Strength based Clinical Practice

Resources

Compiled by Tayyab Rashid, Ph.D.

Books

With practical resources

- A primer in Positive Psychology by Christopher Peterson (2007), Oxford
- Positivity: Discover the ratio that tips your life toward flourishing by Barbara Fredrickson (2009): Crown

Clinical

- Counselling Psychology and Optimal Human Functioning by Bruce Walsh (2003): Lawrence Erlbaum

Handbooks and others

• Smart Strengths: Building Character, Resilience by John M. Yeager, Sherri W. Fisher, and David N. Shearon https://secure.mybookorders.com/order/smart-strengths
• Stumbling on Happiness by Daniel Gilbert (2007). Vintage
• The Happiness Hypothesis by Jon Haidt (2006): Basic Books

Papers/Book Chapters by Topics

Overview, why we are enamored by negatives, complete mental health and overview of Positive Psychology, its benefits


**Positive Psychology in Clinical/Counselling Psychology**


**Positive/Strength-based Assessment**


**Hope & Optimism**


**Gratitude**


**Forgiveness**

**Flow**


**Character Strengths and Well-being**


**Posttraumatic Growth**


**Positive Relationships**


**Positive Communication**


**Writing/Journaling**


**Meaning/Community**


**Journals**

• *Journal of Positive Psychology* www.informaworld.com

• *Journal of Happiness Studies* www.springer.com

• *International Journal of wellbeing* www.internationaljournalofwellbeing.org/

**Special Issues of Journals on Positive Psychology**


• Journal of Humanistic Psychology, *Special Issue on Positive Psychology* (41, Winter, 2001)
• The Psychologist, two issues (March 2003 & Autumn, 2008)
• Psychology in Schools, special issue on Positive Psychology in Schools, (41, 2004)
• International Coaching Psychology Review, (2, 2007). Positive psychology and coaching psychology
• Professional School Counselling, Strengths-based school counselling (Dec, 2008)
• Journal of Clinical Psychology – In Session – special issue on Positive Interventions, (65, May 2009)

Magazines
• Time, Special Issue (January 17, 2005)
• Psychology Today, February 2009 issue on Happiness

Websites
• Free online positive psychology/happiness measures: www.authentichappiness.sas.upenn.edu
• Character Strengths – institute on character: www.viastrengths.org
• Take free character strength Survey – institute on character: www.viastrengths.org
• 340 Ways to use VIA character strengths
• Positive Psychology Centre, U of Pennsylvania: www.ppc.sas.upenn.edu
• Positive Relationships - The Gottman Institute: www.gottman.com
• Forgiveness: www.forgiving.org
• Flourishing Schools: www.flourishingschools.com

Documentaries
• The Happiness Formula: Six part BBC documentary, aired in April 2006
  news.bbc.co.uk/2/hi/programmes/happiness_formula/
• Happiness - How to Find It, Understand It and Achieve It, ABC’s 20/20 (aired on Jan 11, 2008)
  www.abcnewsstore.go.com
• In Pursuit of Happiness: Find Happiest Canadian, documentary by Sarah Spinks (416-755-2424)
  www.spinfree.ca
  Introducing Positive Psychology by PBS Montana