

Course Materials for Continuing Education Course

# **10204 Positive Psychology Interventions: A Meta Analysis of Randomized Controlled Studies [1 Credit]**

**Course Syllabus is on Page 2**

**Course Materials begin on Page 3**

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# Course Syllabus

**Course Description:** This online text-based course covers a peer-reviewed article that provides an overview of psychological interventions related to positive psychology. Included is a meta-analysis of 39 randomized controlled studies that focused on self-help, interventions, group training, and individual therapy. Using subjective well-being, psychological well-being, and depression as outcome measures, results were significant but small. Suggestions for improving the power of positive psychology interventions and for additional study are included. References are included as well.

**Course Objectives (Learning Outcomes):** By successfully completing this course, the learner will be able to:

1. Provide an overview of well-being as a key component of mental health
2. Discuss the process used to identify positive psychology intervention research and to analyze the individual and collective effectiveness of interventions
3. Discuss the strengths and weaknesses of current positive psychology interventions research and how to improve future research

**Course Category:** Treatment and Evidence-Based Practice

**Credits:** 1.0

**Fees:** \$10.00 to register for CE Credit (Must pass Course Quiz to earn credit). [Refund Policy](#). This course is included for free in the [Unlimited Membership](#).

**Last Revision:** February, 2019

**Audience and Course Level:** This course is appropriate for **Psychologists, Mental Health Counselors, Social Workers, and Marriage and Family Therapists** who incorporate positive psychology and well-being into their professional practice. The course level is considered **introductory** since it introduces the learner to well-being and its links with crucial life domains.

**Course Utility and Potential Risks/Conflicts:** The utility of this course lies in helping practitioners better utilize well-being research and interventions. The course does not include clinical training or certification. This course is not sponsored by any commercial organizations and no potential conflicts of interest are noted.

**Course Instructors:** This course was developed by Chris Heffner, PhD, PsyD, LP.

**Course Materials:** Materials for this course were published in the Journal of Positive Psychology and Well Being, a peer-reviewed open access journal.

**Publication Date:** February, 2019

**Format:** PDF

**Technical Requirements:** Internet Access for Course Quiz, PDF Viewer (e.g., Acrobat Reader) for Course Materials.

**Additional Requirements:** None

**Suggested Prerequisites:** None

## Course Materials

The materials for this course were published in the peer-reviewed *BMC Public Health* and are available as a pdf document from

[https://bmcpublichealth.biomedcentral.com/track/pdf/10.1186/1471-2458-13-119.](https://bmcpublichealth.biomedcentral.com/track/pdf/10.1186/1471-2458-13-119)