**Positive Clinical Psychology Resources**

*Compiled by Tayyab Rashid, Ph.D.*

**Books**

**Annotated Bibliography (by author)**


This 27-chapter volume, written by leading practitioners of positive psychology provides some very compelling case illustrations regarding the clinical use of positive psychology exercises with clients in distress. Many of the chapters offer step-by-step strategies, most of which are empirically based.


This is brief (68-page) guide offer practical clinical strategies to ask meaningful questions to elicit unrecognized courage that clients have to persevere through truly tough times. The book emphasizes that the activation of client resources by focusing on strengths is not incompatible with distress remediation—it is simply a very positive and effective way to increase client well-being and reduce distress.


This five part book introduces positive psychology, and integrates it with counseling and psychotherapy. It has a good section on positive psychological tests and measures and a comprehensive chapter on a number of positive psychology interventions, each described in detail. The final part of the book discusses ways of carrying out a positive psychology-infused treatment plan.


From two leading voices in the applied positive psychology field, this book argues that therapy is not so much about what you do as how you do it, emphasizing the influence of the views clinician hold about human nature. While discussing the meta-therapy of positive psychology, the authors provide insights about how to reframe client beliefs using a positive psychological perspective.

**Miscellaneous Positive Clinical Psychology Books (by Title)**

- *Counselling Psychology and Optimal Human Functioning* by Bruce Walsh (2003): Lawrence Erlbaum

**Positive Psychology Books, General- with Practical Resources (by Title)**

- *Positivity: Discover the ratio that tips your life toward flourishing* by Barbara Fredrickson (2009): Crown

Updated: March, 2013
Handbooks & Miscellaneous Positive Psychology Books (by Title)


Peer-Reviewed Papers/Book Chapters by Topics

Overview of Positive Psychology


Positive Psychology in Clinical/Counselling Psychology


Updated: March, 2013


**Related Positive Interventions**


**Character Strengths and Well-being**


**Therapeutic Alliance, Process & Supervision**


**Coaching**


Positive/Strength-based Assessment


Positive Emotions


Hope & Optimism


Updated: March, 2013

**Gratitude**


**Flow**


**Forgiveness**


**Spirituality**


**Humour & Playfulness**


**Positive Relationships**


**Negative & Positive Memories**


**Positive Communication**


**Mindfulness**

**Savouring**

**Social Connections/Community**

**Meaning/Community**

**Posttraumatic Growth**

Updated: March, 2013


Writing/Journaling/Narratives


Journals

• Journal of Positive Psychology; www.informaworld.com
• Journal of Happiness Studies; www.springer.com
• International Journal of wellbeing; www.internationaljournalofwellbeing.org/

Special Issues/Sections on Positive Clinical Psychology & Guest Editors

• Journal of Clinical Psychology-In Session, May 2009, Rashid, T.

• The Psychologist, 16, (2003), Linley, A. P., Joseph, S., & Boniwell, I.

• Journal of Cognitive Psychotherapy, 20, (2) 2006; Ingram, R.


Special Issues of Journals on Positive Psychology

• American Psychologist, Special issue on Positive Psychology (55, January 2000)

• Journal of Humanistic Psychology, Special Issue on Positive Psychology (41, Winter, 2001)

• The Psychologist, two issues (March 2003 & Autumn, 2008)

• Psychology in Schools, special issue on Positive Psychology in Schools, (41, 2004)
• *International Coaching Psychology Review*, (2, 2007). Positive psychology and coaching psychology
• *Professional School Counselling*, Strengths-based school counselling (Dec, 2008)

**Magazines**
• Time, *Special Issue (January 17, 2005)*
• Psychology Today, *February 2009 issue on Happiness*

**Websites**
• Offers valuable positive clinical psychology resources, including a free personalized well-being assessment, with option of tracking personal, client therapeutic progress; www.tayyabrashid.com: free comprehensive well-being assessment, with option of tracking also available on this website is 340 Ways to use VIA character Strengths
• Free online positive psychology/happiness measures: www.authentichappiness.sas.upenn.edu
• Take free character strength Survey – Institute of Character: www.viastrengths.org
• Positive Psychology Centre, U of Pennsylvania: www.ppc.sas.upenn.edu
• Positive Relationships – The Gottman Institute: www.gottman.com
• Forgiveness: www.forgiving.org
• Flourishing Schools: www.fLOURISHINGSCHOOLS.coM

**Documentaries**
• *The Happiness Formula*: Six part BBC documentary, aired in April 2006 news.bbc.co.uk/2/hi/programmes/happiness_formula/
• *Happiness - How to Find It, Understand It and Achieve It*, ABC’s 20/20 (aired on Jan 11, 2008) www.abCnewsstore.go.com
• Introducing Positive Psychology by PBS Montana

**Press Coverage**
• May 16, 2011, New York Times, A New Gauge to See What’s Beyond Happiness
• September 14, 2011 New York Times Magazine, What if the Secret to Success is Failure?
• June 24, 2009, U.S. News & World Report, Positive Psychology: Power of positive thinking is psychology’s latest focus
• December 17, 2006, U.S. News & World Report, Get Happy, and You’ll Live Longer
• November 19, 2006, CNN, Special on Happiness
• January 17, 2005, Time Magazine, The Science of Happiness (Cover Story & Special Issue)
• October 13, 2006, Should psychologist accentuate the positive to stem depression, Globe & Mail; Toronto, Canada
• October 2, 2005, The Sunday Times Magazine, So what do you have to do to find happiness?