

Positive Counseling / psychology

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My goal as a counselor is to support you as the client to find your happiness. Our process together supports your understanding of what brings you happiness, meaning, and pleasure, and of how to make your joy central in your life. In these two informative videos you will learn about the field of positive psychology.

First, Dr. Martin Seligman has devoted his life work to studying positive emotion, positive character, and positive institutions, and how this focus can assist people—in contrast to counseling as a focus on what is wrong, on the problems. http://www.ted.com/index.php/talks/martin_seligman_on_the_state_of_psychology.html Second, Mihaly Csikszentmihalyi asks, "What are the roots of happiness, what makes a life worth living?" For his answer, he looks toward "the creatives": artists, scientists, and any person who finds lasting satisfaction in activities that bring about a state of "flow," as he called it. His eight qualities of flow are Challenge, Concentration, Clear Goals, Immediate Feedback, Deep Involvement, Sense of Self Disappears, Control, and Sense of Timelessness. http://www.ted.com/index.php/talks/mihaly_csikszentmihalyi_on_flow.html