

## **WORKSHOP**

### **Positive Interventions: Being Happy and Making Happy**

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One of the most fundamental goals of positive psychology studies is to bring individuals' well-being levels to a more positive state. In this context, the number of studies focusing on subjective well-being, psychological well-being or those that bring happiness of individuals to a more positive point is increasing day by day (Eryılmaz, 2014, 2016; Seligman, Rashid & Parks, 2006). In addition to these, positive intervention studies are also conducted to help individuals get rid of their illnesses and to make them feel better (Ruini & Fava, 2009; Seligman, 2011). The common point of these studies is that they are positive interventions. Positive interventions are the ones that produce positive emotions, thoughts and behaviors in individuals (Sin & Lyubomirsky, 2009). Positive interventions involve three substantial dimensions:

- Focus is on positive issues in interventions.
- Focus is on mechanisms that will produce positive results in interventions.
- Instead of focusing on weakness or disability, interventions are designed in a way that they create well-being.

#### **What Will You Learn?**

1. Basic foundations of positive interventions,
2. Types of positive interventions,
3. To make positive interventions by means of peer counselling,
4. To examine samples of positive intervention studies for adults,
5. To examine samples of positive interventions in the process of psychological counselling,
6. To investigate and perform activities used in psychological interventions,
7. Essentials of positive psychology-based teaching method.