

History Of Positive Psychology

Psychology Essay

Positive psychology places emphasis on the more upbeat experiences, individual traits, and organizations that can enhance the development of these experiences and traits. This field aims to broaden the focus of clinical psychology beyond simply relieving the symptoms of common mental disorders such as depression and anxiety and bring attention to a person's positive characteristics and strengths (Snyder Lopez, 2002).

According to Barrett and Ollendick (2004) positive psychology has a very long past but only a very short history. The field was named in 1998 as one of the initiatives of Martin Seligman in his role as president of the American Psychological Association. One of the triggers for positive psychology was Seligman's realization that psychology since World War II had focused on much of its efforts on human problems and how to remedy them. The yield of its focus on pathology has been considerable (Barrett Ollendick, 2004). Great strides have been made in understanding, treating, and preventing psychological disorders. Widely accepted classification manuals - the Diagnostic and Statistical Manual of Mental Disorders (DSM), American Psychiatric Association, and International Classification of diseases - allow disorders to be described and have given rise to a family of reliable assessment strategies. There now exist effective treatments, psychological and pharmacological, for more than a dozen disorders that in the recent past were frighteningly intractable (Barrett Ollendick, 2004; Seligman, 2002).

However, Barrett and Ollendick (2004) note that there has been a cost to this emphasis. For example, much of scientific psychology has neglected the study of what can go right with people and often has little more to say about the good life than do pop psychologists, inspirational speakers, and armchair gurus. More subtly, the underlying assumptions of psychology have shifted to embrace a disease model of human nature. People are seen as flawed and fragile, casualties of cruel environments or bad genetics, and if not in denial then at best in recovery (Barrett Ollendick, 2004). This worldview has crept into the common culture of the United States. We have become a nation of self-identified victims, and our heroes and heroines are called survivors and sometimes nothing more.

Positive psychology proposes that it is time to correct this imbalance and to challenge the pervasive assumptions of the disease model (Seligman, 2002). It calls for as much focus on strength as on weakness, as much attention to fulfilling the lives of healthy people as to healing the wounds of the distressed (Seligman, 2002). Psychologists interested in promoting human potential need to start with different assumptions and to pose different questions from their peers who assume only a disease model (Seligman Csikszentmihalyi, 2002).

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