



THE UNIVERSITY OF
MELBOURNE

Melbourne Graduate
School of Education

Professional Certificate in Positive Psychology

The University of Melbourne, Parkville Campus, 2019

The Professional Certificate in Positive Psychology critically examines contemporary science-based methods for enhancing wellbeing, motivation and performance. The course includes a range of evidence-based applications to improve positive emotions, engagement, relationships, meaning, and accomplishment for people of all ages. Participants explore the relevance and application of positive psychology to professional practice, particularly in health, business and organisational contexts.

Course structure

The Professional Certificate course is a graduate qualification consisting of two subjects:

Introduction to Positive Psychology

Participants reflect on current trends in positive psychology research and apply contemporary scientific theories to issues of wellbeing in applied settings. They are supported in analysing and critiquing key positive psychology constructs and their measurement, and reflect upon personal and work-related experiences using positive psychological concepts.

Positive Psychology in Practice

This subject complements and extends learning from *Introduction to Positive Psychology* by examining how positive psychology interventions and programs are designed, delivered and evaluated. This includes practices such as positive psychology coaching, strengths-based interventions and community level wellbeing programs. The applications of positive psychology is explored at multiple levels, including individual, family, organisational and policy levels.

Entry requirements

To be eligible to apply, you must meet the following entry requirements:

- An undergraduate degree in any discipline, and
- Two years of documented professional experience

Fees

Please refer to the website for 2019 fees for the Professional Certificate in Positive Psychology.

If you are an Australian citizen, you may be eligible for the Australian Government's FEE-HELP loan program, a scheme that helps you defer all or part of your tuition fees. You do not need to repay the loan until your income reaches a minimum repayment threshold.

For more information, visit www.studyassist.gov.au

Who should apply?

The course is designed for people who are interested in applying the science of positive psychology in health, business and organisational contexts.

2019 Dates and delivery

The course will be delivered at the University of Melbourne, Parkville campus.

Subject 1: Introduction to Positive Psychology

- Days 1 & 2: Friday 8 and Saturday 9 March 2019

- Day 3: Friday 12 April 2019

Subject 2: Positive Psychology in Practice

- Days 1 & 2: Friday 10 and Saturday 11 May 2019

- Day 3: Friday 7 June 2019

How to apply for the course

Please complete the application form at

<https://study.unimelb.edu.au/find/courses/graduate/professional-certificate-in-positive-psychology/how-to-apply/>

Centre for Positive Psychology, The University of Melbourne

The Centre for Positive Psychology's vision is to promote health and wellbeing by encouraging a selfmanaged positive lifestyle which enables optimal functioning and performance. The Centre strives for research and teaching excellence by systematically exploring factors that influence wellbeing in a range of settings, including education, workplaces and communities. The goal is to translate the latest research findings into valuable real-world practices and to create significant levers and agents of positive change.

Teaching Staff

Dr Paige Williams

Course Coordinator, Centre for Positive Psychology



Dr Paige Williams is a Lecturer at the Centre for Positive Psychology within the Melbourne Graduate School of Education. She leads the 'Applications of Positive Psychology' subject within the Masters of Applied Positive Psychology and the Professional Certificate in Positive Psychology. Following more than 15 years international business leadership experience, Paige's PhD examined change pathways and processes to create wellbeing at work. She has published a number of peer-reviewed journal articles in areas such as positive change, employee wellbeing, positive education and appreciative inquiry. Her research interests include positive systems science, organizational change and thriving at work.

Professor Lindsay Oades (MBA PhD)

Director, Centre for Positive Psychology



Professor Lindsay Oades (MBA PhD) is the Centre Director and Course Director of the Professional Certificate in Positive Psychology. Lindsay champions an interdisciplinary approach to wellbeing, drawing on his experience in health services, business and education. He has taught in Australia, Taiwan, Hong Kong (China) and Japan and has published over 100 articles and book chapters related to wellbeing, recovery and coaching.

Lindsay has been a visiting researcher to Kings College, London. Lindsay's work on stages of psychological recovery and the Collaborative Recovery Model (CRM) has been recognised internationally, including his co-authored book *Psychological Recovery*. Lindsay's two recent books are the *Wiley Blackwell Handbook of the Psychology of Positivity and Strengths Based Approaches at Work* and the co-authored Cambridge University Press, *Wellbeing, Recovery and Mental Health*.



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