

Master of Applied Positive Psychology

Gain an understanding of how humans flourish and apply positive psychology principles in your professional and personal life.

Overview

Positive psychology stems from the belief that people shouldn't just survive life, they should thrive and enjoy it. This course, built on the work of an internationally renowned team, including Lindsay Oades, Peggy Kern, Dianne Vella-Brodrick and Lea Waters from the Centre for Positive Psychology, will equip you with the skills to help yourself, and others, feel good and be more productive.

You'll complete 100 points of coursework and learn how to create and evaluate positive and meaningful change in a range of professional contexts. Learning and assessment will take place through a range of tasks including debates, case studies, role plays, videos and research, and you'll be encouraged to apply positive psychology principles to your own life and critically reflect on these experiences.

Outcomes

The Master of Applied Positive Psychology prepares you to:

- Understand the conceptual and theoretical foundations of positive psychology
- Explore and combine different wellbeing frameworks across disciplines
- Develop strategies for individuals, groups and systems to enhance optimal functioning and promote health
- Identify common positive interventions used in a wide range of contexts including education, workplaces and community settings
- Critically reflect on your own strengths and weaknesses
- Take a professional and ethical approach to the practice of positive psychology
- Understand the important factors in sustained behaviour change.

Sample course plan – full time option

Year 1	Semester 1	Principles of Positive Psychology	Positive Psychology and Organisations
	Semester 2	Applications of Positive Psychology	Capstone in Positive Psychology

Core subject



“With a background in mechanical engineering and sustainability, I used to think our challenges were something we could solve ‘out there’ in the world. This course taught me that our beliefs, attitudes and assumptions are just as important. It gave me the space to discover and craft a more meaningful career and shift my focus from the boardroom, to the classroom – addressing sustainability challenges from the inside out.”

Ash Buchanan, Director of Cohere – a social and environmental innovation agency, Associate of the Thrive Research Hub and sustainability and regenerative development tutor

Quick facts

Duration

1 year full time, 2 years part time

Delivery mode

3 x two-day on campus intensives (Fridays and Saturdays) per subject

Entry

Semester 1 (February)

Fees

Australian fee-paying and international fee places available

Entry requirements

- An undergraduate degree and at least five years of documented relevant professional experience, or
- An undergraduate degree and at least 100 points of relevant postgraduate study, or
- An undergraduate degree, at least 50 points of relevant postgraduate study and at least two years of documented relevant professional experience.

All applicants must complete a personal statement of intent outlining why they wish to be considered. Provided entry requirements are met, we welcome applications from individuals with varied backgrounds, such as psychology, economics, business, law, and health.

All students must meet English language requirements.