



Intensive: Strengths

Character Strengths and Virtues in Practice

Mumbai, December 29-30, 2010
New Delhi, January 4-5, 2011



Master the Backbone of Positive Psychology

The **VIA Intensive: Strengths** is a 2-day, deep dive into using the science-based interventions and research on the VIA Classification.

The VIA Survey and the new VIA Interpretive Reports are fast becoming one of the most important tools in a psychologist's or coach's toolbox. The tools help identify and illustrate a client's unique constellation of 24 strengths of character. Created by Drs. Martin Seligman and Chris Peterson, (*Character Strengths and Virtues*, 2004) the survey has been used by more than 1 million people worldwide.

You'll walk away confident in your understanding of the Classification and knowledgeable about the research base. You'll practice applying specific interventions that will allow you to increase your effectiveness with clients. You'll also feel confident in your ability to design and lead engaging workshops that employ the use of the survey and reports.

Continuing Education Credits

APA: The VIA Intensive has been reviewed and approved for CE credit for psychologists by the American Psychological Association's Continuing Education Committee. This program offers 12 CE credits for psychologists. The provider maintains responsibility for the delivery of the program. Approval #08-234.

ICF: The International Coach Federation has approved 12 CCE units (6 in Core Competencies and 6 in Other Skills and Tools).

Local Host

Radhika Punshi
+971 50 1488785
radhikapunshi@hotmail.com

Tuition

Register now for best pricing!

Online: www.viacharacter.org

Early Bird Ends: Dec. 8, Mumbai; Dec. 14, New Delhi, midnight IST

	Early Bird	Full
Individuals	12,834 INR (\$275 USD)	14,244 INR (\$305 USD)
Student	9,340 INR (\$200 USD)	10,741 INR (\$230 USD)

Includes: Manual, codes for 2 VIA Interpretive Reports (an \$80 USD value), lunch, daily snacks mid-morning and mid-afternoon.

Cancellation policy: All requests must be received in writing by mail or fax, postmarked or faxed no later than Dec. 15 (Mumbai) and Dec. 21 (New Delhi). Mail to: CANCELLATION, VIA Institute, 312 Walnut St., Suite 3600, Cincinnati, OH 45202 or fax to 001-513-621-2864. Fees will be refunded minus a \$75 processing fee.

Intensive venue: To be announced. Visit www.viacharacter.org for updates.

Registration – Mumbai December 29-30, 2010
New Delhi January 4-5, 2011

Register online at www.viacharacter.org, or use this form, or phone Linda Parker 001-513-621-7501 weekdays from 9 a.m.-5:30 p.m. EDT. Email: Lindap@viacharacter.org

Name _____

E-mail _____

Mailing Address _____

Daytime Phone _____

Coach___ Psych___ Student___ Other___ (please describe)

(enter payment information on reverse side)



VIA Intensive: Strengths

Character Strengths and Virtues in Practice

The nonprofit VIA Institute on Character is an initiative of the Manuel D. and Rhoda Mayerson Foundation, 312 Walnut St., Suite 3600, Cincinnati, OH 45202 001-513-621-7501

Your Instructor



Tayyab Rashid, Ph.D., is a licensed clinical psychologist, and works for the Toronto District School Board. He is also a trainer in positive interventions with the Positive Psychology Centre at the University of Penn., and received his clinical training with Dr. Martin Seligman there. Dr. Rashid's work includes a strength-based therapeutic approach called positive psychotherapy

(PPT). He emphasizes dealing with adversity, trauma and loss, and has worked with Asian tsunami survivors and 9/11 families. Dr. Rashid, a native of Pakistan, was guest editor of the *Journal of Clinical Psychology - In Session's* special issue (May, 2009) on Positive Interventions.

Straight from the Experts

We know we can't gather all of positive psychology's renowned experts for each of our workshops, but we will bring them to you on exclusive video, created specifically for VIA Intensives. These researchers, theorists and practitioners will discuss the most important aspects of character strengths' research and practice. You'll hear from:

Mihalyi Csikszentmihalyi
David Cooperrider
Ed Diener
Jonathan Haidt
Tayyab Rashid
Neal Mayerson
Anthony Grant
Barbara Fredrickson

Todd Kashdan
Robert Biswas-Diener
Carol Kaufmann
Donna Mayerson
Cynthia Pury
Shelly Gable
Jennifer Fox-Eades
Sonja Lyubomirsky

Learning Objectives

The Intensive is a highly experiential, hands-on workshop, with significant small-group work and discussion, as well as video interviews, movie clips and lecture.

This course is designed to help you:

- Practice working hands-on with signature character strengths.
- Describe how character strengths can be used with clients to reach their goals.
- Explain how to effectively use strength-spotting with clients.
- Describe 3 evidence-based interventions that enhance awareness and use of character strengths.
- Describe a 3-step process for engaging in strengths-enhancing conversations with clients.
- Demonstrate an effective approach to reviewing the VIA Interpretive Report (the expanded VIA results report with 5 graphical depictions of character strengths) with a client.
- Explain the purpose and conceptual framework of the VIA Character Strengths and Virtues.
- List at least 3 examples of research that has been done with the VIA Classification of Character Strengths and Virtues.
- Briefly describe, with a few words or phrase, each of the 24 character strengths.
- Name 2 examples of how character strengths function when in balance and when overplayed.

Registration (cont.)

Payment:

VISA__ MC__ Disc.___

CardNo. _____

Expiration Date _____

Amount: \$ _____

Signature _____

Check enclosed

Payable to VIA Institute on Character
312 Walnut St., Suite 3600, Cincinnati, OH 45202

Other Cities – Register online at www.viacharacter.org

San Francisco (July 23-24)

Perth (Sept. 23)

Singapore (Sept. 29-30)

Hong Kong (Oct. 5-6)

Toronto (Nov. 11-12)

Miami (Nov. 18-19)

Dubai (Jan. 9-10, 2011)

Tokyo (TBA)