

40th ANNUAL COUNSELING WORKSHOP

BYU Counseling Workshop

BYU Counseling Workshop

BYU Conferences and Workshops

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40th Annual Brigham Young University Counseling Workshop

Presenter: Christopher Peterson, Department of Psychology, University of Michigan

THE SCIENCE OF POSITIVE PSYCHOLOGY
BYU Counseling Workshop, March 5 –6, 2009

Important Announcement

In preparation for this workshop, please click here.

PDF to download 2008 brochure

Workshop Description

Positive psychology is an umbrella term describing the *scientific* study of what makes life most worth living. Positive psychologists concern themselves with positive experiences (happiness, pleasure), positive traits (character strengths, interests, talents), positive relationships (friendship, family, marriage), and positive institutions (schools, workplaces, communities). Research findings from positive psychology are intended to provide a more complete and balanced scientific understanding of the human experience. Unlike traditional psychology which is based on a disease model of human nature and thus glimpses only part of the human condition, the new field of positive psychology calls for as much focus on strength as on weakness, as much interest in building the best things in life as in repairing the worst, and as much concern with making the lives of normal people fulfilling as with healing pathology.

Positive psychology does not replace business-as-usual psychology, which often focuses on people's problems and how to remedy them. Rather, positive psychology intends to complement and extend a problem-focused psychology. Accordingly, positive psychology can and should be distinguished from other approaches that are not grounded in systematic research. Applications of positive psychology need to be empirically informed.

Positive psychology and its applications are not to be confused with pop psychology or untested self-help approaches. Positive psychology is neither dogmatic nor a panacea. It is neither *The Power of Positive Thinking* nor *The Secret*. Positive psychologists do not blame victims or congratulate the fortunate. Positive psychology is neither radical nor reactionary.

Building and maintaining a happy, healthy, and moral life is not easy. Doing so requires hard work and a commitment to changing how one lives. Positive psychology provides a valuable perspective on the human condition, suggesting an explicit vision of psychological health and thereby making concrete the goals of therapy. Positive psychology also provides useful strategies for assessment, treatment, prevention, rehabilitation, and promotion. Positive psychology expands the view of psychological health beyond the absence of symptoms and disorders and suggests possible routes to a life that is healthy, happy, fulfilled, meaningful, and productive. Although positive psychology has made significant progress in a short time, caution is needed not to run ahead of what is known.

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BYU Counseling and Career Center

Christopher Peterson



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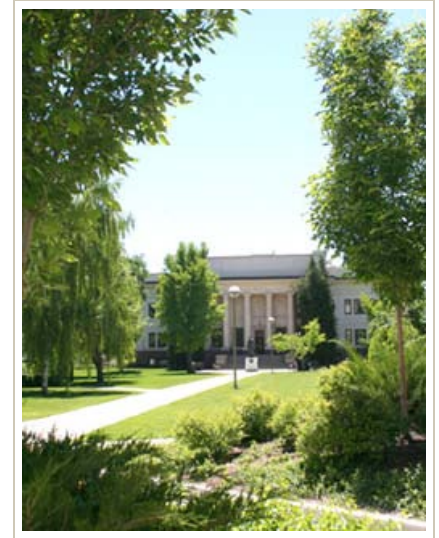
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Presenter

Christopher Peterson has been at the University of Michigan since 1986, where he is Professor of Psychology and Organizational Studies and former Director of Clinical Training. He also holds an appointment as an Arthur F. Thurnau Professor, in recognition of his contributions to teaching. Peterson has been identified by ISI as among the 100 most widely cited psychologists in the world. He is a member of the Positive Psychology Steering Committee; a consulting editor to *Journal of Positive Psychology*, *Perspectives on Psychological Science*, and *Journal of Personality and Social Psychology*; coeditor of *Health and Well-Being*; and the Positive Psychology Book Series editor for Oxford University Press. He is the author of *A Primer in Positive Psychology*, published in 2006 by Oxford University Press.



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Tentative Schedule

Thursday, March 5, 2009

8:00-9:00 am	Registration and Check-in
9:00-10:00 am	Introduction to Positive Psychology: Overview and History
10:00-10:30 am	Refreshment Break
10:30-11:30 am	Theory and Research: The Pleasant Life
11:30-noon	Discussion
Noon- 1:15 pm	Lunch Provided
1:15- 2:15	Theory and Research: The Engaged Life
2:15-2:45 pm	Refreshment Break
2:45-3:45 pm	Theory and Research: The Meaningful Life
3:45-4:15 pm	Discussion

Friday, March 6, 2009

8:30-9:00 am	Registration Desk Open
9:00-10:15 am	Positive Psychology and Practice
10:15-10:45 am	Refreshment Break
10:45-11:45 pm	Conclusions and the Future of Positive Psychology
11:45-12:30 am	Questions and Discussion



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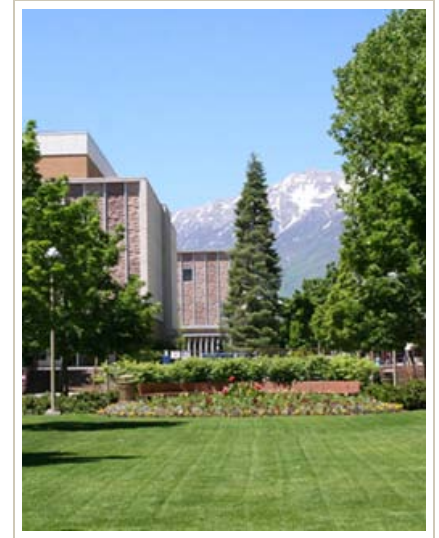
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Learning Objectives

1. To understand the history of positive psychology
2. To become familiar with the major empirical findings of this field
3. To see the applications of positive psychology to clinical work
4. To be aware of the difference between positive psychology and other “positive” approaches not based in research

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In Preparation

If possible, participants should go to www.authentic happiness.org and take the following surveys:

- Satisfaction with Life Scale (~5 minutes)
- Approaches to Happiness Questionnaire (~10 minutes)
- VIA Signature Strengths Questionnaire (~40 minutes)

Registration is required, but a "real" e-mail address need not be provided.

Individualized feedback is provided after the completion of each survey. Participants should write down or print out the feedback and bring it to the workshop.



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Resources and Readings

Positive Psychology Web Pages

www.authentichappiness.org [contains surveys]

www.positivepsychology.org [contains a host of resources]

Articles, Chapters, and Books

Csikszentmihalyi, M. (1991). *Flow: The psychology of optimal experience*. New York: Harper Perennial/HarperCollins.

Jahoda, M. (1958). *Current concepts of positive mental health*. New York: Basic Books.

Ong, A. D., & van Dulmen, M. (Eds.) (2006). *Handbook of methods in positive psychology*. New York: Oxford University Press.

Park, N., & Peterson, C. (2006). Strengths of character and the family. *Family Therapy Magazine*, November/December, pp. 28 – 33.

*Peterson, C. (2006). *A primer in positive psychology*. New York: Oxford University Press.

Peterson, C., & Park, N. (2003). Positive psychology as the evenhanded positive psychologist views it. *Psychological Inquiry*, 14, 141 –146.

Peterson, C., & Park, N. (in press). Positive psychology. In B. J. Sadock, V. A. Sadock, & P. Ruiz (Eds.), *Comprehensive textbook of psychiatry* (9th ed.). Baltimore: Lippincott, Williams, & Wilkins.

Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A classification and handbook*. Washington, DC: American Psychological Association/New York: Oxford University Press.

Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 5 – 14.

Seligman, M. E. P., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: Empirical validation of interventions. *American Psychologist*, 60, 410 – 421.

Snyder, C. R., & Lopez, S. (Eds.) (in press). *Handbook of positive psychology* (2nd ed.). New York: Oxford University Press.

* Recommended overview

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Credit

CEU Credit

Important Announcement

BYU credit and optional non credit registration are available. Registration fee for this conference includes 8 contact hours for CEU certification.

NASW

National Association of Social Workers
<http://www.socialworkers.org>

UPA

Utah Psychological Association
<http://www.utpsych.org/page.php>

UAMFT

Utah Association for Marriage and Family Therapy
<http://www.uamft.org>

CPSE 514R: 0.5 Credit Hour

(pass/fail, non-degree seeking)

Course Requirements

1. Attend all sessions of the 1.5 day workshop.
2. Submit a copy of your notes from the workshop.
3. Submit a typewritten summary of the insights you gained at the workshop (two pages).
4. Complete a paper (two to three pages) evaluating Dr. Peterson's application of his latest ideas on quality relationships in counseling, teaching, and managing. Share ways to increase the quality of lives through applicable teachings.

CPSE 515R: .5 Credit Hour

(letter grade, non-degree seeking except with departmental approval)

Course Requirements

1. Attend all sessions of the 1.5 day workshop.
2. Submit a copy of your notes from the workshop.
3. Submit a typewritten summary of the insights you gained at the workshop (two pages).
4. Complete a paper (two to three pages) evaluating Dr. Peterson's application of his latest ideas on positive psychology in counseling. Share ways to incorporate aspects of positive psychology into your own professional work.
5. Purchase, or check out from the BYU Reserve Library, Dr. Peterson's published works and submit a one-page written summary covering two chapters or articles.

Submit all course credit materials by Monday, March 30, 2009, to:

Mike Buxton
 Counseling and Career Center
 Brigham Young University
 1500 WSC, PO Box 27906
 Provo, Utah 84602

To receive BYU credit for this program, students should be in good standing with both Brigham Young University and The Church of Jesus Christ of Latter-day Saints (if a member). All students are expected to uphold the university standards while in class.



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Registration

Important Announcement

BYU credit and optional non credit registration are available. Registration fee for this conference includes 8 contact hours for CEU certification.

Regular Registration Section: Lunch provided March 5 and refreshments included

- \$215 Noncredit registration

Graduate Student Section: Lunch provided March 5 and refreshments included

- \$80 Noncredit registration (student ID required at check-in)

BYU Benefited Employee/Spouse Registration Section: Lunch provided and refreshments included

- I may be eligible for employee tuition benefits through the BYU Benefits Office. (Please call Benefits Services at 801-422-4716 if you have questions about eligibility.)

Optional Credit: Credit is in addition to your registration.

- \$30 0.5 BYU credit CPSE 514R (pass/fail, non-degree-seeking)
- \$30 0.5 BYU credit CPSE 515R (letter grade, non-degree-seeking except with departmental approval)

BYU Benefits Services may cover the registration fee for eligible BYU full-time employees and their spouses. Contact Benefits Services at 801-422-4716 if you have questions about your eligibility for tuition benefits.

You can register in any one of the following ways:

1. **Online:** Register over the Internet and pay with your VISA, MasterCard, or Discover card

2009 Counseling Workshop - 806

Online Registration Closed: 20 February 2009

2. **By Phone:** Call (801) 422-2568 and pay with your VISA, MasterCard, or Discover card (Monday-Friday, 8:00 a.m.-5:00 p.m. [MST]).
3. **By Mail:** Mail completed registration form and payment to Counseling Workshop, 348 Harman Continuing Education Building, Provo, UT 84602.
4. **In Person:** Register in person at 348 Harman Continuing Education Building, Brigham Young University, Provo, Utah (Monday-Friday, 8:00 a.m.-5:00 p.m. [MST]). At-the-door registrations will be accepted on a space-available basis.

We cannot reserve workshop space without full payment. Registration is limited and no overflow will be offered. We encourage you to register early. The registration deadline is Friday, February 20, 2009, at 5:00 p.m. (MST).

Substitutions and Cancellations

You may arrange for a substitute to come in your place at any time without penalty. A \$10 fee will be assessed for each refund requested. After the workshop begins on March 5, 2009, no refund can be given. You will receive a full registration refund if the program is canceled for any reason. The university will not be responsible for any cancellation or change charges assessed by airlines, travel agencies, or other institutions.

Potential Overflow Seating

The room capacity for this workshop is 450; guaranteed seating is given to the first 50 graduate students who register. Once room capacity has been reached, all other registrants will be seated in a nearby video overflow area.

Who May Attend

The BYU Counseling Workshop is open to men and women age 18 and above. Logistical and safety constraints will not allow us to accommodate nursing infants or young children in any workshop sessions.



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General Information

Admission and Standards

Participants of any race, color, creed, and ethnic or national origin are accepted for admission to this program provided they maintain the university standards while on campus. These include modesty in dress and conduct and abstinence from alcohol, tobacco, coffee, tea, and harmful drugs.

We are committed to providing a learning atmosphere that reasonably accommodates persons with disabilities who are otherwise qualified. Prior to registration, applicants with disabilities are invited to discuss the program content and available facilities with the program director.

Certificate of Attendance

A certificate of attendance will be available to all workshop participants.

Location and Parking

The workshop will be held at the BYU Conference Center located on the corner of 900 East and University Parkway in Provo, Utah. Ample parking is available free of charge in the lot west of the Conference Center.

Lodging: A limited number of rooms have been set aside at a discount rate. When calling to make your reservation, mention you're attending the Counseling Workshop at BYU.

Super 8 Motel
1555 N. Canyon Road
Provo, Utah 84604
Phone: 801-374-6020

Marriott Courtyard
1600 North Freedom Blvd.
Provo, Utah 84604
Phone: 801-373-2222

For tourist, dining, and other lodging information, contact the Utah Valley Convention and Visitors Bureau at 801-851-2100 or visit <http://www.utahvalley.org>.

Airport-to-Hotel Transportation

Express Shuttle is available to transport you to and from the airport. Their telephone number is 1-800-397-0773. (It is approximately a one-hour drive from the Salt Lake City International Airport to Provo.) We strongly encourage you to make shuttle reservations ahead of time to avoid waiting at the airport. If you choose to make arrangements upon arrival, the shuttle service counters are located near the baggage-claim area. Car rental is available at the Salt Lake City International Airport.

Credit Requirements

If you desire credit for workshop participation, you will find the course requirements on our [Credit Requirements](#) page.

To receive BYU credit for this program, students should be in good standing with both Brigham Young University and The Church of Jesus Christ of Latter-day Saints (if a member). All students are expected to uphold the university standards while in class.

FERPA Policy

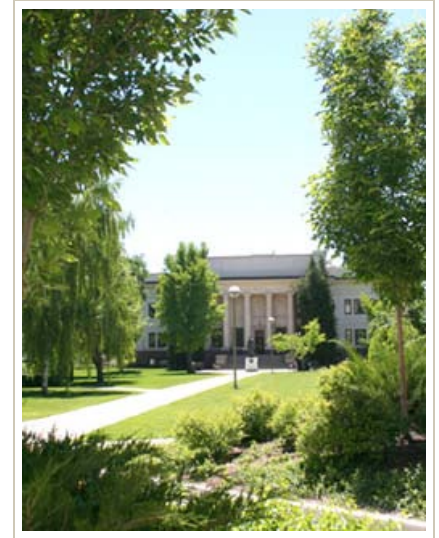
The Family Educational Rights and Privacy Act (FERPA) protects the privacy of your educational record. In order to be in compliance with FERPA, we require verification of your identity before releasing any personally identifiable or educational information to you. Please do not ask friends or family members to request this information for you.

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Brigham Young University's
39th Annual

COUNSELING WORKSHOP

William Glasser, M.D.
Choice Theory: Explanations, Public Health Implications, and
Applications for Creating a Happier Marriage

March 6-7, 2008

Sponsored by the BYU Counseling and Career Center
BYU Conferences and Workshops

<http://counseling.byu.edu>



Brigham Young University
39th Annual Counseling Workshop
Conferences and Workshops
348 Harman Continuing Education Building
PO Box 21532
Provo, UT 84602-1532

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BYU COUNSELING WORKSHOP REGISTRATION FORM

MARCH 6-7, 2008

SVO 2008CW(806)

Please print

Last Name _____

First Name _____

Address _____

City _____

State _____ Zip Code _____

Telephone Number _____

E-mail Address _____

REGULAR REGISTRATION SECTION:

Lunch provided March 6 and refreshments included
 \$215 Noncredit registration (includes 8 contact hours for CEU credit)

BYU BENEFITED EMPLOYEE/SPOUSE REGISTRATION SECTION:

Lunch provided March 6 and refreshments included
 I may be eligible for employee tuition benefits through the BYU Benefits Office. (Please call Benefits Services at [801] 422-4716 if you have questions about eligibility.)

OPTIONAL CREDIT:
Credit is in addition to your registration.

\$30 0.5 BYU credit CPSE 514R (pass/fail, non-degree-seeking)
 \$30 0.5 BYU credit CPSE 515R (letter grade, non-degree-seeking except with departmental approval)

Social Security Number _____

*Date of Birth _____

*Information required for university credit or BYU Benefited Employee/Spouse Registration

GRADUATE STUDENT SECTION:

Lunch provided March 6 and refreshments included
 \$80 Noncredit registration (student ID required at check-in)

PAYMENT: VISA MasterCard Discover

Card # _____

Exp. Date _____

Check payable to BYU in U.S. currency)
Total Amount Enclosed \$ _____

Send completed registration form and payment to:
BYU Counseling Workshop
120 Harman Continuing Education Building
Provo, UT 84602

Questions? Please call (801) 422-2568.

<http://counseling.byu.edu>

39thBrigham Young University's
39th Annual

COUNSELING WORKSHOP

Choice Theory: Explanations, Public Health Implications, and Applications for Creating a Happy Marriage

PRESENTER

William Glasser, M.D.

Dr. Glasser is an internationally recognized psychiatrist who is best known as the author of Reality Therapy, a method of psychotherapy he created in 1965 and is now taught all over the world.

Born in 1925 and raised in Cleveland, Ohio, Dr. Glasser later attended medical school at Case Western Reserve University in Cleveland. He took his psychiatric training at the Veterans Administration Hospital in West Los Angeles. And at UCLA from 1954–1957. It was there that he began his break with psychiatric tradition. He was initially a Chemical Engineer but went into psychiatry when it became apparent to him that this was his real interest in life. He became Board Certified in Psychiatry in 1961 and was in private practice (using Reality Therapy) from 1957–1986.

Glasser's path has been one of a continuing progression in private practice, lecturing and writing, ultimately culminating in the publication of over twenty books. After writing the counseling book, *Reality Therapy*, in 1965, he added education with *Schools Without Failure* in 1969, greatly expanded the understanding of motivation and behavior with *Choice Theory Psychiatry Can Be Hazardous to Your Mental Health* in 2003 and with *Eight Lessons for Happier Marriage*, in 2007.

Very early he came to the conclusion that genetically, we are social creatures and need each other. However, the cause of almost all psychological symptoms is our inability to get along with the important people in our lives.

By 1980, he began to form the final idea that led to Choice Theory: **the reason why so many people are unhappy in their relationships.** He explains that, unlike all other living creatures, only human beings are genetically driven by the need for power. Only we have learned "I'm right and you're wrong." We try to satisfy our need for power by using what he calls, *external control* psychology—literally trying to force people to do what we want them to do. This struggle has led to the symptoms described in the DSM-IV and many more, such as pain and fatigue. Dr. Glasser offers choice theory to replace external control and has dedicated the remainder of his life to teaching and supporting this idea.

In 1967, Dr. Glasser founded The Institute for Reality Therapy. Since that time, over 75,000 people worldwide have taken intensive week training in his ideas.

Dr. Glasser maintains a very active schedule and is a much sought-after speaker. He has been listed in *Who's Who in America* since the 1970s, and in 1990 the University of San Francisco awarded him the honorary degree of Doctor of Humane Letters, Honoris Causa. In March of 2003, he was presented with the ACA Professional Development Award, which recognizes the significant contribution he has made to the field of counseling throughout his professional career. In April of 2004, The American Counseling Association presented him with the "A Legend in Counseling Award" for the development of Reality Therapy. Finally, in January 2005, the American Psychotherapy Association presented Dr. Glasser with the prestigious Master Therapist designation, the highest honor that can be bestowed upon a member.

PROGRAM DESCRIPTION:

In this unique conference, attendees will be able to hear one of the world's best known psychiatrists, Dr. William Glasser, discuss his latest thinking on reality therapy and choice theory, and especially on how these ideas are applied to public mental health and quality relationships. He will point out that what those of us who work in mental health and education do is manage people, as much as counsel them.

He will also explain his latest ideas on quality relationships in counseling, teaching, and managing and show why many of the people we manage/counsel are unhappy. Unless we relate to them in a way that persuades them to increase the quality of their lives, we will have little chance to succeed in what we are attempting to do with them. This is especially applicable to problems that arise in marriage, and he will explain how this can be done through a discussion of his books: *Choice Theory*, *Warning: Psychiatry Can Be Hazardous to Your Mental Health*, and *Eight Lessons for a Happier Marriage*. He will also show that these new, noncoercive ideas can be successfully applied to all aspects of working with people, in both counseling and in schools.

Mrs. Glasser, a senior instructor in the William Glasser Institute, joins her husband to demonstrate the theory and explain how to teach others the concepts of successful relationships using choice theory and not external control. She is an excellent teacher and counselor, and both she and Dr. Glasser work very effectively together not only in their speaking engagements but also in coauthoring at least four books, including their recent book *Eight Lessons for a Happier Marriage*.

GENERAL INFORMATION

Admission and Standards

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Super 8 Motel
1555 N. Canyon Road
Provo, Utah 84604
Phone: 801-374-6020

For more information, visit the Utah Valley Convention and Visitors Bureau Web site: <http://www.utahvalley.org/>.

Credit Requirements

If you desire credit for workshop participation, you will receive a copy of the course requirements upon receipt of registration. The requirements are also posted on the Counseling Workshop Web site at <http://counseling.byu.edu>.

To receive BYU credit for this program, students should be in good standing with both Brigham Young University and The Church of Jesus Christ of Latter-day Saints (if a member). All students are expected to uphold the university standards while in class.

The registration fee for this conference includes 8 contact hours for CEU certification. The CEU certification *will not* appear on a transcript, but you will receive a certificate at the end of the conference verifying you completed the required hours. If you would like BYU credit (which *will* appear on a BYU transcript), please register for one of the credit options, pay the additional \$30, and complete the credit requirements. Please see the Web site for more information. Those registering for credit should

attend the credit information session at 8:30 a.m. on Thursday, March 6.

Who May Attend

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FERPA Policy

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By Phone: Call (801) 422-8925 and pay with your VISA, MasterCard, or Discover card (Monday–Friday, 8:00 a.m.–5:00 p.m. [MT]).

In Person: Register in person at 120 Harman Continuing Education Building, Brigham Young University, Provo, Utah (Monday–Friday, 8:00 a.m.–5:00 p.m. [MT]). At-the-door registrations will be accepted on a space-available basis.

Online: Register over the Internet and pay with your VISA, MasterCard, or Discover card at <http://counseling.byu.edu>.

Benefits: Interested individuals who may be eligible for BYU benefits should contact Conferences and Workshop at (801)422-2568.

POTENTIAL OVERFLOW SEATING

The room capacity for this conference is 450; guaranteed seating is given to the first 50 graduate students who register. Once room capacity has been reached, all other registrants will be seated in a nearby video overflow area. Please note the registration deadline is Monday, February 18, 2008, at 5:00 p.m. (MT).

SUBSTITUTIONS AND CANCELLATIONS

You may arrange for a substitute to come in your place at any time without penalty. A \$10 fee will be assessed for each refund requested. After the conference begins on March 6, 2008, no refund can be given. You will receive a full registration refund if the program is canceled for any reason. The university will not be responsible for any cancellation or change charges assessed by airlines, travel agencies, or other institutions.

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COUNSELING WORKSHOP

Choice Theory: Explanations, Public Health Implications, and Applications for Creating a Happy Marriage

TENTATIVE SCHEDULE

THURSDAY, MARCH 6, 2008

8:00–9:00 am

Registration and Check-in

9:00–10:00 am

Explanation of Choice Theory and Its Applications

10:00–10:30 am

Refreshment Break

10:30–11:30 am

Choice Theory's Relationship to Mental Health as a Public Health Issue

11:30 am–noon

Discussion of Choice Theory, Applications, Relationship to Mental Health

Noon–1:15 p.m.

Lunch (provided)

1:15–2:45 pm

Choice Theory: Role Plays, Questions, and Discussion

2:45–3:00 pm

Refreshment Break

3:00–4:00 pm

Choice Theory: Role Plays, Questions, and Discussion (continued)

FRIDAY, MARCH 7, 2008

8:30–9:00 am

Registration Desk Open

9:00–10:15 am

Eight Lessons for a Happier Marriage: Applications of Choice Theory

10:15–10:45 am

Refreshment Break

10:45 am–12:30 pm

Marriage: Role Plays, Questions, and Discussion