or facilitate, you must successfully complete Module 1 and progress to Modules 2 and 3 where you will learn how to apply your knowledge base in practice. Should you not wish to complete the professional aspects of the course, you may successfully complete your studies here and graduate with a Level 5 Certificate in Positive Psychology Fundamentals.

PATHWAY 1

12

POSITIVE PSYCHOLOGY COACHING

Pathway 1 is designed for students who wish to practice as a Positive Psychology Coach, or use professional coaching skills in a particular domain (e.g. work, life, home). In Module 2, students will study the skills needed to become a Professional Positive Psychology Coach. You will draw and build on the knowledge based you have acquired in Module 1.

MODULE 2

PROFESSIONAL COACHING SKILLS

Module 2 will ground you in the art and science of coaching. You will study the history, science, and philosophy of coaching and its various methods and tools of delivery. Your personal tutor, a Positive Psychology Coach, will support you as you learn how to design and implement individual and group coaching sessions and programs. At this stage, you will focus on skills acquisition and development.

Module 2 will teach you how to integrate your knowledge of Positive Psychology Fundamentals into an effective and evidence-based coaching practice. For example, you will learn how to coach individuals and groups on Strengths, Authenticity, Resilience, Positive Emotions, and Motivation. You will also learn how to conduct coaching conversations that support personal and professional growth.

At the end of this module, you will complete a 3-hour written exam. The exam will be open book, which means you may have access to all of your study material during the examination. You will also complete a coaching project assignment.

On successful completion of Module 2, you may progress to Module 3 (Professional Coaching Practice). Should you not wish to continue your studies from here, you may successfully complete your studies here and graduate with a Level 5 Certificate in Positive Psychology Coaching Skills.

PROFESSIONAL COACHING PRACTICE

Module 3 is designed to help you build a Professional Positive Psychology Coaching Practice. You will be introduced to client needs, states, common coaching scenarios, and the Guild's Professional Guidelines for Positive Psychology Practitioners. You will learn when and how to refer clients whose needs exceed coaching, and how to work with more complex coaching cases.

During this module, you will spend 12 practice hours coaching a voluntary client in an unpaid capacity. You will use your knowledge base from Module 1 and professional coaching skills from Module 2 to design and implement a Positive Psychology Coaching Program. Your engagement with the voluntary client/s will be audio recorded and filmed for your personal assessment. Client permission will be sought.

As you progress through your coaching assignment, your tutor will be on hand to support you with any challenges you might face. By the end of this module, you will have learned how to assess client needs and design an effective coaching program. This practice experience prior to graduation will help you to build the confidence and competence needed to launch your own professional coaching practice.

At the end of this module, you will complete a 3-hour written exam. The exam will be open book, which means you may have access to all of your study material during the examination. You will also complete your coaching case study assignment and submit a written report, reflective log, and supporting audio-visual material.

Certification

On successful completion of your diploma, you will receive a certificate stating that you hold a Level 5 Diploma in Positive Psychology Practice & Coaching. This certificate will be accredited by the Positive Psychology Guild. You may refer to yourself as a Positive Psychology Practitioner & Coach (PPGDip) and will now be eligible to apply for Professional Membership status with the Guild. You may also apply to join the Guild's Register of Positive Psychology Practitioner Professionals.

PATHWAY 1: POSITIVE PSYCHOLOGY COACHING

MODULE 1 - Positive Psychology Fundamentals

Unit 1: The Psychology of Strengths

Unit 2: The Psychology of Authenticity

Unit 3: The Psychology of Resilience

Unit 4: The Psychology of Positive Emotions

Unit 5: The Psychology of Motivation

Assignments: You will complete 5 reflective logs (academic diaries) and 4 literature reviews, and 1 academic poster presentation based on a literature review.

MODULE 2 - Positive Psychology Coaching Skills

Unit 1: History, Science & Philosophy of Coaching

Unit 2: Positive Psychology Coaching Methods & Tools

Unit 3: Positive Psychology Coaching Sessions

Unit 4: Positive Psychology Coaching Programs

Unit 5: Assignment Preparation (Exam & Project)

Assignments: At the end of this module, you will complete a written exam and design a coaching program that incorporates essential aspects of your learning in Modules 1 and 2. You will also be supported and tested throughout the module on your skills development process.

MODULE 3 - Positive Psychology Coaching Practice

Unit 1: Coaching Client Needs & States

Unit 2: Coaching Client Types & Challenges

Unit 3: Coaching Client Misconceptions

Unit 4: Professional Guidelines for Positive Psychology Practice

Unit 5: Assignment Preparation (Exam & Case Study Report)

Assignments: At the end of this module, you will complete a written exam and execute and critically evaluate a 12-hour pro-bono coaching program with a volunteer that reflects all aspects of your learning in Modules 1, 2 and 3. You are also encouraged to sit the entry-level knowledge assessment test to join the PPG Register of Professionals on graduation.

POSITIVE PSYCHOLOGY TRAINING

Pathway 2 is designed for students who wish to practice as a Positive Psychology Trainer, or use professional training skills in a particular domain (e.g. work). In Module 2, students will study the skills needed to become a Professional Positive Psychology Trainer. You will draw and build on the knowledge based you have acquired in Module 1.

MODULE 2

PROFESSIONAL TRAINING SKILLS

Module 2 will ground you in the art and science of training. You will study the history, science, and philosophy of training and its various methods and tools of delivery. Your personal tutor, a Positive Psychology Trainer, will support you as you learn how to design and implement individual and group training sessions and events. At this stage, you will focus on skills acquisition and development.

Module 2 will teach you how to integrate your knowledge of Positive Psychology Fundamentals into an effective and evidence-based training practice. For example, you will learn how to train individuals and groups on Strengths, Authenticity, Resilience, Positive Emotions, and Motivation. You will also learn how to design and implement training events that support personal and professional growth.

At the end of this module, you will complete a 3-hour written exam. The exam will be open book, which means you may have access to all of your study material during the examination. You will also complete a training project assignment.

On successful completion of Module 2, you may progress to Module 3 (Professional Training Practice). Should you not wish to continue your studies from here, you may successfully complete your studies here and graduate with a Level 5 Certificate in Positive Psychology Training Skills.

PROFESSIONAL TRAINING PRACTICE

Module 3 is designed to help you build a Professional Positive Psychology Training Practice. You will be introduced to learning styles, group psychology, learning and assessments, and the Guild's Professional Guidelines for Positive Psychology Practitioners. You will learn about participant equality, diversity, and differentiation, and how to evaluate and follow up on a training event.

During this module, you will spend 12 practice hours training a voluntary group in an unpaid capacity. You will use your knowledge base from Module 1 and professional training skills from Module 2 to design and implement a Positive Psychology Training Event. Your engagement with the voluntary group will be audio recorded and filmed for your personal assessment. Participants' permission will be sought.

As you progress through your training assignment, your tutor will be on hand to support you with any challenges you might face. By the end of this module, you will have learned how to design, implement, and evaluate a training event. This practice experience prior to graduation will help you to build the confidence and competence needed to launch your own professional training practice.

At the end of this module, you will complete a 3-hour written exam. The exam will be open book, which means you may have access to all of your study material during the examination. You will also complete your training case study assignment and submit a written report, reflective log, and supporting audio-visual material.

Certification

On successful completion of your diploma, you will receive a certificate stating that you hold a Level 5 Diploma in Positive Psychology Practice & Training. This certificate will be accredited by the Positive Psychology Guild. You may refer to yourself as a Positive Psychology Practitioner & Trainer (PPGDip) and will now be eligible to apply for Professional Membership status with the Guild. You may also apply to join the Guild's Register of Positive Psychology Practitioner Professionals.

PATHWAY 2: POSITIVE PSYCHOLOGY TRAINING

MODULE 1 - Positive Psychology Fundamentals

Unit 1: The Psychology of Strengths

Unit 2: The Psychology of Authenticity

Unit 3: The Psychology of Resilience

Unit 4: The Psychology of Positive Emotions

Unit 5: The Psychology of Motivation

Assignments: You will complete 5 reflective logs (academic diaries) and 4 literature reviews, and 1 academic poster presentation based on a literature review.

MODULE 2 - Positive Psychology Training Skills

Unit 1: History, Science & Philosophy of Training

Unit 2: Positive Psychology Training Methods & Tools

Unit 3: Positive Psychology Training Sessions

Unit 4: Positive Psychology Training Events

Unit 5: Assignment Preparation (Exam & Project)

Assignments: At the end of this module, you will complete a written exam and design a training event that incorporates essential aspects of your learning in Modules 1 and 2. You will also be supported and tested throughout the module on your personal and skills development process.

MODULE 3 - Positive Psychology Training Practice

Unit 1: The Psychology of Group Training

Unit 2: Learning Styles of Training Participants

Unit 3: Learning Impact & Conducting Assessments

Unit 4: Equality, Diversity & Differentiation in Professional Practice

Unit 5: Assignment Preparation (Exam & Case Study Report)

Assignments: At the end of this module, you will complete a written exam and execute and critically evaluate a 12-hour pro-bono training event with a volunteer group that reflects all aspects of your learning in Modules 1, 2 and 3. You are also encouraged to sit the entry-level knowledge assessment test to join the PPG Register of Professionals on graduation.

POSITIVE ORGANISATIONAL PSYCHOLOGY

Pathway 3 is designed for students who wish to practice Positive Organisational Psychology, or use professional facilitation skills in a work capacity. In Module 2, students will study the skills needed to become a Professional Positive Psychology Facilitator. You will draw and build on the knowledge based you have acquired in Module 1.

MODULE 2

PROFESSIONAL FACILITATION SKILLS

Module 2 will ground you in the art and science of facilitation. You will study the history, science, and philosophy of facilitation and its various methods and tools of delivery. Your personal tutor, a Positive Psychology Facilitator, will support you as you learn how to design and implement individual and group coaching sessions and programs. At this stage, you will focus on skills acquisition and development.

Module 2 will teach you how to integrate your knowledge of Positive Psychology Fundamentals into an effective and evidence-based facilitation practice. For example, you will learn how to facilitate Positive Psychology Interventions on Strengths, Authenticity, Resilience, Positive Emotions, and Motivation. You will also learn how to develop leaders and enhance team and organisational communications.

At the end of this module, you will complete a 3-hour written exam. The exam will be open book, which means you may have access to all of your study material during the examination. You will also complete a facilitation project assignment.

On successful completion of Module 2, you may progress to Module 3 (Positive Organisational Psychology Practice). Should you not wish to continue your studies from here, you may successfully complete your studies here and graduate with a Level 5 Certificate in Positive Psychology Facilitation Skills.

POSITIVE ORGANISATIONAL PSYCHOLOGY PRACTICE

Module 3 is designed to help you build a Professional Positive Organisational Psychology Practice. You will be introduced to sector needs, people and values, policies and practice, managing results, and the Guild's Professional Guidelines for Positive Psychology Practitioners. You will learn when and how to refer clients whose needs exceed coaching, and how to work with more complex coaching cases.

During this module, you will spend 12 practice hours facilitating a relevant process at work. You will use your knowledge base from Module 1 and professional facilitation skills from Module 2 to design and implement a Positive Psychology Intervention. Your engagement and role in this process will be audio recorded and filmed for your personal assessment. The company's permission will be sought to share this.

As you progress through your facilitation assignment, your tutor will be on hand to support you with any challenges you might face. By the end of this module, you will have learned how to assess policy and practice needs with regard to building Positive Organisational Cultures and Psychologically Informed Environments at work. This practice experience prior to graduation will help you to build the confidence and competence needed to launch your own Positive Organisational Psychology Practice.

At the end of this module, you will complete a 3-hour written exam. The exam will be open book, which means you may have access to all of your study material during the examination. You will also complete your training case study assignment and submit a written report, reflective log, and supporting audio-visual material.

Certification

On successful completion of your diploma, you will receive a certificate stating that you hold a Level 5 Diploma in Positive Organisational Psychology. This certificate will be accredited by the Positive Psychology Guild. You may refer to yourself as a Positive Organisational Psychology Practitioner (PPGDip) and will now be eligible to apply for Professional Membership status with the Guild. You may also apply to join the Guild's Register of Positive Psychology Practitioner Professionals.

PATHWAY 3: POSITIVE ORGANISATIONAL PSYCHOLOGY

MODULE 1 - Positive Psychology Fundamentals

Unit 1: The Psychology of Strengths

Unit 2: The Psychology of Authenticity

Unit 3: The Psychology of Resilience

Unit 4: The Psychology of Positive Emotions

Unit 5: The Psychology of Motivation

Assignments: You will complete 5 reflective logs (academic diaries) and 4 literature reviews, and 1 academic poster presentation based on a literature review.

MODULE 2 - Positive Psychology Facilitation Skills

Unit 1: History, Science & Philosophy of Facilitation

Unit 2: Positive Psychology Facilitation Methods & Tools

Unit 3: Positive Psychology Leadership Facilitation

Unit 4: Positive Psychology Team & Group Facilitation

Unit 5: Assignment Preparation (Exam & Project)

Assignments: At the end of this module, you will complete a written exam and design a facilitation process that incorporates essential aspects of your learning in Modules 1 and 2. You will also be supported and tested throughout the module on your personal and skills development process.

MODULE 3 - Positive Organisational Psychology Practice

Unit 1: Positive Organisational Cultures

Unit 2: Psychologically Informed Environments

Unit 3: Managing People, Values, Policies & Process

Unit 4: Governance, Practice & Managing for Results

Unit 5: Assignment Preparation (Exam & Case Study Report)

Assignments: At the end of this module, you will complete a written exam and execute and critically evaluate a 12-hour facilitation process at your workplace that reflects all aspects of your learning in Modules 1, 2 and 3. You are also encouraged to sit the entry-level knowledge assessment test to join the PPG Register of Professionals on graduation.

POSITIVE PSYCHOLOGY PRACTICE

You may include any of the following optional units in your Level 5 Positive Psychology in Practice education. These units are designed to further your knowledge base, enhance your skill set, and strengthen your practice of Positive Psychology. They are extended CPD units and may be taken on completion of your diploma studies.

- The Psychology & Practice of Creativity
- The Psychology & Practice of Leadership
- The Psychology & Practice of Teamwork
- The Psychology & Practice of Compassion
- The Psychology & Practice of Mindfulness
- The Psychology & Practice of Meditation

Assessments

Each optional unit will be assessed in a similar fashion to those of Module 1. You will complete a reflective log and literature review of the topic. In addition, you will design, implement, and evaluate a project on the unit topic that is relevant to your area of Positive Psychology in Practice. Please note that each unit includes 2 tutor calls and related email correspondence. Your study process is self-paced.

Certification

On successful completion of each unit, you will receive a certificate stating that you hold a Level 5 Award in the unit topic.

HOW TO APPLY

22

THE APPLICATION PROCESS

If you wish to apply to any of the Core Diplomas, please contact us for an application form at: training@ppnetwork.org. Once your application form has been received, our team will review this and contact you for further information if needed. You will then progress to enrolment and following course payment, begin your diploma journey.

FREQUENT QUESTIONS & ANSWERS

I'm not sure which diploma to apply for. Can you help me?

Yes, we can support you in your decision-making. One of our team members can call you to discuss your motivation to study Positive Psychology Practice and how you may be able to use your knowledge and skills in the future. Please email us at training@ppnetwork.org and we can arrange a convenient time to call you.

I would like to apply for more than one diploma. Is this possible?

Yes, this is possible. Positive Psychology Practitioners may need to draw on more than one professional skill to complete a client contract. We recommend completing your preferred pathway first and then adding modules 2 and 3 of your second and third (if relevant) choices at the end. On completion of each pathway, you will receive a separate Level 5 Diploma in your Positive Psychology Practitioner area.

How long will it take for me to complete my studies?

Module 1 takes on average 6-9 months to complete if you are studying on a part-time basis. Modules 2 and 3 may take 1-3 months, depending on your pace. We recommend setting aside a period of 9-12 months to complete one diploma and if you wish to add a second and third pathway, a further 2-3 months each. In theory, it is possible to complete all three pathways in around 18 months. However, please note that you may take less or more time than this depending on your personal situation. Once started, each diploma must be completed within a 3-year period.

I hold a level 7 qualification in Positive Psychology or Applied Positive Psychology. Would I still benefit from these diplomas?

Yes, if you see a need to enhance your skills and practical application of Positive Psychology in one of the pathways. You may be eligible to skip Module 1 if your previous qualification has covered these topics and continue straight onto Modules 2 and 3 of your selected pathway. You may also benefit from the optional CPD units.

I am a certified coach, trainer, and/or facilitator and would like to study Positive Psychology and apply it in my practice. Would I need to study for a full diploma?

No. You may apply to study only Module 1 and choose how you integrate this knowledge base and personal development process into your existing practice. On successful completion of this, you will receive a Level 5 Certificate in Positive Psychology Fundamentals. If you wish to qualify and practice as a Positive Psychology Practitioner, you would need to complete a full diploma.

I hold a level 7 qualification in Positive Psychology or Applied Positive Psychology and run my own practice. How can the Positive Psychology Guild support me?

We offer a professional membership service to fellow (level 7) Positive Psychology Practitioners. The annual fee includes insurance and liability, discount on CPD events, networking opportunities, and support in submitting entries to the Positive Psychology Network blog and journal. We also offer a certified tutor track for those who wish to teach Positive Psychology and approved learning centre track for those who wish to deliver Positive Psychology courses. For more information on memberships and teaching or training opportunities, please contact us at:

info@ppnetwork.org

I would like to apply to study one of the diplomas but I can't afford the fee. Do you offer scholarships or student concessions?

We offer a zero-interest financing scheme to students on request. Following an initial deposit, an affordable monthly rate is agreed on. Full payment must be received prior to graduation. We also offer student concessions of 50% and full scholarships. These are assessed on a case-by-case situation and subject to internal funding. If you wish to apply for a concession, a separate course application form is available on request. For more information, please contact us at: training@ppnetwork.org

SPECIALIST DIPLOMAS

LAUNCHING IN 2021

POSITIVE PSYCHOLOGY & SOMATIC PRACTICE

Our Professional UK Level 5 Diplomas in Positive Psychology & Somatic Practice are designed for people who wish to practice Positive Psychology in the fields of Movement, Exercise, and Sport. Whichever field you choose, your journey will include the first two modules on emotions and cognition. The third module will be your specialist area.

A personal tutor trained in Positive Psychology and Somatic Practice will be assigned to guide you through the diploma. You will meet regularly online with your tutor and be able to contact them by email as needed for further support. Their role will be to support your learning process and translating the knowledge and skills delivered on this course into your existing Positive Psychology and/or Somatic Practice.

MODULE 1

THE PSYCHOLOGY OF EMOTIONS

Module 1 takes you on a deep journey through embodiment and the experience of positive and negative emotions. You will explore what these emotions are and what they feel like at a physical or somatic level. You will learn how emotions cluster together to create positive and negative charge, such as guilt, shame, envy, and greed. You will also study how emotions contribute to positive and negative virtues such as courage, wisdom, malice, and prejudice.

Acquiring emotional intelligence is a key part of this module. The module also introduces a Positive Psychology Intervention on accepting, moving through, and learning from negative emotional states, and translating them into more positive experiences. Your assessments will include 5 reflective logs, 4 literature reviews, and 1 academic presentation. You will also complete a personal or professional project related to the integration of the Psychology of Emotions into your current practice.

THE PSYCHOLOGY OF COGNITION

Module 2 focuses on the role of cognition in goal setting and achievement, stress management, and positive behavioural change. You will study the topics of skills acquisition, performance strategies such as imagery and visualisation, the impact of negative stress and ageing on cognitive functioning, cognitive dissonance, biases, and heuristics. You will explore the links between cognition and areas of Positive Psychology, such as authenticity, resilience, motivation, and perspective.

Acquiring cognitive intelligence is a key part of this module. The module also introduces a Positive Psychology Intervention on Positive Behavioural Change and encourages critical thinking around cognitive performance and emotional wellbeing. Your assessments will include 5 reflective logs, 4 literature reviews, and 1 academic presentation. You will also complete a personal or professional project related to the integration of the Psychology of Cognition into your current practice.

MODULE 3

SPECIALISATION 1 - THE PSYCHOLOGY OF MOVEMENT

The Psychology of Movement introduces you to the science of movement practices for emotional wellbeing and cognitive performance. You will study the psychology and philosophy of Yoga, Dance, Martial Arts, and Bodywork, and critically evaluate the potential benefits of each of these somatic practices in creating positive states of wellbeing and performance. You will be encouraged to explore in depth the areas of movement in which you have prior experience or are keen to explore.

The module is assessed through an extended personal or professional project on the design, implementation, and evaluation of a Positive Psychology & Movement Practice Program for a voluntary group or individual. You will submit a written case study with a reflective log and supporting audio-visual material with participant consent. You will also translate your experience and findings into a journal entry or seminar presentation. Your tutor will provide support throughout these assignments.

SPECIALISATION 2 - THE PSYCHOLOGY OF EXERCISE

The Psychology of Exercise introduces you to the science of physical activity and exercise practices for emotional wellbeing and cognitive performance. You will study the psychology and philosophy of Aerobic Exercise, Strength and Conditioning, Endurance Training, and Rest & Recovery. You will critically evaluate the potential benefits of each of these somatic practices in creating positive states of wellbeing and performance, and link what you learn to your own exercise practice.

The module is assessed through an extended personal or professional project on the design, implementation, and evaluation of a Positive Psychology & Exercise Program for a voluntary group or individual. You will submit a written case study with a reflective log and supporting audio-visual material with participant consent. You will also translate your experience and findings into a journal entry or seminar presentation. Your tutor will provide support throughout these assignments.

MODULE 3

SPECIALISATION 3 - THE PSYCHOLOGY OF SPORT

The Psychology of Sport introduces you to the science of sport practices for emotional wellbeing and cognitive performance. You will study the psychology and philosophy of Individual Sports, Team Sports, Combat Sports, and Adventure Sports, and critically evaluate the potential benefits of each of these in creating positive states of wellbeing and performance. You will be encouraged to explore in depth the sports in which you have prior experience or are keen to explore.

The module is assessed through an extended personal or professional project on the design, implementation, and evaluation of a Positive Psychology & Sport Practice Program for a voluntary group or individual. You will submit a written case study with a reflective log and supporting audio-visual material with participant consent. You will also translate your experience and findings into a journal entry or seminar presentation. Your tutor will provide support throughout these assignments.

SPECIALISATION 1: THE PSYCHOLOGY OF MOVEMENT

MODULE 1 - The Psychology of Emotions

- Unit 1:** Understanding Emotions
- Unit 2:** Emotional States & Charge
- Unit 3:** Somatisation of Emotions
- Unit 4:** Emotions & Virtues
- Unit 5:** Project Preparation

Assignments: You will complete 5 reflective logs (academic diaries), 4 literature reviews, and 1 academic poster presentation based on a personal or professional applied project.

MODULE 2 - The Psychology of Cognition

- Unit 1:** Understanding Cognition
- Unit 2:** Stress & Cognitive Functioning
- Unit 3:** Cognitive Dissonance & Biases
- Unit 4:** Positive Behavioural Change
- Unit 5:** Project Preparation

Assignments: You will complete 5 reflective logs (academic diaries), 4 literature reviews, and 1 academic poster presentation based on a personal or professional applied project.

MODULE 3 - The Psychology of Movement

- Unit 1:** The Psychology of Yoga
- Unit 2:** The Psychology of Dance
- Unit 3:** The Psychology of Martial Arts
- Unit 4:** The Psychology of Bodywork
- Unit 5:** Assignment Preparation

Assignments: You will complete 4 reflective logs (academic diaries) and 4 literature reviews. You will also complete a personal or professional project. Your project will involve a case study involving 12 hours of practice where you apply your knowledge. At the end of this project, you will submit a case study report that includes the project development, management, execution, and lessons learned.

SPECIALISATION 2: THE PSYCHOLOGY OF EXERCISE

MODULE 1 - The Psychology of Emotions

- Unit 1:** Understanding Emotions
- Unit 2:** Emotional States & Charge
- Unit 3:** Somatisation of Emotions
- Unit 4:** Emotions & Virtues
- Unit 5:** Project Preparation

Assignments: You will complete 5 reflective logs (academic diaries), 4 literature reviews, and 1 academic poster presentation based on a personal or professional applied project.

MODULE 2 - The Psychology of Cognition

- Unit 1:** Understanding Cognition
- Unit 2:** Stress & Cognitive Functioning
- Unit 3:** Cognitive Dissonance & Biases
- Unit 4:** Positive Behavioural Change
- Unit 5:** Project Preparation

Assignments: You will complete 5 reflective logs (academic diaries), 4 literature reviews, and 1 academic poster presentation based on a personal or professional applied project.

MODULE 3 - The Psychology of Exercise

- Unit 1:** The Psychology of Aerobic Exercise
- Unit 2:** The Psychology of Strength & Conditioning
- Unit 3:** The Psychology of Endurance Training
- Unit 4:** The Psychology of Rest & Recovery
- Unit 5:** Extended Project Preparation

Assignments: You will complete 4 reflective logs (academic diaries) and 4 literature reviews. You will also complete a personal or professional project. Your project will involve a case study involving 12 hours of practice where you apply your knowledge. At the end of this project, you will submit a case study report that includes the project development, management, execution, and lessons learned.

SPECIALISATION 3: THE PSYCHOLOGY OF SPORT

MODULE 1 - The Psychology of Emotions

- Unit 1:** Understanding Emotions
- Unit 2:** Emotional States & Charge
- Unit 3:** Somatisation of Emotions
- Unit 4:** Emotions & Virtues
- Unit 5:** Project Preparation

Assignments: You will complete 5 reflective logs (academic diaries), 4 literature reviews, and 1 academic poster presentation based on a personal or professional applied project.

MODULE 2 - The Psychology of Cognition

- Unit 1:** Understanding Cognition
- Unit 2:** Stress & Cognitive Functioning
- Unit 3:** Cognitive Dissonance & Biases
- Unit 4:** Positive Behavioural Change
- Unit 5:** Project Preparation

Assignments: You will complete 5 reflective logs (academic diaries), 4 literature reviews, and 1 academic poster presentation based on a personal or professional applied project.

MODULE 3 - The Psychology of Sport

- Unit 1:** The Psychology of Sport Performance
- Unit 2:** The Psychology of Individual & Team Sports
- Unit 3:** The Psychology of Adventure & Combat Sports
- Unit 4:** The Psychology of Athlete Wellbeing
- Unit 5:** Extended Project Preparation

Assignments: You will complete 4 reflective logs (academic diaries) and 4 literature reviews. You will also complete a personal or professional project. Your project will involve a case study involving 12 hours of practice where you apply your knowledge. At the end of this project, you will submit a case study report that includes the project development, management, execution, and lessons learned.

APPLIED POSITIVE PSYCHOLOGY RESEARCH

Our Professional UK Level 7 Diploma in Applied Positive Psychology Research is designed for people who wish to research a topic within Positive Psychology and apply it to their area of practice. The course is suitable for Positive Psychology Practitioners who are new to research and those who wish to broaden their research skills base.

A personal tutor with experience in Applied Positive Psychology Research will be assigned to guide you through the diploma. You will meet regularly online with your tutor and be able to contact them by email as needed for further support. Their role will be to support your learning process and translating your research ideas into an academic project with practical outcomes appropriate for your professional practice.

MODULE 1

QUALITATIVE RESEARCH METHODS

Module 1 covers qualitative research methods and skills. You will be introduced to case study analysis, phenomenology, interpretative phenomenological analysis, grounded theory, narrative enquiry, and ethnography. Your assessment will include 5 literature reviews on each of the research methods and a research project proposal.

MODULE 2

QUANTITATIVE RESEARCH METHODS

Module 2 covers quantitative research methods and skills. You will be introduced to survey research, correlational research, causal-comparative research, experimental research, SPSS, and data analysis. Your assessment will include 5 literature reviews on each of the research methods and a research project proposal.

APPLIED RESEARCH PROJECT

Module 3 is where you are given the freedom to create your own applied research project. You may take 3 to 12 months or more to complete this module. We recommend pacing yourself so that it becomes an enjoyable process where you may take the time to pilot test and apply your findings. If you already possess the skills taught in Modules 1 and 2, you may apply to progress directly to this module.

A project supervisor, who is also a Positive Psychology Practitioner and Researcher, will be assigned to support you in the development and implementation of your project. Where possible, we will match your supervisor's background to your project topic or interest area. You will also receive tutor support in Modules 2 and 3 during the research methods and skills acquisition phase.

PPG RESEARCH SUPPORT

FOR APPLIED POSITIVE PSYCHOLOGY RESEARCH

PPG runs a number of applied Positive Psychology research centres, for example in Autism, Positive Ageing, and Post-Traumatic Growth. You may choose to register your research project under one of these centres and on completion, explore the potential to collaborate with PPG in applying for funding to develop your research project further. We will also support you in publishing your research findings in the Positive Psychology Network Journal and Blog, subject to entry criteria.

COURSE OUTLINE

APPLIED POSITIVE PSYCHOLOGY RESEARCH

MODULE 1 - Qualitative Research Methods

Unit 1: Case Studies

Unit 2: Phenomenology

Unit 3: Grounded Theory

Unit 4: Narrative Enquiry

Unit 5: Ethnography

Assignments: You will complete 5 literature reviews on each of the above research methods before designing a research project proposal based on one of the methods. You will be introduced to research ethics and the qualitative project design process at the start of your studies.

MODULE 2 - Quantitative Research Methods

Unit 1: SPSS & Data Analysis

Unit 2: Survey Research

Unit 3: Experimental Research

Unit 4: Correlational Research

Unit 5: Causal-Comparative Research

Assignments: You will complete 5 literature reviews on each of the above research methods before designing a research project proposal based on one of the methods. You will be introduced to the quantitative project design process at the start of your studies.

MODULE 3 - Applied Positive Psychology Research Project

This is a supervised unit where you take 3 months (or more) to develop an applied Positive Psychology research project related to your area of Professional Positive Psychology Practice. You may include additional time to study the topic of your choice and expand your knowledge base if needed.

Assignments: You will complete 1 extended project. This will include a project outline that includes a research question, projected timeline, research ethics, participant selection method, research method, bracketing and reflexivity exercises. The project submission will also include a dissertation summarising the study, its findings or results, and related literature review, an academic poster, and suggestions for further research opportunities.

THE APPLICATION PROCESS

If you wish to apply to any of the Specialist Diplomas, please contact us for an application form at: training@ppnetwork.org. Once your application form has been received, our team will review this and contact you for further information if needed. Course enrollment begins in July 2020 and the courses will be available to start from January 2021.

FREQUENT QUESTIONS & ANSWERS

I'm a Positive Psychology Practitioner without any somatic training or experience. Can I still apply to the L5 Diploma in Positive Psychology & Somatic Practices?

Yes. Even without experience in movement, exercise, and/or sport, you may still be eligible to apply to these diplomas. Provided you have a strong interest in your specialisation area and are willing to engage in additional somatic practice in this area during your diploma studies, you will still be able to benefit from your diploma studies and be able to translate this experience into your Positive Psychology Practice.

I'm certified to teach one or more of the somatic specialisation areas (e.g. exercise, sport, yoga, dance, martial arts) but am not a Positive Psychology Practitioner. Can I still apply to the L5 Diploma in Positive Psychology & Somatic Practice?

Yes, you may apply. We will acknowledge and value your prior experience and qualifications in teaching any of the somatic practices and support your desire to deepen your scientific knowledge in these areas. However, you may benefit more from this diploma if you first complete the Level 5 Certificate in Positive Psychology Fundamentals. This will equip you with a wider Positive Psychology knowledge base.

I'm a Positive Psychology Practitioner and trained in an area of Somatic Practice. Is there any other way I can further my development?

Yes, absolutely. We offer options to engage in research and practice to qualified practitioners. For more information, please contact us at: training@ppnetwork.org

I'm a level 7 Positive Psychology Practitioner and I would like to develop an applied research project idea. Would I benefit from the L7 Diploma in Applied Positive Psychology Research?

Yes. If you have the research skills covered in Modules 1 and 2, you may progress directly to Module 3. Your certification will be a Level 7 Certificate in Applied Positive Psychology Research. If you wish to revisit the research methods taught in Modules 1 and 2, you are welcome to complete the Level 7 Diploma.

I'm new to research and applied research on every level. May I still apply to the L7 Diploma in Applied Positive Psychology Research?

Yes, provided you hold a Level 5 Diploma in Positive Psychology Practice (or the equivalent), you may apply. We will ensure that your assigned tutor is able to give you the support you need to grasp and understand the content of Modules 2 and 3. They will also guide you in selecting an appropriate first topic for applied research so that you may have a positive experience to build on in your future research efforts.

I'm interested in conducting applied research but do not wish to complete the L7 Diploma in Applied Positive Psychology Research. How could you support me?

If you are a Positive Psychology Practitioner and Professional or Fellow Member of the Positive Psychology Guild (PPG), you are eligible to join the PPG Researcher Database and register your project independently provided you adhere to our research guidelines. You may also collaborate on your research with non-Positive Psychology research professionals if you are taking the lead for your project.

We will provide you with a research project application outlining the aims and design of your research before it is started. You may apply for a PPG-approved Research Supervisor if relevant. We will also endeavor to support you in publishing your research findings in the Positive Psychology Network Journal and Blog, subject to submission criteria. In some cases, we may also be able to support you in your application for research funding. For more information, please contact us at:

training@ppnetwork.org

POSSIBILITIES FOR FURTHER ENGAGEMENT

There are many ways to interact with us at the Positive Psychology Guild. Besides being an online course provider and global membership body for Positive Psychology Practitioners, we run CPD events, support applied research initiatives, and partner with corporations looking to build and integrate Positive Psychology Interventions such as strengths, resilience, and wellbeing into policy and practice.

CPD EVENTS

Our CPD events include in-person options in the UK and online webinars for our international members and supporters, and those who cannot travel. Topics reflect the dynamic interests, research insights, and practice experience of our membership. Our first annual conference is scheduled for November 2020 in the UK. All events are published on our website at: www.ppnetwork.org

APPLIED RESEARCH CENTRES

Our applied research centres are designed to support the growth of evidence-based practice development amongst our membership. Our centres include Autism, Positive Ageing, Positive Organisations, and Post-Traumatic Growth. We encourage our students to take an interest in the need for applied research early on in their studies. We also support our more experienced members in their research aims. For more information, please contact: info@ppnetwork.org

CORPORATE SERVICES

Our corporate service team specialises in Neurodiversity & Inclusion and Mental Health First Aid & Wellbeing. They deliver seminars, workshops, and Train the Trainer (ToT) courses for HR staff and managers on how to build policy and practice in these two specialised areas. The team also runs an annual award scheme for organisations that have achieved outstanding results in creating Positive Organisational Cultures. For more information, please contact: info@ppnetwork.org

CALL FOR PAPERS!

37

THE POSITIVE PSYCHOLOGY NETWORK JOURNAL

The Positive Psychology Network Journal is calling for papers for its first issue in the following topics. If you would like to share your applied research or your practitioner insights, we would like to hear from you!

POSITIVE PSYCHOLOGY IN PRACTICE TODAY

If you are a Positive Psychology Practitioner and wish to share your experience of and insights on the relevance of Positive Psychology in Practice today, and challenges or opportunities facing practitioners and their clients, we welcome your views.

NEURODIVERSITY & MENTAL HEALTH IN SCHOOL & WORK

We are open to submissions on applied research studies and practitioner insights on the application of Positive Psychology to Neurodiversity & Inclusion and Mental Health First Aid & Wellbeing in educational and corporate environments.

CULTURE, DIVERSITY & STRENGTHS-BASED ENGAGEMENT

If you are a Positive Psychology student, researcher, or practitioner with experience of applying Positive Psychology Strengths in diverse cultural and socio-political contexts across the world, we would like to hear from you!

VIOLENCE RECOVERY & POST-TRAUMATIC GROWTH

How might Positive Psychology be an effective support strategy for people recovering from violence? We are particularly interested in its potential role in recovery from situations of political, sexual, and domestic violence.

Submission Criteria

All papers are peer-reviewed by our Board of Trustees prior to acceptance and publishing. If you would like to submit a paper on the above topics, please contact us for the format options and submission criteria at: info@ppnetwork.org

"The aim of Positive Psychology is to catalyse a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life."

MARTIN SELIGMAN, FOUNDER OF
POSITIVE PSYCHOLOGY