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Clinical psychology is an integration of science, theory, and clinical knowledge for the purpose of understanding, preventing, and relieving psychologically-

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based distress or dysfunction and to promote subjective well-being and personal development. Central to its practice are psychological assessment, clinical formulation, and psychotherapy, although clinical psychologists also engage in ...

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Humanistic psychology ... focus on human consciousness and personality and for being ... thoughts and experiences without directing the session toward any particular topics or ideas. ...

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Welcome. The mission of the Positive Psychology Center at the University of Pennsylvania is to promote research,

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training, education, and the dissemination of Positive Psychology, resilience and grit.. Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and ...

[UCLA Psychology Department](#)

While social psychology tends to be an academic field, the research that social psychologists perform has a powerful influence on our understanding of mental health and well-being. For example, research on conformity helps explain why teenagers sometimes go to such great lengths to fit in with their social group—sometimes to the detriment of ...

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The PERMA Model was devised by prominent Psychologist, Martin Seligman, often considered the founder of positive psychology. His work has focused on supporting individuals to understand better what happiness means for them, and he is a recognized authority on different therapeutic interventions that build resilience and well-being.

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Jill Fish, recent Psychology PhD, creates spaces for Native American and Indigenous peoples to explore the complexity of identity and experience. Advancing psychological science and improving people's lives through

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