



Intensive: Strengths

Character Strengths and Virtues in Practice

Singapore, September 16-17, 2010



Master the Backbone of Positive Psychology

The VIA Intensive: Strengths is a 2-day, deep dive into the research and science-based interventions on the VIA Classification.

The VIA Survey and the new VIA Interpretive Reports are fast becoming one of the most important tools in a psychologist's or coach's toolbox. The tools help identify and illustrate a client's unique constellation of 24 strengths of character. Created by Drs. Martin Seligman and Chris Peterson, (*Character Strengths and Virtues*, 2004) the survey has been used by more than 1 million people worldwide.

You'll walk away confident in your understanding of the Classification and knowledgeable about the research base. You'll practice applying specific interventions that will allow you to increase your effectiveness with clients. You'll also feel confident in your ability to design and lead engaging workshops that employ the use of the survey and reports. And, because the course is led by VIA's Education Director, Dr. Ryan Niemiec, who has co-authored *Positive Psychology at the Movies* and *Movies and Mental Illness*, you'll learn how to use movie clips in your presentations to make them even more engaging.

Continuing Education Credits

ICF: The International Coach Federation has approved 12 CCE units (6 in Core Competencies and 6 in Other Skills and Tools).

APA: The VIA Intensive has been reviewed and approved for CE credit for psychologists by the American Psychological Association's Continuing Education Committee. This program offers 12 CE credits for psychologists.

Questions: e-mail lindap@viacharacter.org.

Your Instructor



Ryan M. Niemiec, Psy.D., is Education Director of the nonprofit VIA Institute. He is co-author of *Positive Psychology at the Movies: Using Films to Build Virtues and Character Strengths* (2008) and two editions of *Movies and Mental Illness* (2005; 2010), and has written a number of related chapters and articles. Dr. Niemiec is a practitioner; he's a psychologist and certified coach who has used the VIA character strengths in individual therapy, group therapy, coaching and consulting. He has presented internationally on a variety of positive psychology topics, ranging from strengths-based practice, positive assessment and positive interventions, to spirituality and mindfulness meditation.

Registration – Singapore September 16-17, 2010

Register online at www.viacharacter.org, or use this form, or phone Linda Parker 001-513-621-7501 weekdays from 9 a.m.-5:30 p.m. EDT. Email: Lindap@viacharacter.org

Name _____

E-mail _____

Mailing Address _____

Daytime Phone _____

Coach__ Psych.__ Student__ Other__ (please describe)

(enter payment information on reverse side)



VIA Intensive: Strengths

Character Strengths and Virtues in Practice

The nonprofit VIA Institute on Character is an initiative of the Manuel D. and Rhoda Mayerson Foundation, 312 Walnut St., Suite 3600, Cincinnati, OH 45202 001-513-621-7501

Tuition

Register now for best pricing!

Online: www.viacharacter.org Early Bird: Ends August 26

	Early Bird	Full
Individuals	\$495 USD	\$595 USD
Student	\$445 USD	\$495 USD
Group 3+	\$445 USD	\$495 USD
	15% group discount to ICF members	

For all groups: email Lindap@viacharacter.org

Time: 9:00 a.m. – 4:30 p.m. daily

Includes: Lunch daily; coffee, tea, snacks throughout the day.

Cancellation policy: All requests must be received in writing by mail or fax, postmarked or faxed no later than Sept. 2, 2010. Mail to: CANCELLATION, VIA Institute, 312 Walnut St., Suite 3600, Cincinnati, OH 45202 or fax to 001-513-621-2864. Fees will be refunded minus a \$75 processing fee.

Intensive venue: Marina Mandarin Hotel
6 Raffles Boulevard, Marina Square, Singapore 039594
+65 6845 1188

Local Host

Philip Merry Consulting Group
"Asia's Leader in Applied Positive Psychology"
Level 31, Six Battery Road, Singapore 049909
tel +65 6322 1477
fax +65 6755 4151
phil@philipmerry.com
www.philipmerry.com

Registration (cont.)

Payment:

VISA__ MC__ Disc.___

CardNo. _____

Expiration Date _____

Amount: \$ _____

Signature _____

__ Check enclosed

Payable to VIA Institute on Character
312 Walnut St., Suite 3600, Cincinnati, OH 45202

Learning Objectives

The Intensive is a highly experiential, hands-on workshop, with significant small-group work and discussion, as well as video interviews, movie clips and lecture.

This course is designed to help you:

- Practice working hands-on with signature character strengths.
- Describe how character strengths can be used with clients to reach their goals.
- Explain how to effectively use strength-spotting with clients.
- Describe 3 evidence-based interventions that enhance awareness and use of character strengths.
- Describe a 3-step process for engaging in strengths-enhancing conversations with clients.
- Demonstrate an effective approach to reviewing the VIA Interpretive Report (the expanded VIA results report with 5 graphical depictions of character strengths) with a client.
- Explain the purpose and conceptual framework of the VIA Character Strengths and Virtues.
- List at least 3 examples of research that has been done with the VIA Classification of Character Strengths and Virtues.
- Briefly describe, with a few words or phrase, each of the 24 character strengths.
- Name 2 examples of how character strengths function when in balance and when overplayed.

Straight from the Experts

We know we can't gather all of positive psychology's renowned experts for each of our workshops, but we will bring them to you on exclusive video, created specifically for VIA Intensives. These researchers, theorists and practitioners will discuss the most important aspects of character strengths' research and practice. You'll hear from:

Mihalyi Csikszentmihalyi, Todd Kashdan, David Cooperrider, Robert Biswas-Diener, Ed Diener, Carol Kaufmann, Jonathan Haidt, Donna Mayerson, Tayyab Rashid, Cynthia Pury, Neal Mayerson, Shelly Gable, Anthony Grant, Jennifer Fox-Eades, Barbara Fredrickson, Sonja Lyubomirsky

Other Cities – Register online at www.viacharacter.org

UK (June 15-16)	Hong Kong (Sept. 9-10)
Copenhagen (June 22)	Toronto (Nov. 11-12)
Chicago (July 23)	Miami (Nov. 18-19)
San Francisco (July 23-24)	Mumbai (Dec. 29-30)
New York (Sept. 2)	New Delhi (Jan 4-5, 2011)

TBA: Tokyo, Perth, and more