



# Applied Positive Psychology (MS)



## A Happier You in Mind and Body.

### PROGRAM OVERVIEW

Our positive psychology degree prioritizes the importance of the mind-body connection in nurturing strengths and achieving wellness for the whole person.

The online **Master of Applied Positive Psychology (MAPP)** program gives educational and training options for students interested in grounding themselves academically and practically in a positive psychology-based orientation to helping others. The program also prepares students to pursue doctoral studies in psychology or expand career options to include wellness coaching/consulting, teaching and health navigation, to name a few.

Whatever role you choose, you will be able to leverage the knowledge, skills and attitudes of an outlook rooted in seeing the best in yourself and others. Our program is designed to create thought leaders who rely on both science and heart to transform systems by focusing on strengths. We are building a workforce of the future that is well-equipped with practical approaches to fostering resilience, compassion, kindness and self-care on a regional, national and global scale.

**OUR GRADUATES  
HAVE AN ADVANTAGE  
WHEN APPLYING  
TO JOBS AFTER  
GRADUATION,  
WITH SKILLS IN  
MOTIVATIONAL  
INTERVIEWING,  
GROUP FACILITATION  
AND MINDFULNESS.**



Community connection and engagement is an important aspect of student life. We have over 50 student clubs and organizations that students can join to enrich their educational experience.



# STUDENTS LEARN TO USE POSITIVE PSYCHOLOGY APPROACHES TO WELL-BEING THAT **FOCUS ON PERSONAL STRENGTHS, GRATITUDE, KINDNESS, PURPOSE AND MINDFULNESS.**

## PROGRAM BASICS

- FEEL MORE CONFIDENT IN TAKING RESEARCH-INFORMED PROJECTS FROM CONCEPT, TO IMPLEMENTATION, TO EVALUATION.
- GAIN AN UNDERSTANDING OF KEY MOTIVATIONAL PRINCIPLES THAT ARE IMPORTANT TO HEALTHY LIFESTYLES FROM A BIOPSYCHOSOCIAL PERSPECTIVE.
- OUR ONLINE FORMAT PROVIDES CONVENIENCE AND FLEXIBILITY TO ATTEND CLASSES REGARDLESS OF LOCATION.

## YOUR JOURNEY STARTS HERE!



Designed for working adults and recent college graduates, our remote one-year program equips students with a culturally sensitive, strengths-based, “human flourishing” model to enhance wellness, life satisfaction and optimal functioning among individuals, families, communities and organizations. The MAPP program blends positive psychological theory, research and applied approaches in the areas of health behavior change, human development, education and leadership. You will explore innovative whole-person strategies to strengthen resilience at biological, social, cognitive, emotional, behavioral and spiritual levels. Plus, you will learn to critically evaluate research outcomes in positive psychology to inform practical ways of catalyzing change within clinical, community-based and corporate organizations.

### During the program, students will:

- » Apply a positive psychology and biopsychosocial framework to preventive health and disease management
- » Understand human development and diversity through a positive psychology lens
- » Identify and elaborate on the intersection between cognitive behavior therapy and positive psychology
- » Learn psychoeducational group facilitation skills in the “A Happier You” and “Health Support” programs
- » Complete a capstone thesis that consists of developing, implementing and evaluating a positive psychology project
- » Complete a practicum experience over the year in positive psychology and clinical health psychology by participating in the “A Happier You” and “Health Support” programs

Our MAPP program is offered online\* and includes both synchronous and asynchronous components. The synchronous format allows for real-time interaction with instructors and peers. The asynchronous format allows our students to complete the coursework on their own time and schedule.

\*PCOM fully online courses are open only to applicants who are U.S. citizens or permanent residents for the academic year.



**To find out more about our admissions requirements or to apply, please visit [pcom.edu/admissions](https://pcom.edu/admissions).**

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