

The Martin Seligman Positive Psychology Symposium

London, 16th July 2012

Keynote speakers

Lord Richard Layard

Emeritus Prof, London School of Economics

Dr Anthony Seldon

Master of Wellington College

Prof Felicia Huppert

Cambridge University

Dr Peter Jakob

Cons.Clin.Psychol., Sussex Partnership NHS Foundation Trust

Simon Pitts

Film and Art

Main speaker:

Professor Martin Seligman

University of Pennsylvania

For psychologists, mental health professionals, educators, leaders in politics, business and the public sector and everyone who is interested in psychological and emotional wellbeing.

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Positive Psychology

The Martin Seligman Positive Psychology Symposium

16th July 2012 Kensington Town Hall, London

1700 participants at the recent 2nd International World Congress of Positive Psychology in Philadelphia gave a strong voice to this rapidly growing field: Positive Psychology and its applications has become an influential and highly effective tool in education, psychological therapy, coaching and many other areas. The London Symposium is a unique, all-day event which will reflect the state of development of Positive Psychology in Britain and Europe.

Lord Richard Layard, the leading political figure in the expansion of psychological therapies in the UK, will deliver a keynote highlighting the significance of Positive Psychology in developing public policy. Felicia Huppert researches wellbeing across the life span; she will present an overview of psychosocial and neuropsychological factors. Anthony Seldon, one of the UK's leading educators, will speak about the integration of Positive Psychology in British education. Peter Jakob has been promoting nonviolent interventions and therapy for overcoming aggression and abuse, and will reflect the relationship between Non Violent Resistance Psychology and Positive Psychology. Simon Pitts, an internationally renowned television and radio producer, will present on Positive Psychology in the media.

The afternoon will see Martin Seligman presenting his new Theory of Wellbeing. Going beyond theory and research, participants will have the opportunity to experience his exercises throughout this interactional workshop, and learn about the many practical examples in the application of Positive Psychology.

Prof. Martin Seligman is arguably one of the most famous and influential psychologists alive. His work first on learned helplessness and later on optimism established his reputation. Then, as president of the American Psychological Association in 1998, he essentially created a new field within psychology, which he called Positive Psychology. His book, *Authentic Happiness*, and more recently, *Flourish*, have helped both to popularize and solidify this new field.



Morning keynote speakers



Lord Prof. Richard Layard is a labour economist who has worked for most of his life on how to reduce unemployment and inequality. He is also one of the first economists to have worked on happiness, and his main current interest is in how better mental health could improve our social and economic life.



Prof. Felicia Hubbert's principal research interest is well-being across the life course. Her work is unusual in that it brings together traditional approaches from cognitive psychology and neuropsychology with a population perspective derived from epidemiology. Working with outstanding colleagues in cognate disciplines she has been able to integrate her work on both well-being and positive ageing with an understanding of underlying physiological mechanisms, gene-environment interactions, and the role of the social context.



Dr Peter Jakob is a consultant clinical psychologist and lead for complex cases in child- and adolescent mental health services. For over 28 years, Peter has specialised in overcoming violence and abuse. In recent years, he has been introducing Non Violent Resistance (NVR) to the UK as a method for bringing about peaceful cooperation in families, schools and communities.



Dr Anthony Seldon is a political historian and commentator on British political leadership as well as on education and contemporary Britain. He is also Master of Wellington College, one of the country's most famous and historic independent schools and was co-founder and first Director of the Institute of Contemporary British History. He is also author or editor of some 25 books on contemporary history, politics and education.



Simon Pitts is creating an interactive popular Wellbeing Experiment for BBC audiences in the UK and internationally. An Executive Producer for the BBC World News TV and World Service radio, he's created global music and arts shows.

08.45 Registration, tea and coffee

09.30 **Opening address**

10.00 **Lord Richard Layard:**

How wellbeing can become the focus for public policy

10.30 **Professor Felicia Huppert**

Wellbeing across the life-span - psycho-social and neuro-psychological aspects: an integration

11.00 Tea/coffee break

11.30 **Dr Peter Jakob**

After the riots- positive behaviour through inclusive authority and reconciliation: nonviolent intervention for families, schools and communities

12.00 **Dr Anthony Seldon**

Positive Psychology in British Education

12.30 **Simon Pitts**

Positive Psychology in the broadcast media

13.00 Lunch break

14.15 **Introduction to Martin Seligman**

Dr Philip Streit, clinical psychologist and chair of Seligman Europe

14.30 **Prof Martin Seligman**

Flourishing - new theories and applications of Positive Psychology

15.45 Tea/coffee break

16.15 **Prof Martin Seligman**

17.45 **Plenary Panel**

Martin Seligman, Richard Layard, Felicia Huppert, Peter Jakob, Anthony Seldon and Simon Pitts. Chair - Philip Streit

18.30 **Closing remarks** by Dr Philip Streit

Venue:

The Great Hall

Kensington Town Hall,

Hornton Street

London W8 7NX

UK

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for more information and to book tickets.

- * Ticket price includes refreshments before Symposium and during breaks but does not include lunch.
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- * The organisers cannot accept liability in the event that individual speakers fail to attend the conference.

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