

The Hope Circuit

A PSYCHOLOGIST'S
JOURNEY FROM
HELPLESSNESS TO
OPTIMISM

Martin E. P.
Seligman

THE HOPE CIRCUIT

Martin E. P. Seligman
Evolution of Psychotherapy

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Photos by Mandy Seligman

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The First Axial Age

- 2500 years ago, Suddenly (Jaspers)
- Buddha, Moses, Confucius, Athens, Jainism
- Upanishads, Bhagavad-Gita, Zoroaster
- Man, aware of being as a whole and its limits
- All Religious and Philosophical Traditions flow
- The Human Condition. Do I matter?
- Alleviation of Suffering and helplessness

The Second Axial Age: Now

- The Gift of the Enlightenment: Human Progress
- Science (Mortality, Water, Food, Suffering)
- Morality (Human Rights, Democracy, Capitalism and Poverty, Violence)
- Moral Flynn Effect
- Human Well Being
- Brain as the Organ of the Future

Tour 20th Century Psychology

- We are creatures of Misery, Conflict, Struggle
- We are Blank Slates
- Behaviorist: No Cognition, No Evolution
- The Future=the Past Plus the Present
- We are Prisoners of the Past

HELPLESSNESS & DEPRESSION

Past: LH maps Depression

Present: Dorsal Raphe Nucleus

Future: Depression Curable?

Steve Maier

Aaron Beck

Albert Ellis

David Clark

Premise: We are Cognitive Animals

Depression and LH: Symptom Parallel

Symptoms

mood

zest

weight

sleep

psychomotor

fatigue

worthlessness

cognitions

death – only missing symptom



LEARNED OPTIMISM

Past: Depression Prevented

Present: Resilience Training

Future: CVD Preventable?

Chris Peterson

Lyn Abramson

Lauren Alloy

Judy Garber

General Rhonda Cornum

Premise: We can be Positive Creatures

POSITIVE PSYCHOLOGY

Past: PERMA

Present: Positive Education

Future: Positive Psychotherapy

Ed Diener

Chris Peterson

Mihaly Csikszentmihalyi

Barbara Fredrickson

Jon Haidt

George Vaillant

Tayyab Rashid

Premise: We are Cognitive, Positive,
Hopeful

Well-Being PERMA

Pleasant
Emotions



Meaning
& Purpose



Engagement
"Flow"



Accomplishment
For its own sake



Relationships
Positive & Supporting



FOUNDATIONS OF POSITIVE PSYCHOLOGY

A COURSERA CERTIFICATE GRANTING SPECIALIZATION
(FIVE COURSES)

Positive
Psychology:
Martin E.P. Seligman's
Visionary Science
Martin E.P. Seligman, Ph.D.



Positive Psychology:
Applications &
Interventions
James Pawelski, Ph.D.



Positive Psychology:
Character, Grit &
Research Methods
Angela Duckworth, Ph.D.
Claire Robertson-Kraft, Ph.D.



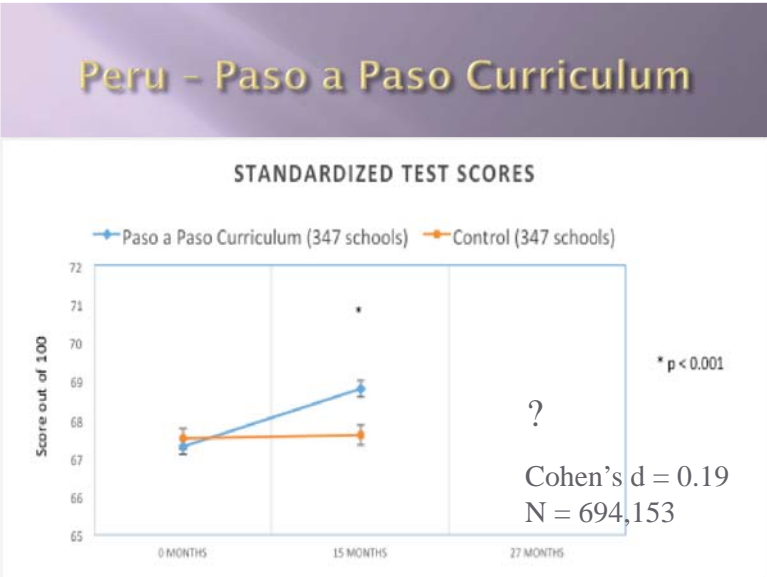
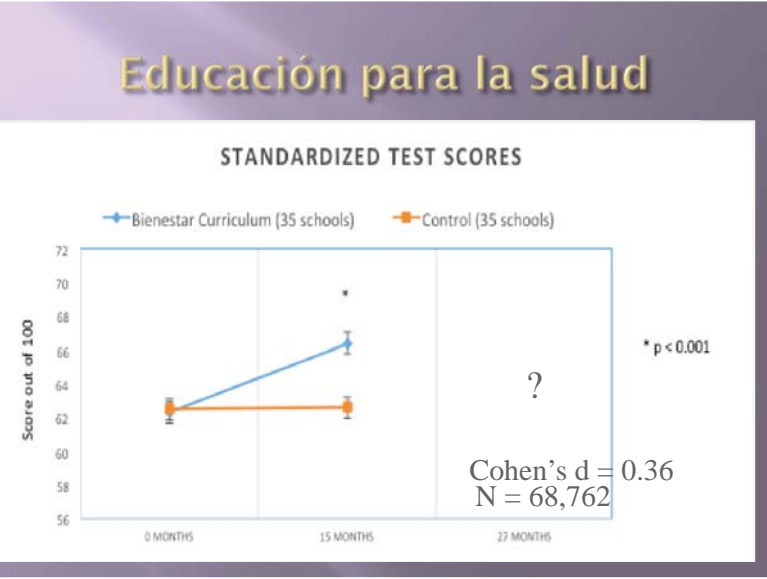
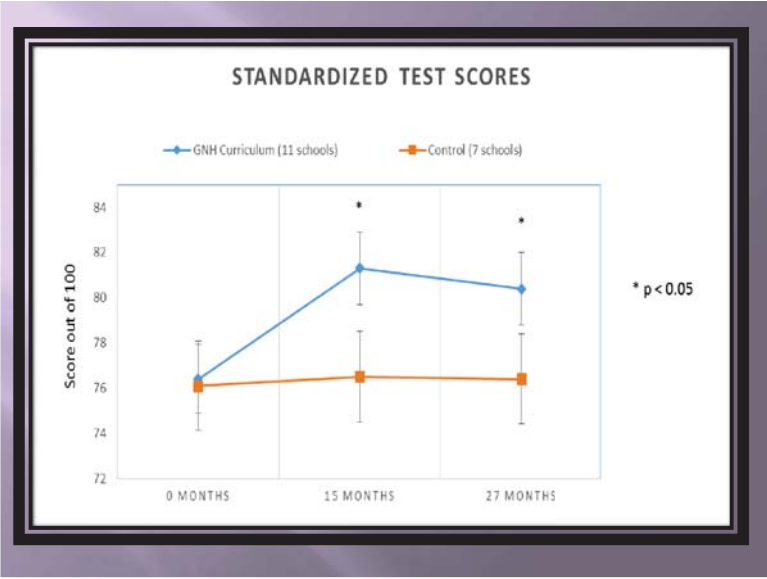
Positive Psychology:
Resilience Skills
Karen Reivich, Ph.D.



Positive Psychology
Specialization
Project:
Design Your Life for
Well-being
Martin E.P. Seligman, Ph.D.



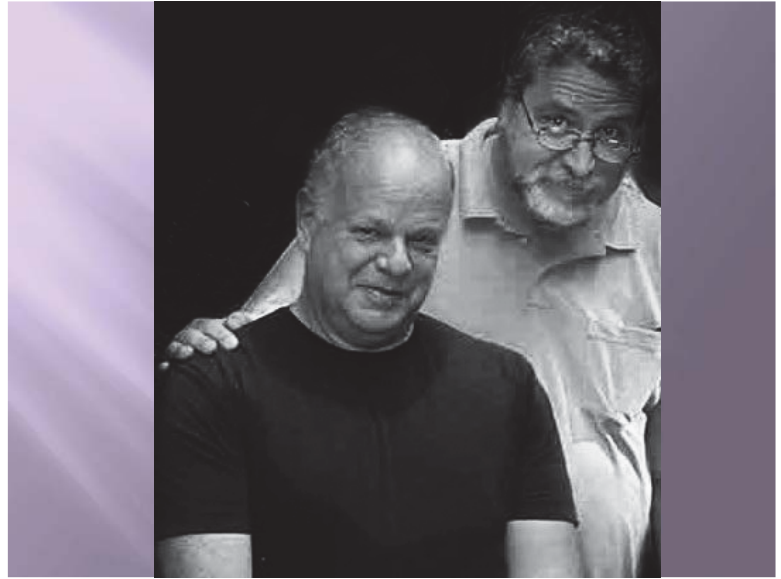
<http://pos.psych.upenn.edu/>



- ### Positive Psychotherapy
- Rashid & Seligman, Oxford 2018
- | | |
|---------------------------------|-------------------------|
| ☐ 1. Positive Introduction | |
| ☐ 2. Character Strengths | Authentic happiness.org |
| ☐ 3. Signature Strengths | Action plan |
| ☐ 4. Good & Bad Memories | Reappraisal |
| ☐ 5. Forgiveness | Forgiveness Letter |
| ☐ 6. Gratitude | Gratitude Visit |
| ☐ 7. Satisficing & Maximizing | Domains to Satisfice |
| ☐ 8. Hope: Posttraumatic Growth | Doors Opening |
| ☐ 9. Positive Relationships | Active-Constructive |
| ☐ 10. Family Tree of Strengths | |
| ☐ 11. Savoring | |
| ☐ 12. Altruism | Gift of Time |
| ☐ 13. The Full Life | PERMA |

▣ yes is a world
& in this world of
yes live
(skilfully curled)
all worlds

▣ e e cummings "love is a place"



HOMO PROSPECTUS

Past: Approach is Future

Present: Default Circuit & Imagination

Future: Prospective Psychotherapy

Roy Baumeister
Chandra Sripada
Peter Railton
Phillip Streit

We are NOT Prisoners of the Past

We are Born Yesterday

The Second Axial Age



“We will go out into the world and plant gardens and orchards to the horizons, we will build roads through the mountains and across the deserts, and terrace the mountains and irrigate the deserts until there will be garden everywhere, and plenty for all, and there will be no more empires or kingdoms (...) no more slavery and no more usury, no more property and no more taxes, no more rich and no more poor, no killing or maiming or torture or execution, no more jailers and no more prisoners, no more generals, soldiers, armies or navies, no more patriarchy, no more caste, no more hunger, no more suffering than what life brings us for being born and having to die...

Kim Stanley Robinson, *The Years of Rice and Salt*

Thank You

