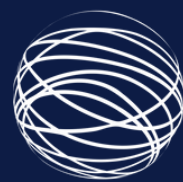


POSITIVE PSYCHOLOGY in Maastricht



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Why Maastricht?

- **Most International University in the Netherlands:** 50% of the attending students are international and represent over 100 different nationalities.
- **Innovative Problem-Based Learning (PBL) Model:** challenges students to learn their subject matter while developing self-reliance, assertiveness, and problem-solving skills.



Why Positive Psychology?

- **Core Topics:** Mindfulness, Positive Emotions, Resilience, Self-Determination Theory, Applied Positive Psychology, Positive Interventions, Acceptance and Commitment Therapy. [View Syllabus here.](#)
- **Scientific Rigour:** Study "soft" topics using "hard" experimental methods. Learn techniques to enhance well-being in schools, businesses, governments, and personal lives.
- **Personalised Learning:** Choose subtopics and conduct research based on your interests.
- **Strength-Based Approach:** Focus on "what is right" rather than "what is wrong." Explore factors like happiness, mindfulness, flow, hope, and optimism that make life worth living.



Program Details:

Dates: 05 Jan - 25 Jan 2025

Course Overview: 36 Contact Hours

Prerequisite: Background in Psychology

Application Deadline:

10 November, 2024

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