

Positive Psychology and How Adolescents Can Use Their Character Strengths To Live Fuller Lives

presented by

Janet B. Schrager, Ph.D.

Dr. Schrager has 40 years of experience as a clinical psychologist. After completing post-doctoral supervision at Elmcrest Psychiatric Hospital, she began private practice in 1982 in Storrs, Connecticut. In 1992, she relocated to West Hartford and became a member of Clinical Associates of Greater Hartford, a group of mental health professionals in West Hartford, Connecticut, founded by Dr. James Black, M.D. Initially her practice included working with children, adolescents, and adults. She focused on identifying children with learning disabilities and school adjustment issues and providing therapy with adolescents and families. Dr. Black encouraged her to expand her practice to work with families in conflict, negotiating divorce and post-divorce. She currently provides custody evaluations, reunification of children with parents, and coparent counseling. She continues to provide therapy for adolescents and adults. In 1990, I began to work with students who attend preparatory boarding and day schools. A significant part of my practice continues to address the needs of adolescents adjusting to boarding school and individuation. I also work with adolescents attending public school and college. It is my forte to assist young adults in the process of individuation and getting launched. In the past few years, I have become involved in the burgeoning field of positive psychology. Founded by researcher Martin Seligman, PhD, positive psychology is the scientific study of what makes life most worth living and focuses on life's positive events and influences. I encourage others to explore the benefits of positive psychology and learn how to help themselves and others flourish and live their best lives. Learning about character strengths is an integral part of positive psychology. I assist adolescents and adults identify their character strengths, making use of the VIA character strengths assessment. This was a very effective intervention during COVID in helping students and their families negotiate a difficult time. I currently live in West Hartford with my husband, Steve Arnold, a recent retiree from Renbrook School, where he taught kindergarten for 32 years. I have two children, my son, a developer of real estate, living in Miami with his wife, an attorney, and their daughter. I also have a daughter, who lives in NYC. She is an economist working as a senior scholar for the Manhattan Institute and maintaining a column for Bloomberg News. She recently published a book; An Economist walked Into a Brothel.

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<https://hartfordhealthcare.zoom.us/j/96926574518>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

1. Principles of Positive Psychology
2. Research associated with Positive Psychology
3. Character Strengths - How to identify and apply.

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 AMA PRA Category 1 Credit(s)TM. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Social Work: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 Other continuing education credits.

Financial Disclosures:

- Nothing to disclose: Ellen Blair (Nurse Planner); Michael Dewberry (Course Director); Bharat Narapareddy (Program Director); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Janet Schrager (Speaker); Javeed Sukhera (Co-Director and Sponsor);