EDUCATIONAL PSYCHOLOGY DEPARTMENT

NEW POSITIVE PSYCHOLOGY
COURSE OFFERING

CONTEMPORARY COGNITIVE BEHAVIORAL THEORIES FOR HELPING PROFESSIONS

You'll get:

• modern, evidenced-based tools for managing anxiety, depression, and other forms of stress.
• **experiential activities** and lessons from "Third Wave" theories (e.g. ACT, DBT, Art Therapy)
• strategies that can be used in a variety of professions (e.g. Social Work, Teaching, Counseling, Wilderness Therapy, etc.).

This course is online and counts toward the Positive Psychology Certificate!

Got Questions? Contact Mae Larsson: mae.larsson@psych.utah.edu

REGISTER TODAY!
EDPS 5960-091
"NEW THEORIES FOR HELPING PROF"