HOW TO TEACH AND PROMOTE ‘SECOND WAVE POSITIVE PSYCHOLOGY’ PRINCIPLES?

Insights from a well-being promotion workshop in Montreal

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At first, let’s talk about our image

How is positive psychology perceived in practice settings? in the media?
Some constructive criticisms

“… positive psychology has been transformed from a reminder that “positive experiences are important” to a kind of smiling fascism.”

(Kashdan & Biswas-Diener, 2014, p. xii)
Me, myself and I?

“The positive motivations for the well-being of others have not attracted much attention from PP researchers.”

(Wong, 2011)
Workshop

- Development/facilitation:
  - 1 psychologist/public speaker
  - 1 psychology professor

- 5 sessions
  - Theoretical and experiential (workbook)

Detailed description: previous conference in Ottawa

Integration in daily life

Scientific attitude

Toward 2nd Wave Positive Psychology
Criticisms ➔ Adjustment

Second Wave Positive Psychology (or 2.0)

• Complete flourishing:
  ➔ Full range of human experiences

(Ivtzan, Lomas, Hefferon & Worth, 2015; Wong, 2011)

WHOLENESS
Supplements to classical PP

FULL range of experiences

Mindfulness

Self-compassion

ACT
(Acceptance and commitment therapy)
Sources
(past and future)

(Kashdan & Ciarrochi, 2013)
How is the 2nd wave PP integrated in the workshop?

ILLUSTRATIVE EXAMPLES

Classical PP concepts (strengths, gratitude, positive emotions), + 2nd Wave PP concepts
Positive emotions VS Negative emotions

- Avoidance $\Rightarrow$ Psychological rigidity $\Rightarrow$ Psychopathology
- Signal $\Rightarrow$ Response
- Pleasant VS Unpleasant
Self-compassion

- Imperfection and suffering is part of life...

→ VS shame and isolation

We’re all in the same boat
A practical tip
(to cultivate self-compassion)

- Let’s imagine your difficulties as experienced by...
**Mindfulness in daily life**

**Attitudes**

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<td>Beginner’s mind &amp; Non-judging</td>
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<td>Acceptance &amp; Letting go</td>
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<td>Patience &amp; Non-striving</td>
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**Skills** *(mindfulness without meditation)*

- Defusion, expansion, commitment
Character strengths: A different approach

- Classical approach: identifying one’s strengths and use them more

- Facing challenges or difficulties
  a) Identifying one’s emotions and needs in the situation
  b) Identifying one’s strengths by filling out the VIA survey
  c) Discussion (dyad): how to capitalize on my strengths in this challenging/difficult situation? (brainstorming)

- Spotting strengths in other people (Linley, 2008)
  a) Learning and mastering the vocabulary (classification)
  b) Using a strengthspotting matrix
### Classification VIA des forces de caractère :
(Values in Action)

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#### Transcendance
- 21. Spiritualité, sentiment d’avoir un but.

#### Tempérance

#### Justice
- 17. Prudence, attention.
- 16. Maîtrise de soi, autorégulation.

#### Courage
- 15. Impartialité, équité.
- 14. Qualités de direction.

#### Amour et humanité
- 12. Intelligence émotionnelle et sociale.

#### Sagesse et savoir
- 10. Gentillesse, générosité.

#### Perspective, sagesse

#### Ouverture d’esprit, esprit critique
- 8. Intégrité, authenticité, honnêteté.

#### Persévérance, bravoure
- 7. Persévérance, bravoure.

#### Créativité, originalité
- 6. Creativité, originalité.

#### Curiosité et idée pour le monde
- 5. Ouverture d’esprit, esprit critique.

#### Amour d’apprendre
- 4. Amour d’apprendre.

#### Autres
- 1. Curiosité et idée pour le monde.
LET’S TAKE A FEW STEPS BACK
Evaluative process (under development)

• Pre-post study (online survey)
  • Integrative survey
    • *Acceptance and Action Questionnaire–II* (Bond et al., 2011)
    • *Strengths Use Scale & Strengthspotting Scale* (Govindji & Linley, 2007; Linley et al., 2010)
    • *Five Facet Mindfulness Questionnaire* (Baer et al., 2006)
    • *Self-Compassion Scale* (Neff, 2016)

• Pedagogical opportunities offered by the survey
  • Get familiar with the concepts presented in the workshop
  • Take note of one’s situation in terms of complete flourishing at the beginning/end of the workshop
I show myself as transparent to others instead of hiding my anger and my sadness.

I liked the strengthspotting matrix, because it made me think more seriously about people around me and their strengths.

I understand that I need to let go of things in my life, through being more accepting of the present moment instead of living in my anxieties.

I’m certain that I want and that I can face more than I thought I could in order to be and live who I am.
Informal observations

Some challenges

• Risk for the workshop to become a therapy
• Time constraints
• Complex concepts
• Commitment difficult to sustain between sessions and over the long-term
Conclusion
Thanks

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Important sources


