

Outline

1. Gratitude
 - a. Relationship between gratitude and well-being/happiness
 - b. Efficacy of gratitude interventions on happiness
2. Love
 - a. The relevance of friendship and passion in romantic love
 - b. Naturalistic/biological approaches to love
 - c. Psychological/social approaches to love
 - d. Sternberg's triangular theory of love
 - e. Typology of love
 - f. Gender differences in love styles
 - g. The link between love and sex
3. Appetitive and Aversive Relationship Processes
 - a. The impact of positive and negative affect in relationships
 - b. Benefit of sharing positive events with others
 - c. Positive effects of intimacy and self-disclosure in relationships
 - d. Self-expansion activities enhance relationships
 - e. Biological systems that regulate social processes
4. Self-Verification
 - a. Self-verification effects upon relationship satisfaction
 - b. Self-verifying events lower stress and anxiety
 - c. The association between self-verification and authenticity
 - d. Relationship between self-verification and enhanced relationship intimacy
 - e. Self-verification promotes relationship stability and predictability
 - f. How self-verification can improve self-esteem
5. Humility
 - a. Contemporary definitions of humility
 - b. Characteristics of humility
 - c. Benefits of humility
6. The Biology of Social Support
 - a. Physiological advantages of having social support
 - b. Gender differences in effects of social support upon physiological reactivity
 - c. Oxytocin is associated with increased social affiliation and decreased stress response
 - d. Social support can decrease the physiological stress response
7. Sustainable Happiness
 - a. Differences in subjective experience between happy and unhappy people
 - b. Ways that individuals interpret their historical life events affects happiness levels
 - c. Arguments for and against ability to increase sustainable happiness
 - d. The potential of intentional activity to enhance sustainable happiness
 - e. Recommended fundamentals to facilitate volitional strategies in promoting happiness
 - f. The efficacy of happiness interventions
8. Meaning in Life
 - a. Operational definition of meaning in life
 - b. Five benefits to having meaning in life
 - c. Ways to achieve meaning in life

- 199-228.
- Steinbeck, J. (1951). *The log from the Sea of Cortez*. New York: The Viking Press.
- Sternberg, R. J. (1985). *Beyond IQ: A triarchic theory of human intelligence*. New York: Cambridge University Press.
- Sternberg, R. J. (1986). A triangular theory of love. *Psychological Review*, *93*, 119-135.
- Stroebe, W., Stroebe, M., Abakoumkin, G., & Schut, H. (1996). The role of loneliness and social support in adjustment to loss: A test of attachment versus stress theory. *Journal of Personality and Social Psychology*, *70*(6), 1241-1249.
- Strong, G. & Aron, A. (2006). The effect of shared participation in novel and challenging activities on experienced relationship quality: Is it mediated by high positive affect? In K. D. Vohs & E. J. Finkel (Eds.). *Self and relationships: Connecting intrapersonal and interpersonal processes* (pp. 342-359). New York: Guilford.
- Suh, E., Diener, E., & Fujita, F. (1996). Events and subjective well-being: Only recent events matter. *Journal of Personality and Social Psychology*, *70*, 1091-1102.
- Sutton, S. K., & Davidson, R. J. (1997). Prefrontal brain asymmetry: A biological substrate of the behavioral approach and inhibition systems. *Psychological Science*, *8*(3), 204-210.
- Swann, W. B., Jr. (1983). Self-verification: Bringing social reality into harmony with the self. In J. Suls & A. G. Greenwald (Eds.), *Psychological perspectives on the self* (Vol. 2, pp. 33- 66). Hillsdale, NJ: Erlbaum.
- Swann, W. B., Jr. (1987). Identity negotiation: Where two roads meet. *Journal of Personality and Social Psychology*, *53*, 1038-1051.
- Swann, W. B., Jr., Chang-Schneider, C., & Angulo, S. (2007). Self-verification in relationships as an adaptive process. In J. Wood, A. Tesser, & J. Holmes (Eds.), *Self and relationships*. New York: Psychology Press.
- Swann, W. B., Jr., Chang-Schneider, C., & McClarty, K. L. (2007). Do people's self-views matter? Self-concept and self-esteem in everyday life. *American Psychologist*, *62*, 84-94.
- Swann, W. B., Jr., De La Ronde, C., & Hixon, J. G. (1994). Authenticity and positivity strivings in marriage and courtship. *Journal of Personality and Social Psychology*, *66*, 857-869.
- Swann, W. B., Jr., Hixon, J. G., Stein-Seroussi, A., & Gilbert, D. T. (1990). The fleeting gleam of praise: Behavioral reactions to self-relevant feedback. *Journal of Personality and Social Psychology*, *59*, 17-26.
- Swann, W. B., Jr., & Pelham, B. (2002). Who wanes out when the going gets good? Psychological investment and preference for self-verifying college roommates. *Self and Identity*, *1*, 219-233..
- Swann, W. B., Jr., Pelham, B. W., & Krull, D. S. (1989). Agreeable fancy or disagreeable truth? Reconciling self-enhancement and self-verification. *Journal of Personality and Social Psychology*, *57*, 782-791
- Swann, W. B., Jr., Stein-Seroussi, A., & Giesler, B. (1992). Why people self-verify. *Journal of Personality and Social Psychology*, *62*, 392-401.
- Taylor, S. E., Dickerson, S. S., & Klein, L. C. (2002). Toward a biology of social support. In C. R. Snyder & S. J. Lopez (Eds.), *The handbook of positive psychology* (pp. 556-569). New York: Oxford University Press.
- Taylor, S. E., Klein, L. C., Lewis, B. P., Gruenewald, T. L., Gurung, R. A. R., & Updegraff, J. A. (2000). Biobehavioral responses to stress in females: Tend-and-befriend, not fight-or-flight. *Psychological Review*, *107*, 411-429.
- Taylor, S. E., Welch, W. T., Kim, H. S., & Sherman, D. K. (2007). Cultural differences in the impact of social support on psychological and biological stress responses. *Psychological Science*, *18*, 831-837
- Tellegen, A., Lykken, D. T., Bouchard, T. J., Wilcox, K. J., Segal, N. L., & Rich, S. (1988). Personality similarity in twins reared apart and together. *Journal of Personality and Social Psychology*, *54*, 1031-1039.
- Templeton, J. M. (1997). *Worldwide laws of life*. Philadelphia: Templeton Foundation Press.
- Thomas, P. D., Goodwin, J. M., & Goodwin, J. S. (1985). Effect of social support on stress-related changes in cholesterol level, uric acid level, and immune function in an elderly sample. *American Journal of Psychiatry*, *142*, 735-737.
- Thorsteinsson, E. B., James, J. E., & Gregg, M. E. (1998). Effects of video-relayed social support on hemodynamic reactivity and salivary cortisol during laboratory-based behavioral challenge. *Health Psychology*, *17*, 436-444.
- Tice, D. M., Butler, J. L., Muraven, M. B., & Stillwell, A. M. (1995). When modesty prevails: Differential favorability of self-presentation to friends and strangers. *Journal of Personality and Social Psychology*, *69*, 1120-1138.
- Tkach, C., & Lyubomirsky, S. (2006). How do people pursue happiness? Relating personality, happiness-increasing strategies, and well-being. *Journal of Happiness Studies*, *7*, 183-225.
- Trzesniewski, K. H., Donnellan, M. B., Moffitt, T. E., Robins, R. W., Poulton, R., & Caspi, A. (2006). Low self-esteem during adolescence predicts poor health, criminal behavior, and limited economic prospects during adulthood. *Developmental Psychology*, *42*, 381-390.
- Tversky, A., & Griffin, D. (1991). Endowment and contrast in judgments of well-being. In F. Strack, M. Argyle, & N. Schwarz (Eds.), *Subjective well-being: An interdisciplinary perspective* (pp. 101-118). Elmsford, NY: Pergamon.
- Uchino, B. N., Cacioppo, J. T., & Kiecolt-Glaser, J. K. (1996). The relationship between social support and physiological processes: A review with emphasis on underlying mechanisms and implications for health. *Psychological Bulletin*, *119*, 488-531.
- Unden, A. L., Orth-Gomer, K., & Elofsson, S. (1991). Cardiovascular effects of social support in the work place: Twenty-four hour ECG monitoring of men and women. *Psychosomatic Medicine*, *53*, 50-60.
- Updegraff, J. A., Gable, S. L., & Taylor, S. E. (2004). What makes experiences satisfying? The interaction of approach-avoidance motivations and emotions in well-being. *Journal of Personality and Social Psychology*, *86*(3), 496-504.
- Wadsworth, A. P., & Barker, H. R., Jr. (1976). A comparison of two treatments for depression: The antidepressive program vs. traditional therapy. *Journal of Clinical Psychology*, *32*, 445-449.
- Watkins, P. C., Cruz, L., Holben, H., & Kolts, R. L. (2008). Taking care of business? Grateful processing of unpleasant memories. *Journal of Positive Psychology*, *3*, 87-99.
- Watkins, P. C., Gibler, A., Mathews, M., & Kolts, R. (2005, August). *Aesthetic experience enhances gratitude*. Paper presented to the Annual Convention of the American Psychological Association, Washington, DC.
- Watkins, P. C., Grimm, D. L., & Kolts, R. (2004). Counting your blessings: Positive memories among grateful persons. *Current Psychology*, *23*, 52-67.
- Watkins, P. C., Grimm, D. L., Whitney, A., & Brown, A. (2005). Unintentional memory bias in depression. In A. V. Clark (Ed.), *Mood state and health* (pp. 59- 86). Hauppauge, NY: Nova Science.
- Watkins, P. C., Martin, B. D., & Faulkner, G. (2003, May). *Are grateful people happy people? Informant judgments of grateful acquaintances*. Presentation to the 83rd Annual Convention of the Western Psychological Association, Vancouver, BC.
- Watkins, P. C., Scheer, J., Ovnicek, M., & Kolts, R. D. (2006). The debt of gratitude: Dissociating gratitude and indebtedness. *Cognition and Emotion*, *20*, 217-241.
- Watkins, P. C., van Gelder, M., & Frias, A. (2009). Furthering the science of gratitude. In R. Snyder & S. Lopez (Eds.), *The Oxford handbook of positive psychology* (2nd ed.). New York: Oxford University Press.
- Watkins, P. C., Van Gelder, M., & Maleki, L. (2006, August). *Counting (and recalling) blessings: Trait gratitude predicts positive memory bias*. Presentation to the Annual Convention of the American Psychological Association, New Orleans, LA.

POSITIVE PSYCHOLOGY IV

- Watkins, P. C., Woodward, K., Stone, T., & Kolts, R. D. (2003). Gratitude and happiness: The development of a measure of gratitude and its relationship with subjective well-being. *Social Behavior and Personality, 31*, 431-452.
- Watson, D., Clark, L. A., Mcintyre, C. W., & Hamaker, S. (1992). Affect, personality, and social activity. *Journal of Personality and Social Psychology, 63*(6), 1011-1025.
- Watson, O., Clark, L.A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology, 54*(6), 1063-1070.
- Winner, E. (2000). Giftedness: Current theory and research. *Current Directions in Psychological Science, 9* (5), 153-156.
- Wood, J. V., Heimpel, S. A., Newby-Clark, I., & Ross, M. (2005). Snatching defeat from the jaws of victory: Self-esteem differences in the experience and anticipation of success. *Journal of Personality and Social Psychology, 89*, 764-780.
- Wood, A. M., Joseph, S., & Maltby, J. (2008) . Gratitude uniquely predicts satisfaction with life: Incremental validity above the domains and facets of the five factor model. *Personality and Individual Differences, 45*, 49-54.
- Wood, A. M., Maltby, J., Gillett, R., Linley, P.A., & Joseph, S. (2008). The role of gratitude in the development of social support, stress, and depression: Two longitudinal studies. *Journal of Research in Personality, 42*, 854-871.
- Zuckerman, M. (1979). Attribution of success and failure revisited; or The motivational bias is alive and well in attribution theory. *Journal of Personality, 47*, 245-287.

POSITIVE PSYCHOLOGY IV

6 Continuing Education Hours

Record your answers on the Answer Sheet (click the "California MFT/LCSW/LEP/LPCC Answer Sheet" link on Home Page and click your answers).

Passing is 70% or better.

For True/False questions: A = True and B = False.

1. **Research shows that grateful people report having more adaptive coping techniques.**
A) True B) False
2. **Sternberg warns that maintaining a consummate love is more difficult than initially acquiring it.**
A) True B) False
3. **Throughout the Western world, married people of both sexes report more happiness than those never married, divorced, or separated.**
A) True B) False
4. **Authenticity in children is theorized to develop when caregivers love the children for being themselves.**
A) True B) False
5. **The absence of strong social ties was not found to be a mortality risk factor equivalent to smoking and high blood pressure.**
A) True B) False
6. **Psychological maladjustment is related to the degree that people rate themselves more favorably than the ratings of others.**
A) True B) False
7. **Prolonged cortisol secretion, which chronic stress can produce, may induce significant physiological changes.**
A) True B) False
8. **The growing body of research on humans matches the findings from animal studies demonstrating that oxytocin lessens the stress response and is associated with increased social affiliation.**
A) True B) False
9. **Lyubomirsky contends that happy and unhappy people significantly differ in their "subjective experience and construal of the world."**
A) True B) False
10. **Intentional activities do not resist adaptation because they are not variable and episodic.**
A) True B) False

Continuing Psychology Education Inc. is approved by the California Association of Marriage and Family Therapists (CAMFT # 1000067) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Continuing Psychology Education Inc. maintains responsibility for this program/course and its content. This course, Positive Psychology IV, meets the qualifications for 6 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.

11. **Grateful people seem to reflect _____ on their past.**
A) with more negative illusion
B) more negatively
C) more positively
D) with more cognitive dissonance
12. **When passion is low in a relationship, _____ is one love component that can strengthen the bond and ease the tension of passion's ebb and flow.**
A) recalling the past
B) gift-giving
C) making promises
D) friendship
13. **A large-scale study of sexual behavior in the United States concluded that respondents who reported the greatest physical pleasure and emotional satisfaction in their relationships were in _____.**
A) extramarital affairs
B) partnered, monogamous relationships
C) casual sexual relationships
D) multiple sexual relationships
14. **Less stress and more _____ are the top things 45-59-year-olds say would most improve their sex life.**
A) work involvement
B) annual income
C) free time
D) disposable income
15. **Marriage appears to be associated with positive health and psychological outcomes but only if the marriage is _____.**
A) happy and nondistressed
B) composed of similar socioeconomic level partners
C) above the financial poverty level
D) composed of two gainfully employed partners

16. John Steinbeck believed _____ was adaptive because it promoted understanding and acceptance.
- A) "illusion thinking"
 - B) "wishful thinking"
 - C) "is thinking"
 - D) "daydreaming"
17. _____ professes that once people establish their self-views, these self-views supply a strong sense of coherence and ability to predict and control their world.
- A) Self-disclosure theory
 - B) Intrinsic motivation theory
 - C) Predisposition theory
 - D) Self-verification theory
18. Personality research suggests that humility is _____.
- A) facilitated by self-enhancement biases
 - B) an uncommon characteristic
 - C) common because people take credit for their failures
 - D) common because people frequently remember negative information about themselves
19. Research has offered credibility to the stress reactivity hypothesis, which suggests that social relationships improve health by _____.
- A) decreasing natural killer cell activity
 - B) increasing physiological responses to stressors
 - C) lessening physiological responses to stressors
 - D) increasing systolic blood pressure
20. Generally, _____ is perceived as the most important source of meaning in life.
- A) having relationships with others
 - B) material goods
 - C) work satisfaction
 - D) leisure activity

Click the link “California MFT/LCSW/LEP/LPCC Answer Sheet” on Home Page, then follow the prompts, which include making your payment, transferring your test answers to the online answer sheet, and printing your certificate immediately.

Press “Back” to return to “California MFT/LCSW/LEP/LPCC Courses” page.