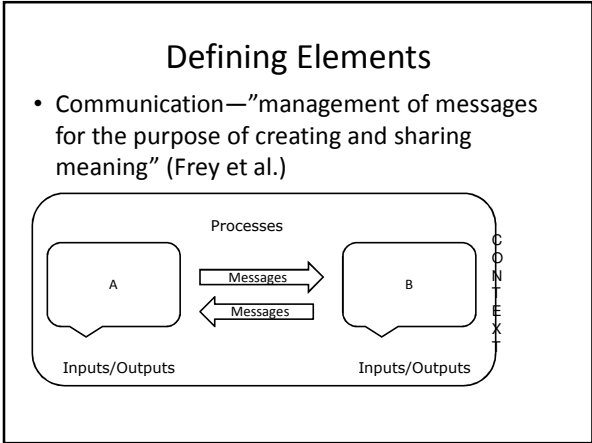


What is Positive Communication?



Positive Inputs/Outputs

As articulated by positive psychology:

- Positive subjective experiences
 - Happiness, pleasure, gratification, fulfillment
- Positive individual traits
 - Strengths of character, talents, interests, values
- Positive institutions
 - Facilitate display and development of positive traits which in turn facilitate positive experience

Positive Communication Processes

- What sorts of communication processes might be considered to be “positive?”
- What sorts of communication processes facilitate positive subjective experiences?
- What sorts of communication processes facilitate the display and development of positive individual traits?
- What sorts of communication processes facilitate the development and maintenance of positive institutions?

Theoretical Approach

- Conceptual Foundation of Positive Psychology
 - Humanism (Carl Rogers, Abraham Maslow)
 - Existentialism
 - Experience is primary
 - Phenomenology
 - Describe conscious experience in terms meaningful to the individual
 - Social science
 - Reliance on empiricism and rationalism
 - Use of evidence to evaluate theories
- “Human goodness and excellence are as authentic as human flaws and inadequacies.”
