What’s Right With You?: Applying Positive Psychology in Trauma-Informed Treatment

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Introduction

- Counseling Psychologist
- Research Background
- Strengths-Based/Positive Psychology
- Industrial/Organizational Focus
- Consulting and Private Practice
Objectives

1. Cite information regarding current models of well-being and how they apply to trauma-informed care.
2. Conceptualize clients’ individual strengths and symptoms using the Complete Mental Health Model approach.
3. Q&A, interpretive dance, snarky commentary

Tongue Breaker

1. Sonja Lyubomirsky
   \Loo-bu-MEER-ski\n
2. Shigehiro Oishi
   \She-jay-HE-ro\n
3. Mihaly Csikszentmihalyi
   \Cheek-sent-ME-high-ee\
Roots of Positive Psychology

**Buddha – (500 B.C.E.)**
“Happiness solely relies on what you think”

**Aristotle – (354 B.C.E.)**
“Everything we do, we think will make us happy.”

**Abraham Maslow (1954)**
“Fully functioning person”-optimal human development

**Donald Super (1955)**
”Hygiology”

**Martin Seligman (1998)**
“Scientific pursuit of optimal human functioning.”

What is Positive Psychology?

“Taking a holistic approach to a person’s mental health. Flourishing is a dimension of a complete mental health perspective.”
- Corey Keyes

“The empirical study of positive emotions, strengths-based character, and healthy institutions.”
- Martin Seligman

The empirical study of “What’s right with you?”
Positive Functioning - SWB

Subjective Well-Being (SWB) – Ed Diener

Hedonic Balance – Tripartite Perspective:
- High Positive Affect
- Low Negative Affect
- High Life Satisfaction

Well-Being = Happiness

Positive Functioning - PWB

Psychological Well-Being (PWB) – Carol Ryff

Eudaimonic Meaning:
- Autonomy
- Environmental Mastery
- Personal Growth
- Positive Relations
- Purpose in Life
- Self-Acceptance

Well-Being = Meaning/Actualization
Well-Being = Being Well

SWB and PWB are related but distinct

Corey Keyes (Keyes, 2007; Keyes & Lopez, 2002)

Mental health is defined by
- The absence of mental illness
- The presence of well-being

“Flourishing” defined by the presence of
- Emotional Well-Being (SWB)
- Psychological Well-Being (PWB)
- Social Well-Being
Complete Mental Health Model
(Keyes & Lopez, 2002)

Struggling
High Strengths
High Symptoms
Languishing
Low Strengths
Low Symptoms
Floundering
Flourishing

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Social Cognitive Well-Being
Singley, Lent, & Sheu (2010)

Self-Efficacy Expectations

Environmental Supports and Resources

Goal Progress

Domain Satisfaction
- Academic
- Professional
- Relationship

Personality (Positive/Negative Attitude)

Global Life Satisfaction

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## Axes V.II, VI, and VII

Worksheet 2.2 Therapist’s Guide to Implementing a Revised Client Assessment System Based on the Principles of Positive Psychology

### Seven-Axis System of Positive Psychological Assessment

**Axis I:**
- Clinical syndromes and other conditions that may be a focus of clinical attention

**Axis II:**
- Personality disorders and mental retardation

**Axis III:**
- General medical conditions

**Axis IV (broadened):**
- Psychosocial and environmental problems and resources

**Axis V (broadened):**
- Global Assessment of Functioning scale score: ___

**Axis VI:**
- Client strengths

**Axis VII:**
- Client cultural background information

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## Positive Assessments

*Satisfaction With Life Scale*

Please answer the following questions with this scale:

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Slightly disagree
- 4 = Neither
- 5 = Slightly agree
- 6 = Agree
- 7 = Strongly agree

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly Disagree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>In most ways my life is close to my ideal.</td>
<td>1 2 3 4 5 6 7</td>
<td></td>
</tr>
<tr>
<td>The conditions in my life are excellent.</td>
<td>1 2 3 4 5 6 7</td>
<td></td>
</tr>
<tr>
<td>I am satisfied with my life.</td>
<td>1 2 3 4 5 6 7</td>
<td></td>
</tr>
<tr>
<td>So far I have gotten the most important things I want in life.</td>
<td>1 2 3 4 5 6 7</td>
<td></td>
</tr>
<tr>
<td>If I could live my life over, I would change almost nothing.</td>
<td>1 2 3 4 5 6 7</td>
<td></td>
</tr>
</tbody>
</table>

- Mental Health Continuum – Short Form
- Hope – Willpower and “Waypower”
- UPenn - Values in Action Inventory
- Gallup - StrengthsQuest/SF2.0

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Broaden and Build Theory
(Fredrickson, 2001)

Theory of positive emotions

Rooted in evolutionary psychology

Posits that positive emotions broaden thoughts and behaviors which helps to build durable personal resources

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Broaden and Build

Broaden “momentary thought-action repertoires”

Positive emotions broaden by increasing:

- Cognitive flexibility
- Creativity
- Integrative processing
- Openness to information
- More efficient thought patterns

“Takes the blinders off”
The Losada Line

The “tipping point” is at the 3/1 ratio
- People with 3/1 have been shown to flourish
- Below this ratio, positive emotions may be inert and do not build resources
- Above this ratio, people appear to build resources and trait resilience

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Broaden and Build Interventions

Set client goals to foster specific, relevant positive emotions

Make a list of enjoyable behaviors

Psycho-education on the 3/1 ratio
http://www.youtube.com/watch?v=XCAA1FIsCwg

The Big 2: Socializing & Cardio Exercise

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Post-Traumatic Growth

(Calhoun & Tedeschi, 1999)

Resilience and Meaning-Making in Action!

Clinical Interventions:

- Focus on listening without trying to solve
  - Witness the traumatic narrative and experience’s impact

- Notice growth as the client approaches it
  - Encourage discussion of growth – don’t pressure!

- Label growth when it’s there
  - Verbal acknowledgement of growth as client identifies it

- Events that are too horrible
  - Broach PTG as an option to events which client think is impossible

- Choosing the right words
  - Label PTG as part of the coping process, NOT the trauma

Values in Action

- Martin Seligman – Learned Optimism
- Character Strengths and Virtues
  - “What can go right?”
- VIA-Inventory of Strengths - 24 Character Strengths
- UPenn’s MAPP Program
Strengths- VIA

**Virtues and Strengths**

**Virtue** - *Wisdom and Knowledge* - Cognitive strengths that entail the acquisition and use of knowledge

**Strengths** - Creativity, Curiosity, Open-mindedness, Love of learning, Perspective

**Examples of Virtues and Strengths:**
- Courage - Authenticity
- Humanity - Social Intelligence
- Justice - Fairness
- Temperance - Forgiveness
- Transcendence - Gratitude


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Positive Psychology Interventions
(Seligman, Steen, Park, & Peterson, 2005)

**Internet-Based Study**

**The Interventions – 1 weeks**

- Three Blessings
- Using signature strengths in a new way
- Identifying signature strengths
- Gratitude visit

My Top 3 Signature Strengths

**Gratitude**
You are aware of the good things that happen to you, and you never take them for granted. Your friends and family members know that you are a grateful person because you always take the time to express your thanks.

**Humor and Playfulness**
You like to laugh and tease. Bringing smiles to other people is important to you. You try to see the light side of all situations.

**Hope, Optimism, and Future-Mindedness**
You expect the best in the future, and you work to achieve it. You believe that the future is something that you can control.

Levels of Analysis

“The empirical study of positive emotions, strengths-based character, and healthy institutions.”
- Marty Selgiman

Evaluate people, groups, organizations, and even countries
The Gallup Organization

- Wellbeing
  - Career | Social | Financial | Physical | Community
  - National Well-Being
  - StrengthsFinder 2.0
  - StrengthsQuest For Students

Gallup’s Strengths Theory

1. You have a group of talents within you.
2. Your greatest talents hold the key to high achievement, success, and progress to levels of personal excellence.
3. Becoming aware of your talents builds confidence and provides a basis for achievement.
4. Learning how to develop and apply strengths will improve your levels of achievement.
5. Each of your talents can be applied in many areas.
StrengthsFinder 2.0 and StrengthsQuest

- Talents are naturally recurring patterns of thought, feeling, or behavior that can be productively applied.
- Strengths are the result of maximized talents.
- Measures raw talents to identify “Signature Themes.”
- Identify->Develop->Achieve

Strengths Evolve

<table>
<thead>
<tr>
<th>Danny’s SF 1.0 Profile - 2006</th>
<th>Danny’s SF 2.0 Profile - 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Achiever - Stamina, work hard</td>
<td>Achiever – Stamina, work hard</td>
</tr>
<tr>
<td>Individualization - Uniqueness</td>
<td>Input – Craving to know more</td>
</tr>
<tr>
<td>Woo – Winning others over</td>
<td>Learner – Desire to learn and improve</td>
</tr>
<tr>
<td>Strategic – Spot patterns and alternatives</td>
<td>Woo – Winning others over</td>
</tr>
<tr>
<td>Maximizer- Take from good to great</td>
<td>Communication – Thoughts into words</td>
</tr>
</tbody>
</table>

Wave of the Present!

• Push yourself, your peers, and your society to recognize and to develop strengths every day.
• Cultivate a culture to identify and to communicate “What’s right with you?”
• Policy change

Positive Resources

• Section on Positive Psychology - div17pospsych.com
• Authentic Happiness - authentichappiness.org
• International Positive Psychology Assoc - ippa.org
• Gallup’s Strengths site - strengths.gallup.com
• Chris Peterson’s blog – psychologytoday.com/blog/the-good-life
• Strengths-based social network – strengths.ning.com
Q&A

- Questions
- Thoughts
- Random Musings
- Toxic Gossip

Many Thanks

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This is your brain on Positive Psychology