

SELECTED PUBLICATIONS

1. Rashid, T., Louden, R., Wright, L., Chu, R., Lutchmie-Maharaj A., Hakim, I., Uy, D. A. Kidd, B. (2017). Flourish: A Strengths-Based Approach to Building Student *Resilience*. In Proctor, C. (Ed.). *Positive Psychology Interventions in Practice*. pp. 29--45. The Netherlands: Springer.
2. Rashid, T. Howes, R., & Louden, R. (2017). *Positive Psychotherapy*. In M. Slad, L. Oades, A. Jarden (eds.) Wellbeing, recovery and mental health. Cambridge: Cambridge University Press.
3. Uliaszek, A. A., Rashid, T., Williams, G. E., & Gulamani, T. (2016). Group therapy for university students: A randomized control trial of dialectical behavior therapy and positive psychotherapy. *Behaviour Research and Therapy*, 77, 78-85.
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5. Rashid, T. (2015). Positive Psychotherapy: Integrating symptoms and strengths Toward Client Well-being. *New Jersey Psychologist*, 55, 3, 25-27.
6. Rashid, T. (2015). Positive psychotherapy: A strength-based approach. *The Journal of Positive Psychology*, 10, 25-40.
7. Rashid, T, Summers, R. & Seligman, M.E.P (2015). Positive Psychology; Chapter 30, pp-489-499., In *Psychiatry* (Fourth Edition) by A. Tasman., J. Kay, J. Lieberman, M. First & M. Riba (Eds): Wiley-Blackwell.
8. Riches, S., Schrank, B., Rashid, T., Slade, M. (2015). WELLFOCUS PPT: Modifying Positive Psychotherapy for Psychosis Psychotherapy. *Psychotherapy, n.p.*, online publication.
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11. Bertisch, H., Rath, J., Long, C., Ashman, T., & Rashid, T. (2014). Positive psychology in rehabilitation medicine: A brief report. *NeuroRehabilitation*. 4(3):573-85.
12. Rashid, T. (2015) Strength-Based Assessment, in *Positive Psychology in Practice: Promoting Human Flourishing in Work, Health, Education, and Everyday Life*, Second Edition (ed. S. Joseph), pp. 519-544. Wiley, Hoboken, NJ, USA.
13. Rashid, T., Anjum, A., Chu, R., Stevanovski, S., Zanjani, A. & Lennex, C. (2014). Strength Based Resilience: Integrating Risk and Resources towards holistic Wellbeing in G. A. Fava & C. Ruini (eds)'s *Increasing Psychological Well-being Across Cultures (pp. 153-176)*. The Netherlands: Springer.

14. Rashid, T., Anjum, A., Lennex, C., Quinlin, D., Niemiec, R., Mayerson, D., Kazemi, F. (2013). Assessment of Positive Traits in Children and Adolescents in C. Proctor & P.A. Linley (eds.), *Research, Applications, and Interventions for Children and Adolescents: A Positive Psychology Perspective*. (pp. 81-114). The Netherlands: Springer.
15. Rashid, T., & Seligman, M. E. P. (2013). Positive Psychotherapy. In D. Wedding & R. J. Corsini (Eds.), *Current Psychotherapies* (pp. 461-498). Belmont, CA: Cengage.
16. Rashid, T. (2013). Positive in Practice: Positive Psychotherapy. In S. David, I. Boniwell, & A. C. Ayer's *Oxford Handbook of Happiness* (pp. 978-993). Oxford, U. K: Oxford University Press.
17. Niemiec, R. M., Rashid, T., & Spinella, M. (2012). Strong mindfulness: Integrating mindfulness and character strengths. *Journal of Mental Health Counseling*, *34*, 240-253.
18. McGrath, R. Rashid, T., Peterson, C & Park, N. (2010). Is Optimal Functioning a Distinct State? *The Humanistic Psychologist*, *38*, 159 – 169.
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21. Rashid, T. (2008). Positive Psychotherapy. In Lopez, S. J. (Ed.) *Positive psychology: Exploring the best in people*. (Vol. IV; pp. 188-217) Westport, CT: Praeger.
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- Rashid, T. (2013). Assessing Strengths in Clinical Practice. In J. Norcross (ed.), *Psychologists' Desk Reference* (Third Edition), CT: Oxford.
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