

CONSUMER AFFAIRS

CLINIC & SELF HELP CENTER PEER SUPPORT

POSITIVE THINKING



Jennifer Jones, MA, ASW

Positive Psychology

- Based on Shaun Achor's Positive Psychology that comes out of Harvard University.



Shaun Achor is the winner of over a dozen distinguished teaching awards at Harvard University, where he delivered lectures on positive psychology in the most popular class at Harvard. Shawn has become one of the world's leading experts on the connection between happiness and success. His research on happiness made the cover of *Harvard Business Review*, his TED talk is one of the most popular all time with over 4 million views, and his lecture airing on PBS has been seen by millions. Shawn teaches for the Advanced Management Program at Wharton Business School, and collaborates on research with Yale and Columbia University.

Shawn Achor—Positive Psychology

- In 2007, Shawn founded GoodThink, Inc. (GoodThink) to share his research with the world. Subsequently, Shawn has lectured or researched in more than 50 countries, speaking to CEOs in China, school children in South Africa, doctors in Dubai, and farmers in Zimbabwe. He has spoken to the Royal Family in Abu Dhabi, doctors at St. Jude Children's Hospital, and worked with the U.S. Department of Health to promote happiness. In 2012, Shawn helped lead the [Everyday Matters](#) campaign with the National MS Society and Genzyme to show how happiness remains a choice for those struggling with a chronic illness.
- Shawn advises several projects related to spreading happiness, including BetterUP, an online training community where members are coached by experts to realize their full potential at work.

Shawn Achor Video

- http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en
- See Youtube; Ted Talks; Shawn Achor on positive psychology or happiness

Consumer Affairs

Peer Support Services—Positive Thinking

- A 8 week curriculum that can be extended.
- Week 1: Happiness Advantage DVD
- Week 2: Does Positive Thinking Work
- Week 3: How to Be Happy Program (week 3-6);
Smile More to Be Happy
- Week 4: Accentuate the Positive
- Week 5: Let Go – What Not To Believe
- Week 6: Enjoy Life More – Upgrade Your Chores
- Week 7: How to Develop a Positive Attitude Using
Gratitude
- Week 8: Positive Thinking Affirmations

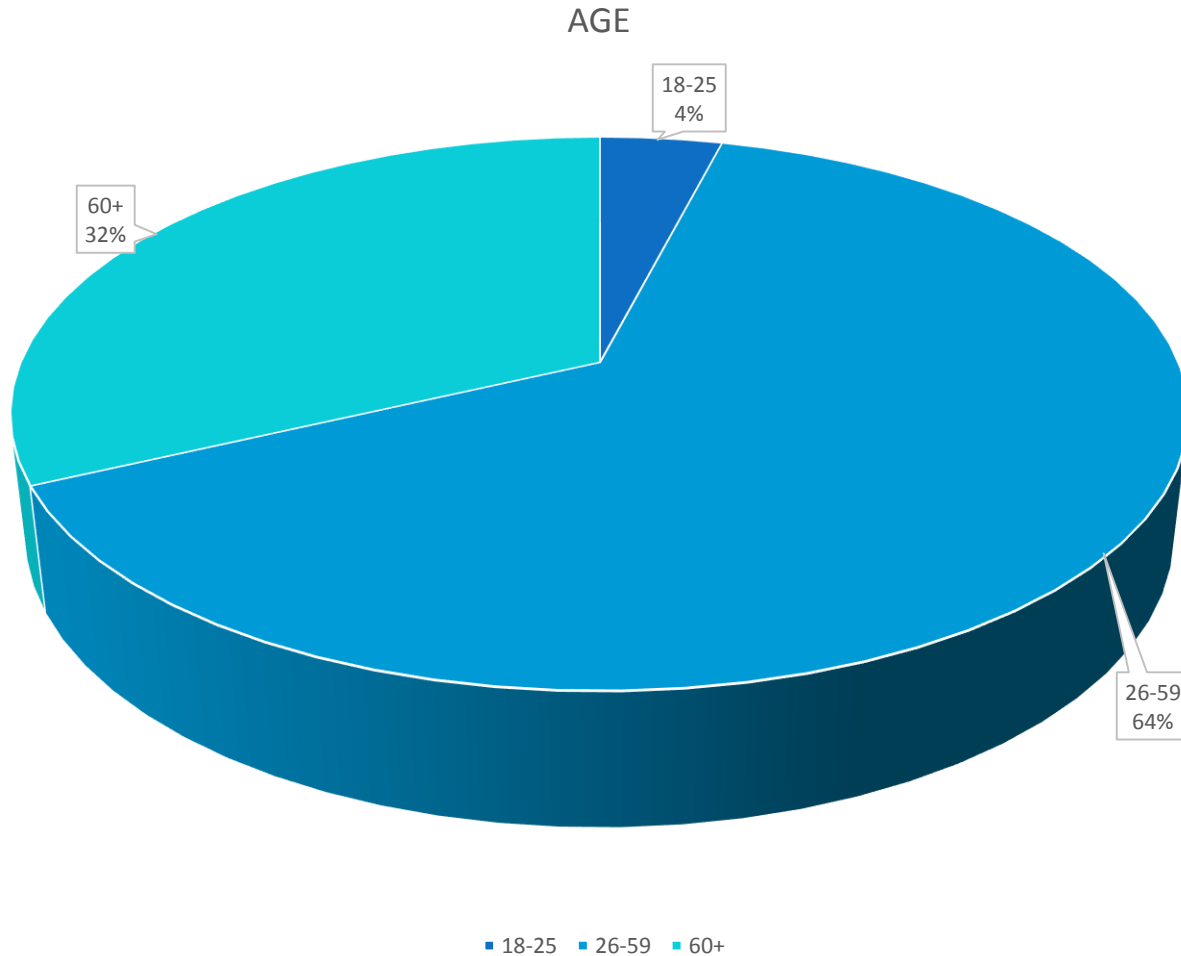
Clinics and Self Help

- Positive thinking is offered at both Self Help settings.
 - South County Self Help
 - Zephyr Self Help
- Positive thinking is offered at the following clinics
 - Sunnyvale
 - East Valley.

Outcome Measures—Positive Thinking

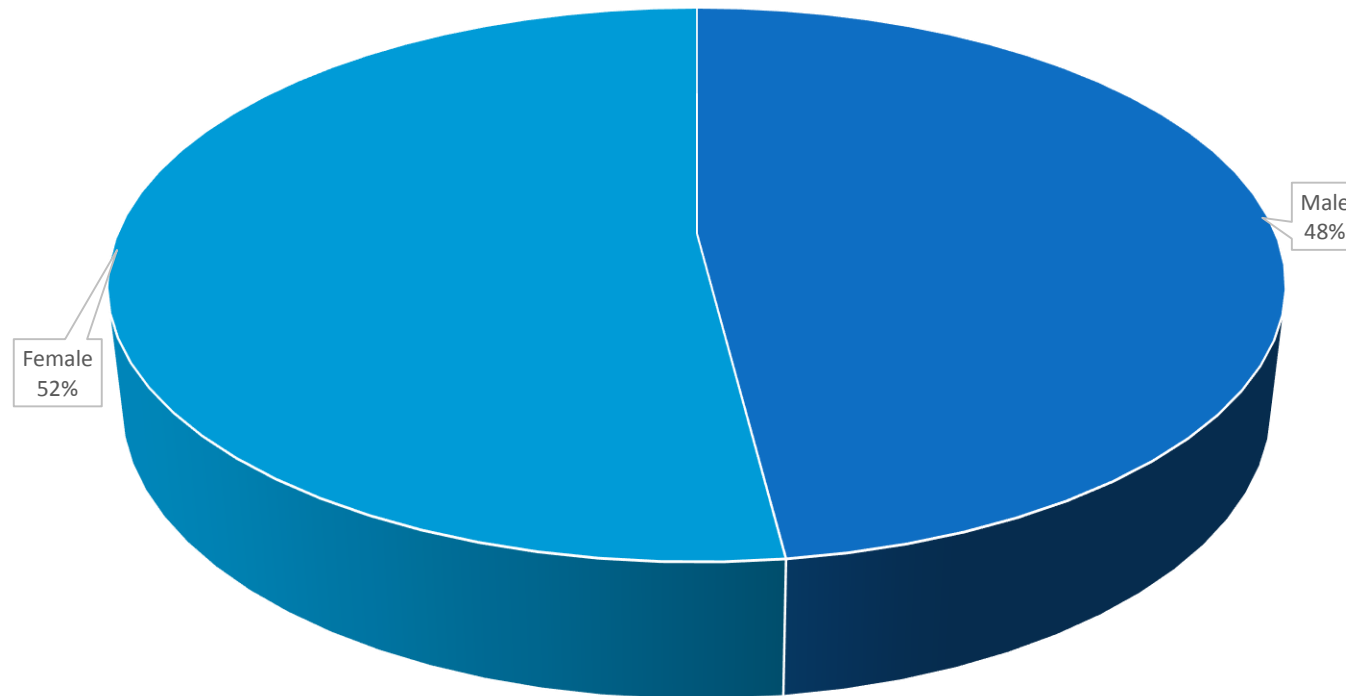
- Grouped all 4 groups together for positive thinking
- N=25 participants/clients

Demographic—Age



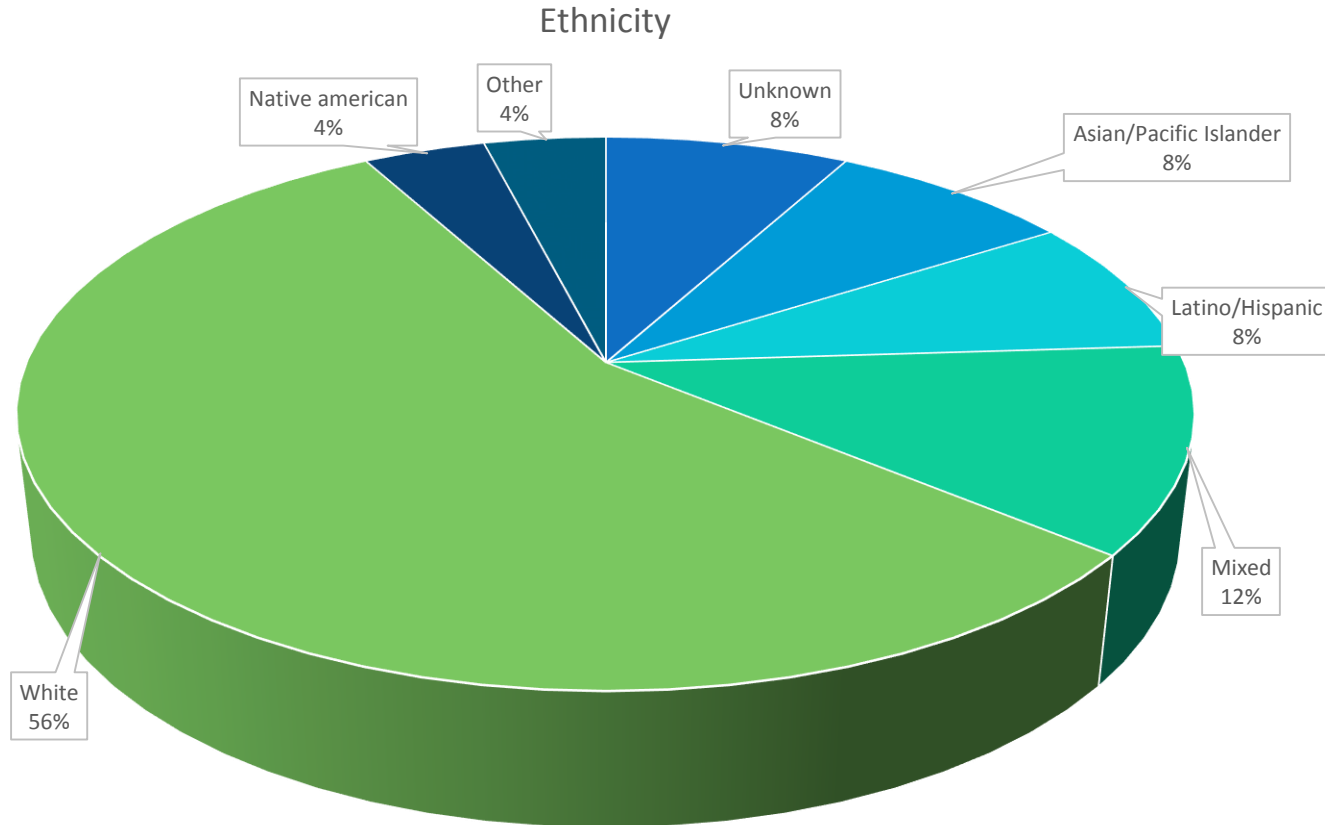
Demographic—Gender

GENDER



■ Male ■ Female

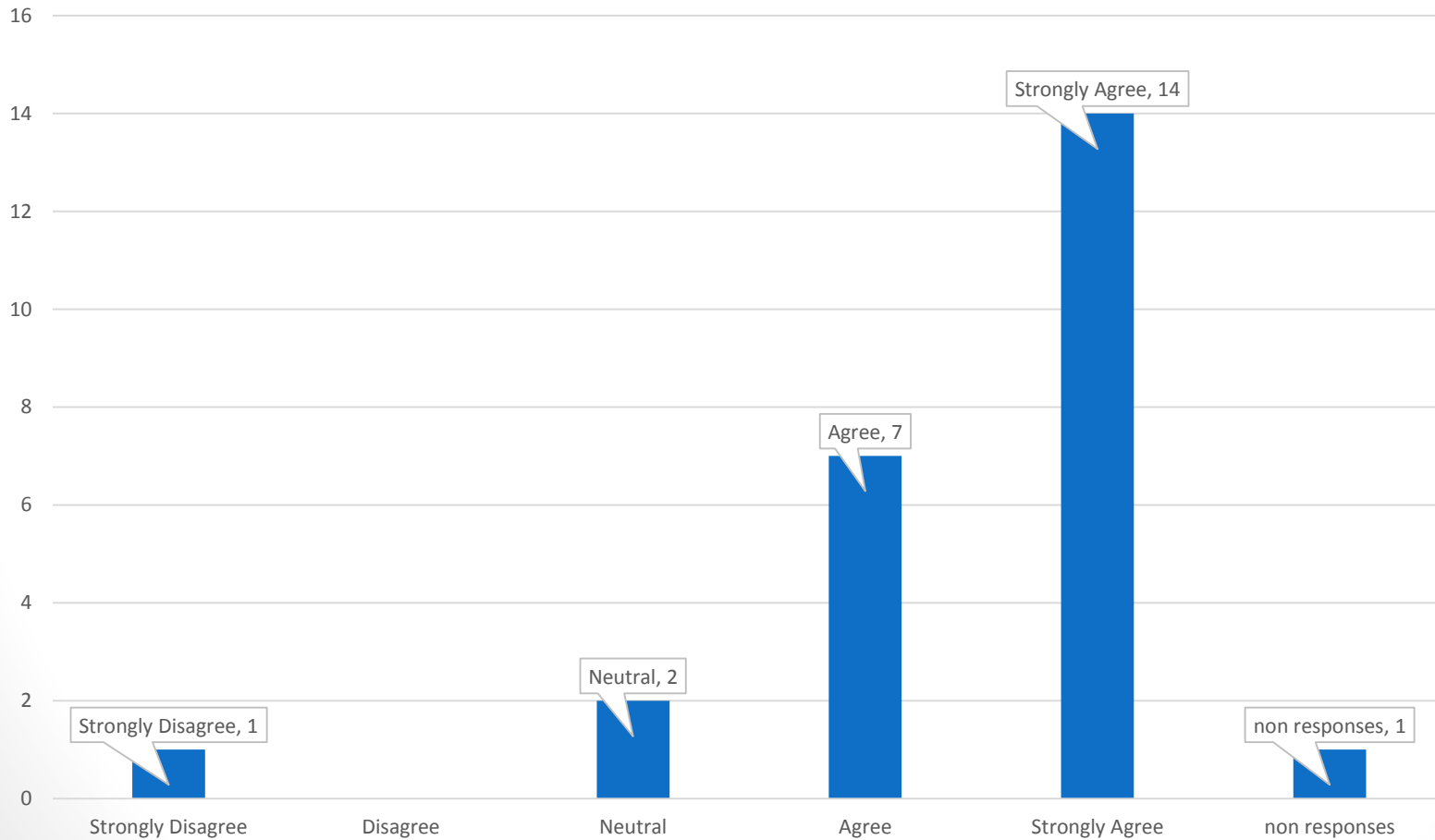
Ethnographic—Ethnicity



■ Unknown ■ Asian/Pacific Islander ■ Latino/Hispanic ■ Mixed ■ White ■ African American ■ Native American ■ Other

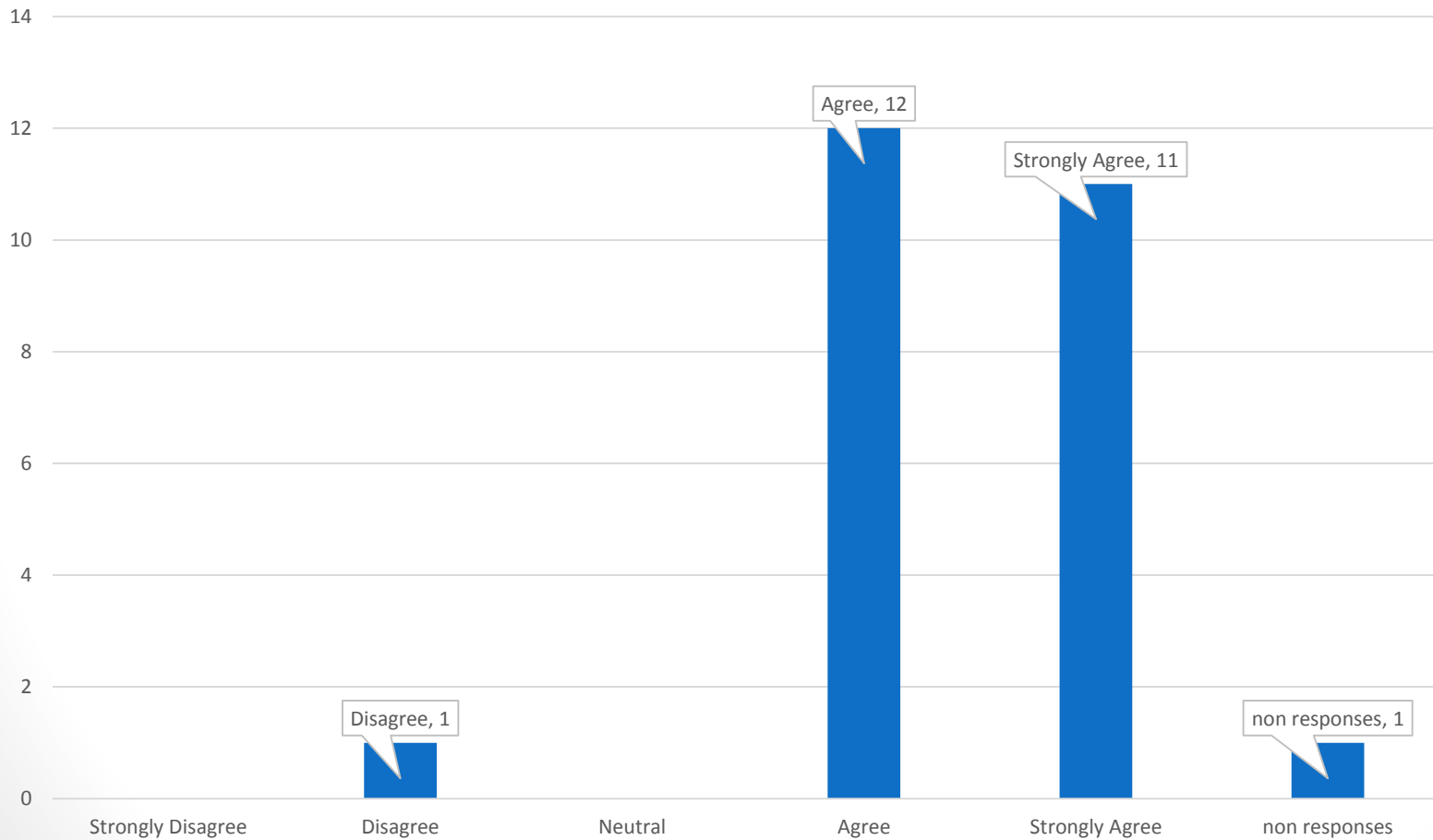
I feel supported by attending this group

feel supported by attending this group



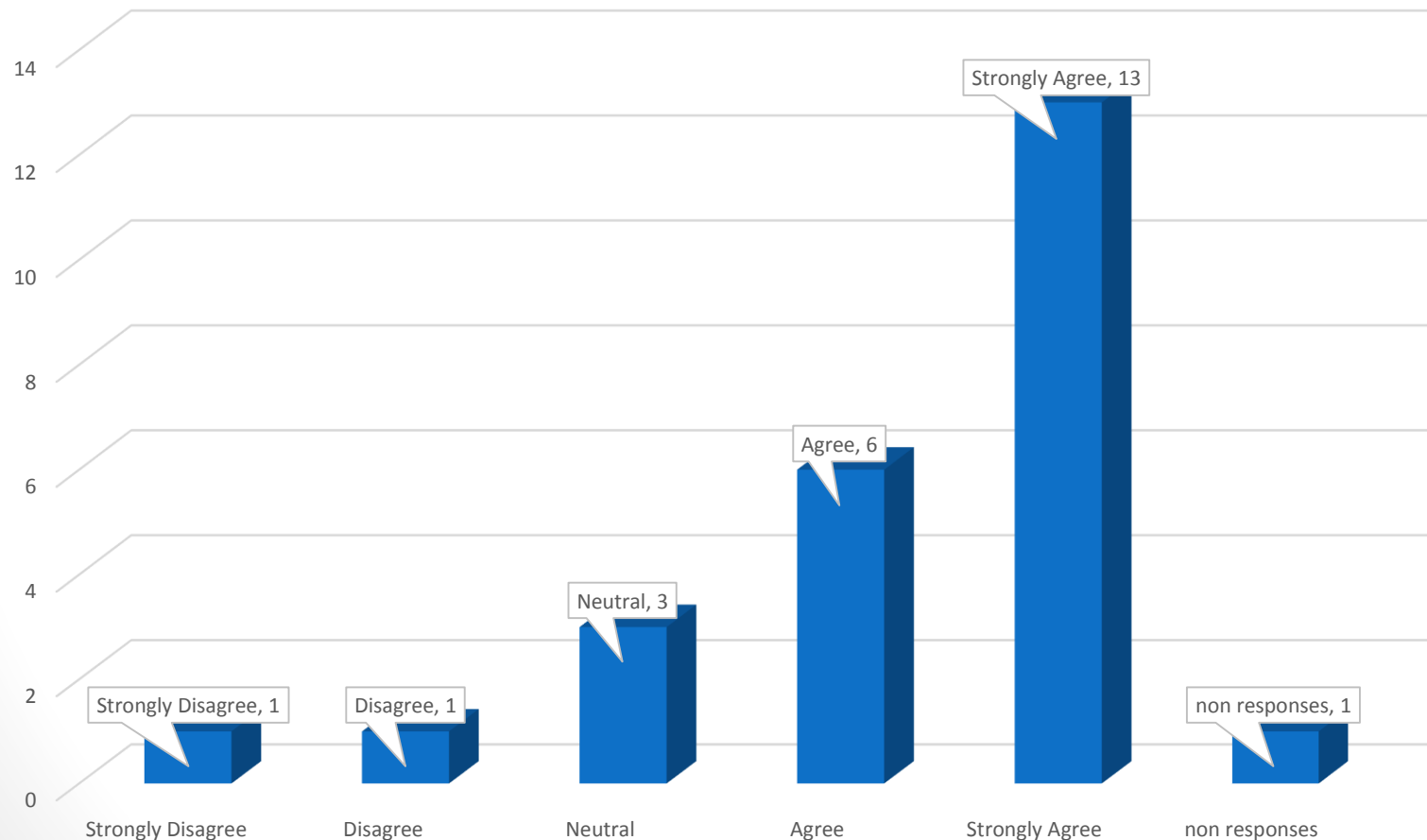
I learned new skills to think more positively

learned new skills to think more positively



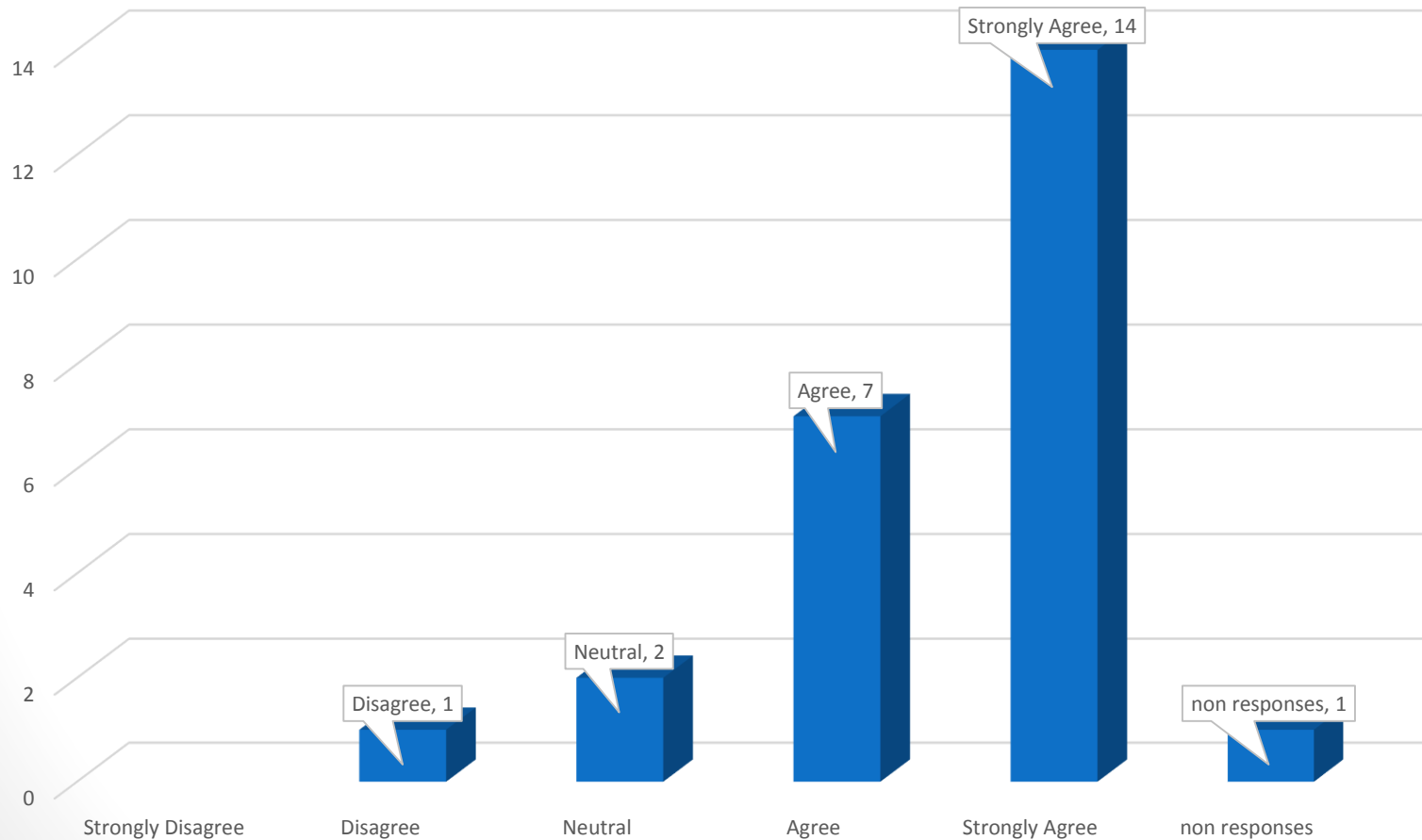
I think more positively after attending this group

think more positively after attending this group



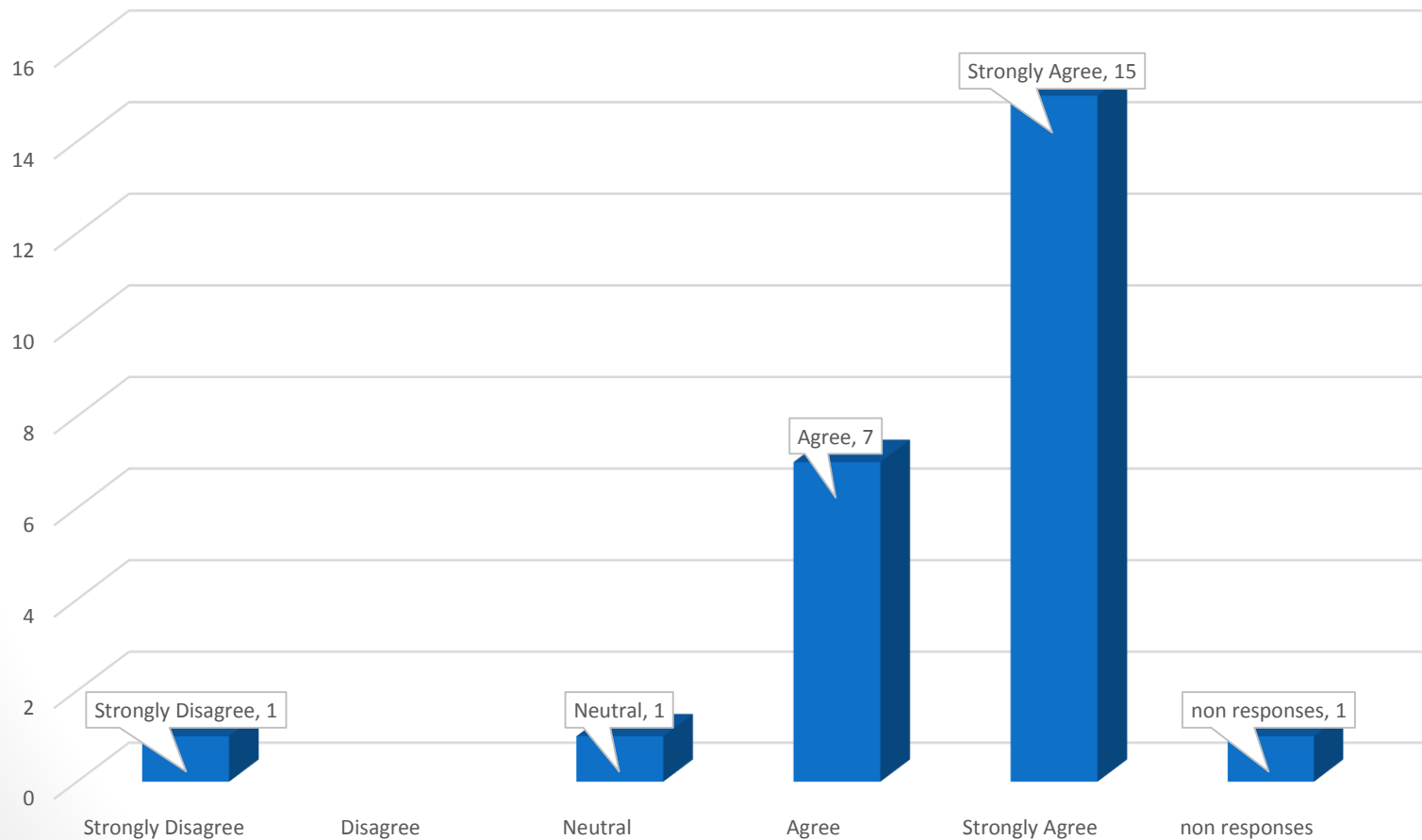
Did this group meet your expectations?

Did this group meet your expectations?

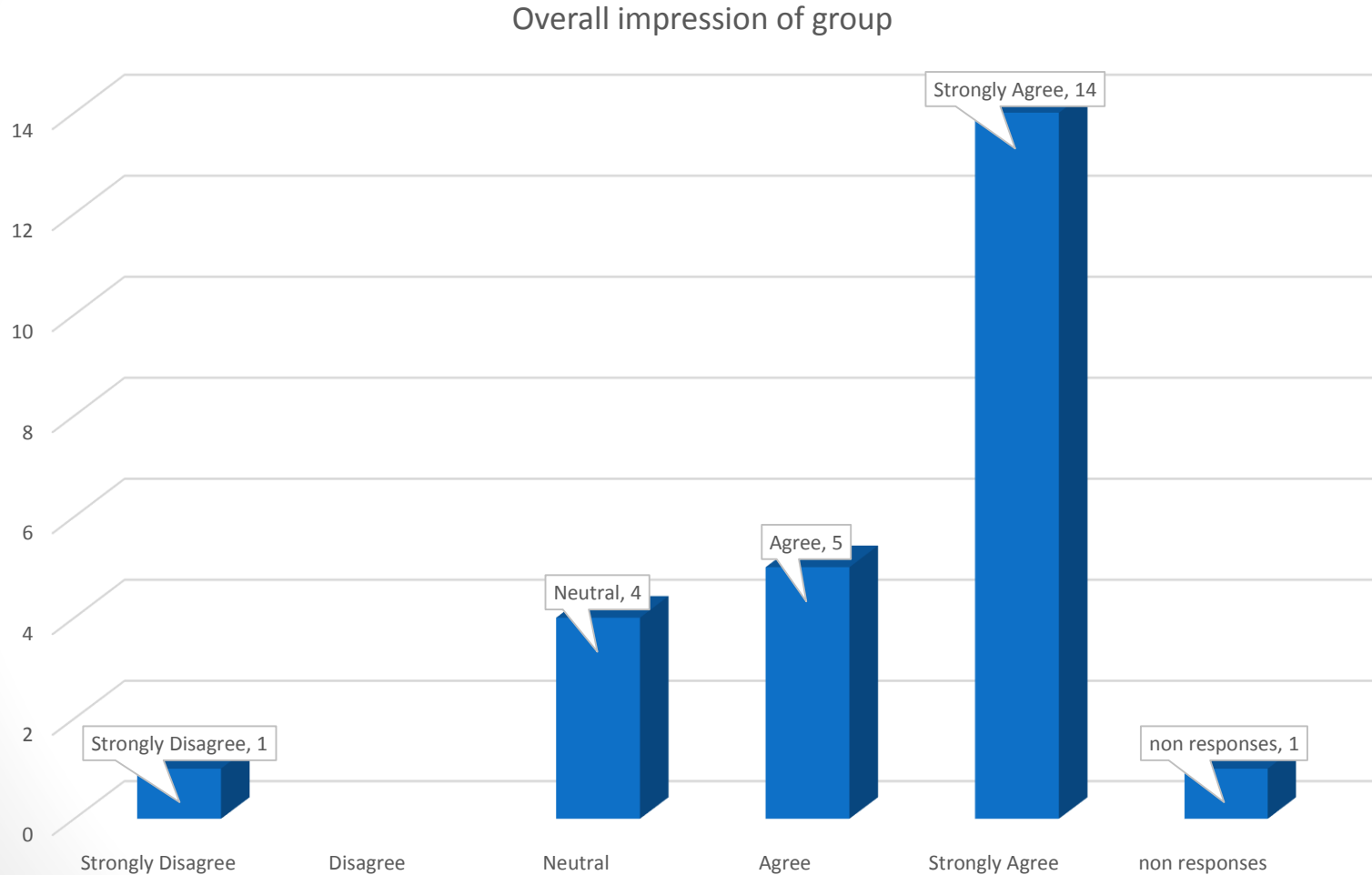


Was this group useful?

Was this group useful?

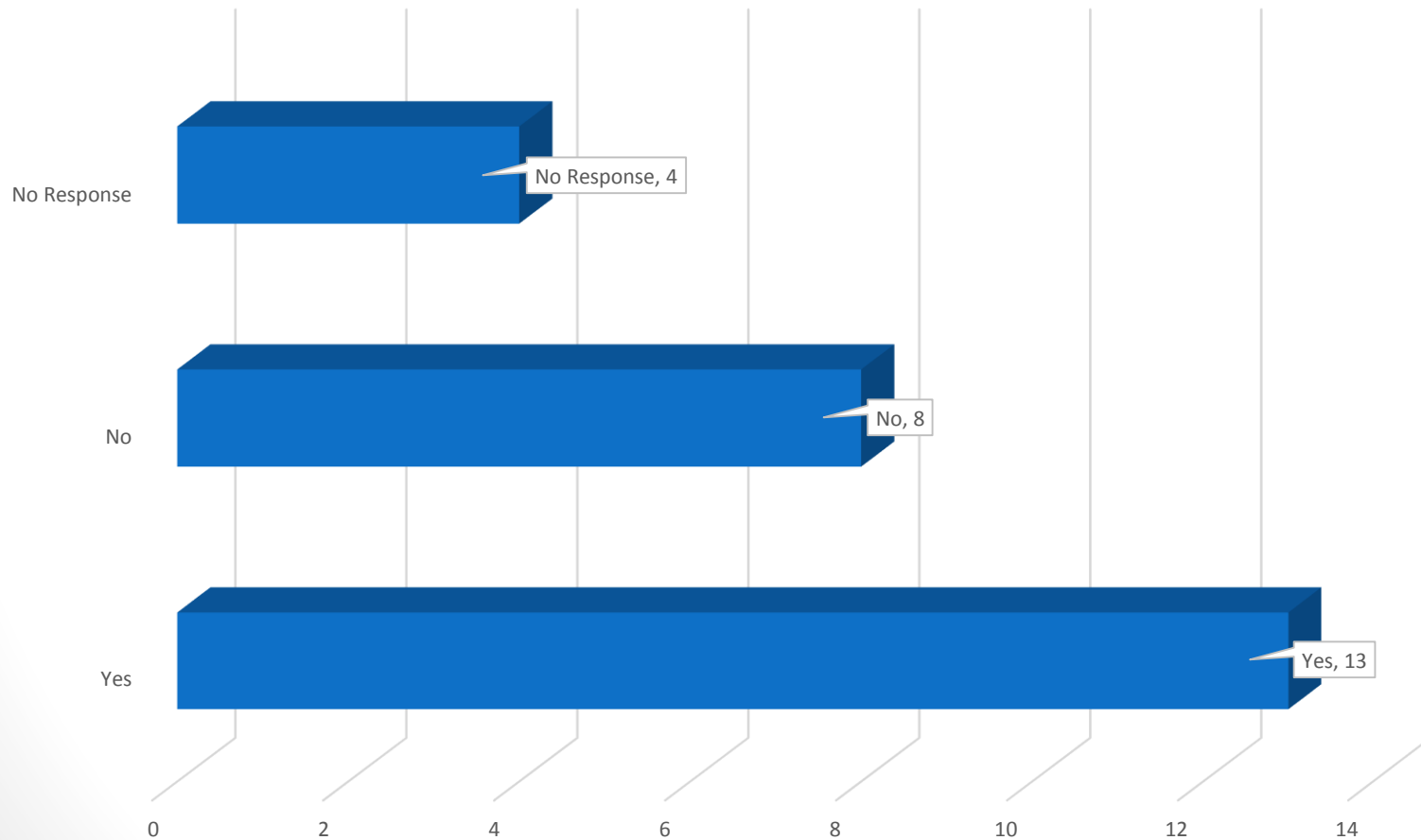


Overall impression of group



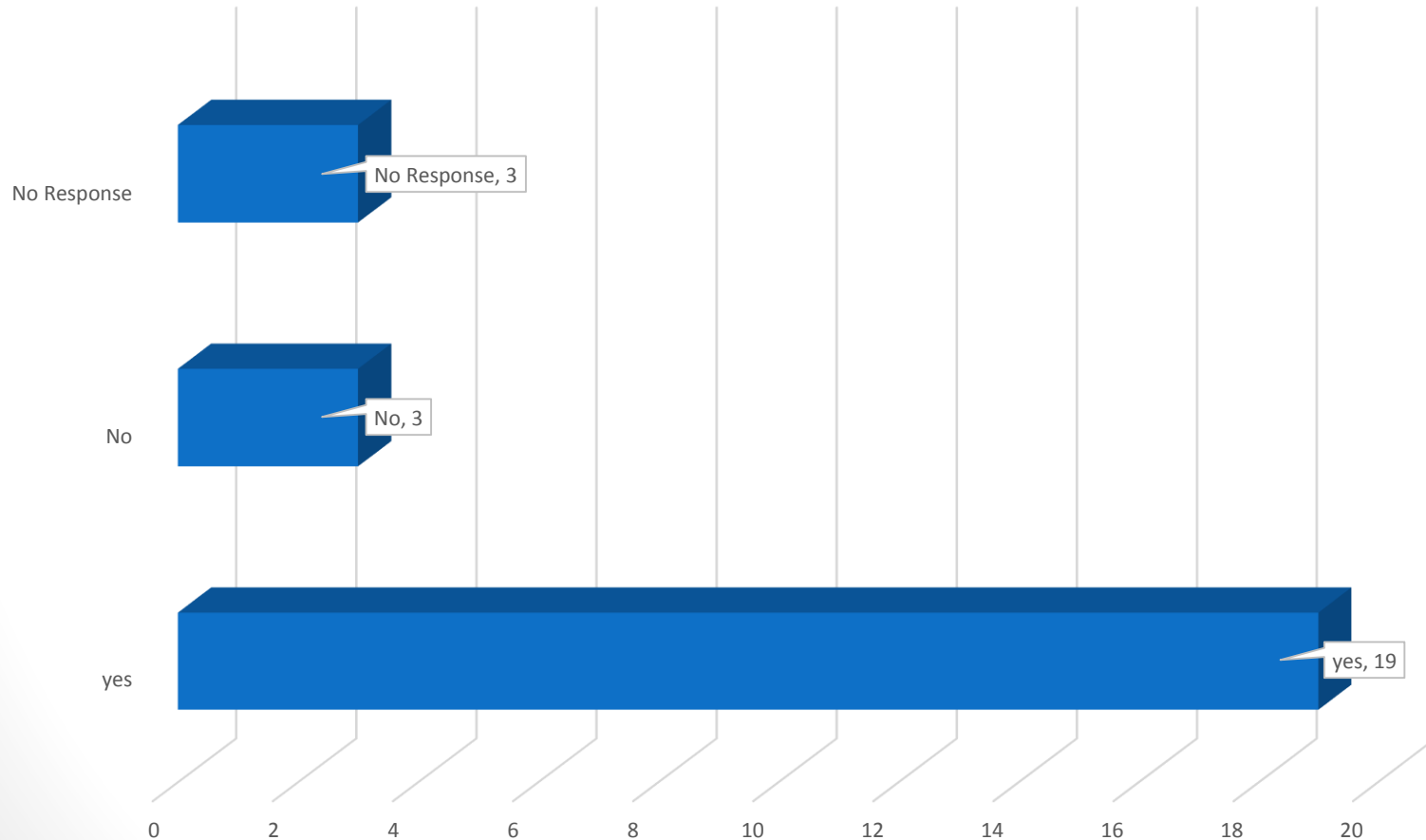
Did you network with others?

Did you network with others?



Did you get more resources that can help you?

Did you get more resources that can help you?



Zephyr Comments

- Too much reading material—should be reduced, and talk more and participate more by clients.
- Adding an activity, maybe an interactive game (like jeopardy/so on) to re-emphasize what was just learned.
- Listening to more people. It's a good group. Affirmations are a good idea. Keep practicing the good over the bad.
- I didn't know/remember any jokes so jokes, jokes, jokes!
- Group needs to make quotations from the Catholic Holy Bible. Lack of love and affection. (Didn't answer the questions)
- Have more access to challenge your attitude to change and stay focused—to move on.
- I think the positive thinking is very good and is very supportive. (This client wrote strongly disagree and disagree on all the boxes).
- Good as is!

Other Comments

- It's great!
- This is a great group.
- Have more members voices heard. Conversation tends to be monopolized by group leader.
- I think that it has been good. I think that the talking and expressing your thoughts to others has been good.

Future Next Steps:

- EMPLOYMENT—in development, have half of the data
- CLC Computer Lab— in development, have some of the data
- WRAP—in development (ECCAC, Family Affairs and Consumer Affairs)

