

17<sup>th</sup> World Summit on

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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### Positive Psychology: The applications

More and more professionals are discovering the potential of positive psychology. In the author's recent book "*201 Positive Psychology Applications*", she invites all professionals working in (mental) health, coaching, organizations, education, sports, and society to focus (more) on strengths and what is working. The many applications described in her book are based on the five elements of Seligman's *Well-being theory*: 1. Positive emotion, 2. Engagement, 3. Positive relationships, 4. Meaning and 5. Accomplishment. These five elements can help individuals reach a life of fulfillment, happiness and meaning. The model can also be applied to institutions to develop programs to help people develop new cognitive and emotional tools. Professionals may use them themselves, or present them to their clients, patients, students, employees or coaches. Most applications can be used in several settings. The author is a master at presenting big ideas in manageable parts, offers participants many ideas and easy-to-implement applications to take the "what" of positive psychology to the "how." From humor to self-compassion, and from gratitude to reflecting on how people wish to be remembered, they will find all they need to maximize their and others life experiences.

### Biography

Fredrike P Bannink is a Clinical Psychologist, Cognitive Behavioural Therapist, Solution-Focused Brief Therapist and PP Trainer and Supervisor. She is the Master of Dispute Resolution; International Full Certified ADR Mediator and Conflict Coach, Mental Health Trainer for doctors. She owns a clinic for therapy, training, coaching and mediation practice in Amsterdam, Netherlands. She is also an International Keynote Speaker, Trainer and Author of more than 30 books.

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