

Applying Positive Psychology Webinar Series Overview

Family Advancement Ministries

538 Orange Street, Macon GA 31201

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1. *Creating a Safe Place for Connection and Belonging*; October 11, 2022; 10:00am - 11:00am
Click [here](#) to view and download the participant journal.
Description: This is the first in a monthly Positive Psychology series covering research-based applications that enhance flourishing, find joy, and experience resilience. We will develop safety and respect guidelines to guide our interactions then participate in two-person conversations focused on “what’s right with you.” Upon completion of this symposium participants will be able to:
 - A. Experience connection with another participant during a 4-minute “what’s right with you” conversation.
 - B. Develop the safety and respect guidelines for participating in this webinar series.
2. *Exploring Your Character Strengths*; November 8, 2022; 10:00am - 11:00am
Description: Research proves character strengths are the pathways to well-being and the basic building blocks of a flourishing life. Everyone’s unique profile of strengths reflects their personal identity. Yet, few people maintain an acute awareness of their strengths and the power they possess by harnessing them. Weaving character strengths into situations creates a positive, uplifting environment that inspires participation and motivation. **Pre-session assignment:** Explore your strengths by taking 20-25 minutes to complete the *Values in Action (VIA) Character Strengths Survey* by clicking [here](http://brauchtworks.pro.viasurvey.org/) (<http://brauchtworks.pro.viasurvey.org/>) then downloading your *Top Five Report* and bring it to this session. Upon completion of this symposium participants will be able to:
 - A. Describe your top five VIA Character Strengths.
 - B. Tell a 2-minute story about a time when you were at your best. This narrative with a beginning, middle and end describes the experience and how you acted in a way that made you feel authentic and proud.
 - C. List two ways that you can use your strengths within the next week.

3. *Relationship Enhancement Skills*; December 13, 2022; 10:00am - 11:00am
Description: This session covers the skills that promote connection and enhance relationships based on several communication best practices. We will practice using the skills in one-on-one interactions with other participants and during whole group discussions. Upon completion of this symposium participant will be able to:
 - A. Use five fundamental relationship enhancement skills (PINK OARSI), and
 - B. Explain the difference between debate and dialogue.

4. *How Your Nervous System Works for Your Body, Mind and Spirit*; January 10, 2023; 10:00am - 11:00am
Description: Our nervous system's evolved in service not just of survival but also for thriving within relationships and social networks – the science of safety and belonging. This session overviews the physical and mental shifts in responding to signals that produce continuous cycles of mobilization, disconnection and engagement. The autonomic nervous system responds to daily life challenges by physiologically telling us what to do and how safe we are. The good news - our nervous system learns to repattern how we respond when the drive to survive competes with the longing to connect with others. Upon completion of this symposium participants will be able to:
 - A. Recognize the signs of their automatic patterns of response to triggers or trauma and identify regulating resources,
 - B. Reshape the autonomic nervous system toward increased response flexibility with five exercises for soothing fight or flight responses such as irritation, anger, anxiety or fear.

5. *Finding Joy and Glimmers, The Opposite of Stressors/Triggers*; February 14, 2023; 10:00am - 11:00am
Description: Adding to the soothing exercises covered in the previous session, this session covers how to activate the healthy, energizing part of the sympathetic nervous system blended with connecting with others via the social engagement system of the parasympathetic nervous system. Upon completion of this symposium participants will be able to:
 - A. Use five activities to counteract unhealthy freeze response, which may show up as depression or dissociation or when caught in an ongoing excessive people-pleasing response, and
 - B. Discuss the results of your 15-minute joy walk.

6. *The Positive Psychology of Wellbeing, Empowerment and Resilience (POWER)*; March 14, 2023; 10:00am - 11:00am

Description: Today's tsunami of trauma-informed clinical services is buoyed by peer and professional support that promotes wellness and resilience or recovery. Based on blending the social model of recovery with positive psychology's evidence-based principles and practices, this seminar briefly covers how to promote wellbeing while recognizing and fostering growth and resilience. The goal: A habit of engaging in compassionate conversations with equanimity that promote resilience. Upon completion of this symposium participants will be able to:

- A. Identify five aspects of the social model of recovery.
- B. Explain five research-based elements of wellbeing (PERMA),
- C. Describe three common beliefs that stunt recovery or resilience following setbacks or traumatic events, and
- D. List five contributors to, and two exercises for, post-trauma growth.

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Mr. Braucht's 14,000+ hours of supervision, psychotherapy and applied community psychology experience focuses on professional and peer workforce development that emphasizes continuous program quality and outcome improvement. In peer services, George co-founded the Certified Addiction Recovery Empowerment Specialist (CARES) Academy, a peer recovery coach training that is operational in several states and the Forensic Peer Mentor Ready4Reentry training. Program implementations George has led include a statewide recovery counseling program for people on parole using the Partners for Change Outcome Management System, opening Georgia's first five Day Reporting Centers, leading several statewide reentry initiatives, initiating the Transitional Housing for Offender Reentry (THOR) Directory and the Reentry Partnership Housing initiatives, developing and facilitating an Enhanced Supervision Program (ESP) training for correctional and reentry staff plus certification curricula for Recovery Residence Managers and for the Recovery Capital Scale. George is a Charter Board Member of the National Alliance for Recovery Residences and a Recovery Consultant for SAMHSA's Opioid Response Network. Little Richard, Otis Redding, the Allman Brothers Band and George, among others, hail from Macon GA.