MS APPLIED POSITIVE PSYCHOLOGY

The MS in Applied Positive Psychology (MAPP) program trains students to become a powerful positive change force in communities, schools, clinics, businesses and leadership around the world. Students learn to leverage the knowledge, skills and attitudes of an outlook rooted in seeing the best in yourself and others. This program is designed to create thought leaders who rely on both science and heart to transform systems by creating "positive feedback loops." The program is focused on creating a workforce of the future that is well-equipped with practical approaches to fostering compassion, kindness, love, and achievement on a regional, national and global scale.

The fully online MAPP program provides foundational knowledge in the areas of positive psychology, clinical health psychology and health behavior change, with a primary emphasis on positive psychology. Upon completion of the program, students will have skills in motivational interviewing and mindfulness; be able to apply positive psychology interventions that include a focus on personal strengths, gratitude, kindness, purpose and love; have honed their scholarly writing skills and feel more confident in taking a large-scale research-informed project from concept to implementation to evaluation; and be prepared to think about positive change from a biopsychosocial perspective that includes insight into key motivational principles that are important to healthy lifestyles.

Course	Title	Hours
First Year		
Term 1		
APP 501	Introduction to Positive Psychology	3
APP 506	Motivational Interviewing and Health Behavior Change	3
APP 511	Biopsychosocial Basis of Health and Wellness	3
APP 541	Practicum I in Happier You/Health Support	1
	Hours	**10**
Term 2		
APP 516	Research Methods and Evaluation in Positive Psychology	3
APP 521	Mindfulness, Positive Emotions, and Well-Being	3
APP 526	Positive Psychology Approaches Across the Lifespan	3
APP 546	Practicum II in Happier You/Health Support	1
	Hours	**10**
Term 3		
APP 531	Building Positive Institutions and Systems	3
APP 536	The Intersection of CBT and Positive Psychology	3
APP 556	Capstone: Positive Psychology and Healthcare	3
APP 551	Practicum III in Happier You/Health Support	1
	Hours	**10**
	Total Hours	**30**