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The Positive Press

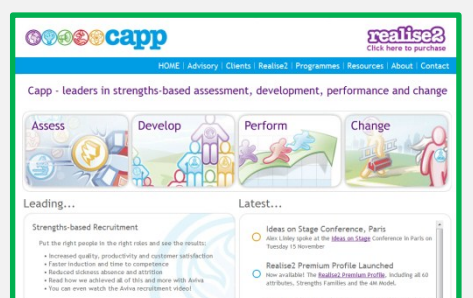
Newsletter No.14, December 2011

• Greetings

- As you will notice above, the NZAPP now has a new logo! Many thanks to members of the NZAPP committee who assisted with the design and development of our new logo. For this edition of the Positive Press, we have chosen to focus on informing members of positive psychology related web resources. In this regard, committee members have suggested an eclectic range of websites, from positive psychology associations to positive psychology news sites to positive psychology programs. Enjoy browsing!

• Web Resources

- Action for Happiness: <http://www.actionforhappiness.org/>
 - This website was developed by Lord Richard Layard in the UK who wrote the popular and influential book *Happiness: Lessons from a new science*. This website describes itself as the home of a “movement for social change”, with the aim being to bring people together (some 18,000 so far) to create better societies. This is one of the best websites related to positive psychology, with the information contained both credible and accessible. Whilst the site is visually overwhelming, the key benefit of this website is its numerous resources.
- Bite Back: <http://www.biteback.org.au/>
 - This Australian based website supported by the Black Dog Institute was only launched a few weeks ago, however was more than a year in development. Described as a site to “amplify the good things in life” the programs and activities contained within are very much underpinned by positive psychology (e.g., flow, gratitude, savouring, happiness, mindfulness, etc) – and are backed up with literature and references. This site is very much targeted at 12 to 18 year olds and is a nice resource to forward on to teachers or younger people you may know.
- International Positive Psychology Association: <http://www.ippanetwork.org/Home/>
 - This website is the home of the largest positive psychology association globally with some 3,000 members. Although there is not much on this site for non-members (memberships vary from \$90US per year for a full member, down to \$30US for students), a new website is apparently not far from launch – enabling new technologies, resources, and communication channels. The current sites information is also quite outdated.
- Center for Applied Positive Psychology (CAPP): <http://www.cappeu.org/>
 - This UK website focuses on strengths, and CAPP describes themselves as “leaders in strengths-based assessment, development, performance and change”. There is a lot of information about strengths here, and some good resources, however completing their priority strengths assessment measure, *Realise2*, is somewhat expensive ranging from £14 to £45 for the more elaborate report. Nonetheless, a credible and established organisation with a great track record.



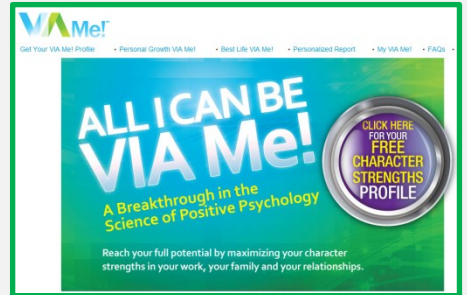
- European Network on Positive Psychology (ENPP): <http://www.enpp.eu/>

- This visually appealing website is another positive psychology association site. The ENPP describes itself as “a collective of European researchers and practitioners with shared interests in the science and practice of positive psychology”. Some content seems out of date, however membership is nonetheless free. It also has links to other positive psychology associations around Europe.



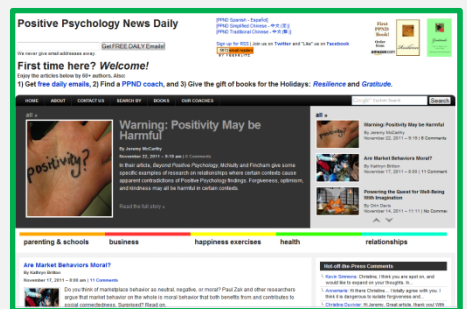
- VIA Character Strengths: <http://www.viacharacter.org/>

- This VIA website focuses on strengths and is one of the most established websites. The VIA Institute on Character is a non-profit organisation that systematically explores strengths. On this site you can learn a lot more about strengths, take the VIA strengths assessment for free (VIA Me), or purchase a paid version for professional use.



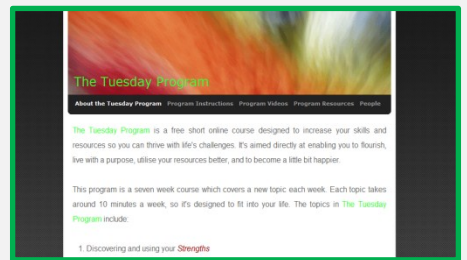
- Positive Psychology Daily News: <http://positivepsychologynews.com/>

- This website is a literal treasure trove of positive psychology information. Coupled with its search functionality, it is easy to find information on a positive psychology topic and establish what the debates and issues are. You can also have these news articles emailed to you when they are available. Many NZAPP members have contributed to the content of this site. Due to its success, it's also available in Spanish and Chinese.



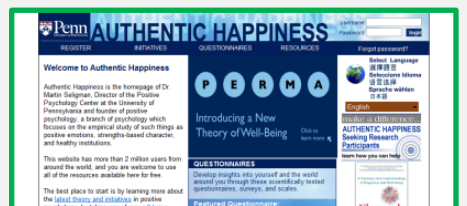
- The Tuesday Program: <http://www.thetuesdayprogram.com/>

- This website hosts a free online positive psychology based wellbeing program – developed in part by at least 5 NZAPP members. Topics the program covers include strengths, growth mindsets, purpose and values, gratitude, communication skills, relaxation techniques, and mindfulness.



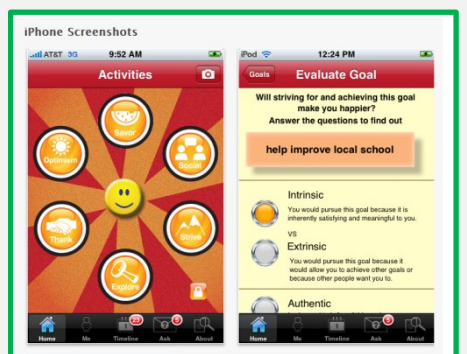
- Authentic Happiness: <http://www.authentic happiness.sas.upenn.edu/Default.aspx>

- This website is one of the most longstanding in the area of positive psychology. Here you can find out more about positive psychology through numerous free resources, and try out both standard and cutting edge positive psychology related questionnaires.



- Live Happy iPhone App: www.LiveHappyApp.com

- This app is based on Sonja Lyubomirsky's research and key elements from her book 'The How of Happiness'. It is essentially a personalised happiness program that includes topics such as goal setting, expressing gratitude, replaying happy days, savouring, envisioning your best possible self, nurturing relationships, and remembering acts of kindness.



- Some more websites:
 - Go Strengths (iPhone App): <http://itunes.apple.com/us/app/gostrengths!-daily-missions/id471739969?ls=1&mt=8>
 - Center for Confidence: <http://www.centreforconfidence.co.uk/pp/positive-psychology.php>
 - Positive Psychology UK: <http://positivepsychology.org.uk/>
 - Travellers: On the road to resilience: <http://travellers.org.nz/>
 - Bounce Back: <http://www.bounceback.com.au/>
 - Positive Psychology Search: <http://www.positivepsychsearch.com/>
 - The Happiness Project: <http://www.happiness-project.com/>
 - DIY Happiness: <http://diyhappiness.co.uk/>
 - 43 Things: <http://www.43things.com/>
 - Are you Happy Project?: <http://theareyouhappyproject.org/>
 - Happy City: <http://www.happycity.org.uk/>
 - Live Happier: <http://www.livehappier.com/>
 - Parent Wellbeing: <http://www.parentwellbeing.com/>
 - Positive Organisations: <http://www.positiveorg.com/>
 - Positive Parenting: <http://www.parenting.org.uk/>
 - Wellbeing Project: <http://www.wellbeingproject.co.uk/>

- **Research Help**

- My name is Luke Henderson, and I am from Deakin University, Australia, and am currently undertaking a doctorate of clinical psychology. I am currently trying to recruit participants for my research project. I am investigating how engagement in hedonic (i.e. pleasurable) and eudaimonic (i.e. meaningful) pursuits is related to both well-being and psychological distress. To do this, participants complete an initial battery of well-being and psych distress questionnaires (which takes about 20 minutes) and then complete a diary over four consecutive days (which takes about 15 minutes each day). People who have completed the study thus far have reported that the process has been rewarding, making them more aware of how they spend their time and what types of activities they value and enjoy. If you are 18 years or older I would greatly appreciate it if you would consider participating. Visit: http://www.deakin.edu.au/psychology/research/meaning_pleasure for more information and to get started. Many thanks!

- **Positive Psychology Symposium at the NZPS conference**

- Expressions of interest are open until the 6th of December (one week only!) to participate in a positive psychology symposium at the [New Zealand Psychological Society's annual conference](#) in Wellington 20-23rd of April. 2012 Please email: Fiona Howard: f.howard@auckland.ac.nz

- **Events**

- [Happiness and Its Causes](#), 2012 March 1-2, Sydney, Australia.
- [Positive2012: The 3rd Australian Positive Psychology and Wellbeing Conference](#), 2012 March 22-25th, Sydney, Australia.
- [World Appreciative Inquiry Conference](#), 2012 April 25-28th, Ghent, Belgium.
- [11th Conference of the International Society for Quality-of-Life Studies \(ISQOLS\)](#), 2012 June 5-9, Lisbon, Portugal.
- [Young Minds](#), 2012 June 21st-22nd, Sydney, Australia.
- 6th [European Conference on Positive Psychology](#), 2012 June 26-29, Moscow, Russia.

- **NZAPP Membership News**

- **Membership Total:** 751 (up from 712 in September).
- A Certificate of Membership to the New Zealand Association of Positive Psychology, is available on request, by emailing info@nzapp.co.nz. To date 118 certificates have been handed out!
- Lucky member: Jenny Muller wins a copy of "[Positive Psychology: Theory, Research and Applications](#)" by Kate Hefferon and Ilona Boniwell.

- **Support**

- Suggestions as to what you would like included in the newsletter are welcomed.
- Please consider providing a book or article review for the next newsletter.
- Other contributions may include information of interest, thoughts on an area of positive psychology, general comments or questions, and progress on current research.
- You can further support your association by informing your networks, friends, and colleagues about the NZAPP.

The study of crippled, stunted, immature, and unhealthy specimens can yield only a crippled psychology and a crippled philosophy. The concept of creativeness and the concept of the healthy, self-actualizing, fully human person seem to be coming closer and closer together and may perhaps turn out to be the same thing -
Abraham Maslow