Empowering Clients to Flourish: Integrating Positive Psychology into Your Clinical Practice

Positive psychology offers many research-based tools and strategies for helping clients improve their quality of life and their significant relationships. This workshop consists of information-rich didactic presentation and skill-building exercises to strengthen clinical practice with children, youth, adults, couples, and families.

Learning Objectives

- Identify and utilize clients’ top signature strengths to empower them to resolve their difficulties
- Apply therapeutic tools and strategies to increase client optimism and hope levels
- Select therapeutic tools and strategies to neutralize the negative effects of past trauma and emotional cut-off losses by giving gratitude and forgiveness
- Apply positive psychology interventions with couples and families

Strength-Based Brief Family Therapy

This hands-on practice-oriented workshop shares a strengths-based brief family therapy approach. It capitalizes on the strengths and resources of children and adolescents and their families, key resource people from their social networks, and involved helpers from larger systems to co-construct solutions. A special emphasis is placed on creative use of self as the catalyst for change.

Learning Objectives

- Apply therapeutic questions to tap clients’ expertise, develop storylines of courage and resilience, and co-create compelling future realities
- Define the creative use of oneself as the catalyst for change
- Identify the skills to build strong therapeutic alliances with challenging children and adolescents
- Describe the guidelines for utilizing key family members’ strengths to co-design and select therapeutic tools and strategies in line with their treatment goals
Registration Form

To Register

Choose the method that works for you. Charge to your American Express, Discover, MasterCard or Visa, or make checks payable to UW-Madison. Use this registration form or any of the following methods.

1. Online

Online registration is available. See course descriptions at continuingstudies.wisc.edu/behavioral-health.

2. By phone—608-262-2451 800-725-9692 (Wisconsin Relay 711)

Register by phone 7am–4:30pm, Monday–Friday. Before you call please have the necessary information handy, including your credit card or purchase-order number.

3. By mail

Send your registration form, check (payable to UW-Madison) or credit-card information to UW-Madison Continuing Studies Registrations, Pyle Center, 702 Langdon St, Madison, WI 53706.

4. In person

Bring your registration form to the UW-Extension Registration Office, 702 Langdon St. Madison, WI 53706. The office is open 7:45am–4:30pm, Monday–Friday.

5. By fax—608-265-3163 800-741-7416

You may fax your registration form if you pay by credit card or provide a purchase-order number.

Registration Form

Please duplicate to register for multiple programs.

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If you have a disability and desire accommodations, please contact the department offering the class. Requests are confidential. These programs are offered by UW-Madison in cooperation with UW-Extension.

DCS-IMC-10912-6/15