



Unidade Universitária Centro de Ciências Biológicas e da Saúde – 040		
Curso Psicologia	Núcleo de Apoio Temático Psicologia Clínica e da Saúde	
Disciplina Positive Psychology		Código da Disciplina
Professores Simone Freitas Fuso	DRT 1133510	Etapa 8ª
Carga Horária Semanal: 2h/a	(x) Teórica () Prática	Semestre Letivo 2019.1
Ementa This course covers the key concepts and topics in Positive Psychology, including its historical background, intervention methods, and assessment techniques aimed at preventing disorders and enhancing health and quality of life.		
Conteúdo Programático The historical aspects of Positive Psychology and its context in Brazil and around the world will be covered. The concepts of well-being and happiness and their main elements, such as positive emotions, engagement, personal strengths, interpersonal relationships, life purpose, and achievements , will be discussed, aiming at resilience, mental health promotion, and disorder prevention. Assessment tools for these aspects will be presented, along with the application of Positive Psychology in clinical, organizational and educational contexts.		