

Examining and Concentrating on Positive Points of Strengths in Oneself and the Others in Religious and Spiritual Positive Psychotherapy

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Workshop Objectives

- Help participants practice positive thinking
- Describe the significance of positive thinking by virtue of identifying positive points of strengths
- Demonstrate skills in implementing positive thinking in action
- Apply positive thinking for oneself and others
- Provide participants with knowledge and skills for positive thinking
- Demonstrate techniques and skills in enhancing one's level of self-esteem.

Expected Learning Outcomes

Participants will be able to:

- Understand the importance of positive thinking
- Understand the role of self-awareness
- Increase their self-esteem thorough identifying their own positive points
- Describe the relationship between positive thinking and a good sense of self
- Understand the implications of positive thinking for establishing healthy relationships
- Enhance positive self-image
- Understand their own positive points of strengths

Be familiar with the power of self-reflection and self-reflexivity

Maximum number of participants

There is a limit of 40 participants as the maximum number of participants.

One clinical application of spirituality and positive psychology research is the “psycho-spiritual intervention,” which represents the potential that spirituality has to increase well-being. These coping mechanisms that aim to preserve the sacred have been found by researchers to increase well-being and return the individual back to the sacred (Shane, Lopez, & Snyder, 2011). For this reasons, the major aim of this workshop is to examine one dimension of religious psychotherapy which seems to be very essential; that is to recognize and to focus on the abilities of the individuals in a successful therapeutic approach. The participants will learn about positive psychotherapy and the importance and value of spiritual and religious perspectives in this area of study and practice. Over the course of the workshop, they will also learn specific strategies for how to use the clients’ strengths via practice-based positive intervention. Through these techniques, participants will develop a new awareness about themselves. The strategies are to be taught practically; therefore, the participants are expected to get actively involved in class discussion and participation. The practical aim of religious positive psychotherapy is to recognize and focus on character strengths and abilities of the individuals in a successful therapeutic process. Throughout this method, the participants are encouraged to recall and understand their positive experiences, increase their self-esteem, and learn to recognize positive points in other people. They will be instructed to review their personal memories with combinations of good and praiseworthy feelings. They then will select the most significant ones and will extract their points of strength. They will be able to use the comments of family or group members to clarify and sort their own list of strengths. They will obtain a new, unified, and integrated self-image through this technique and will develop it further and maintain it in the future sessions with the help and support of their family or group members.