



# Positive Psychologists on Positive Psychology

## Introduction

Interest in positive psychology is rapidly expanding as the field continues to make swift progress in terms of scientific advancement and understanding. There are more courses, more workshops, more conferences, more students, more associations, more journals and more textbooks than ever before. The news media and public are thirsty for information related to happiness and, specifically, wellbeing, and for all facets of positive psychology generally. Psychology departments are increasingly looking to teach courses and offer qualifications that focus specifically on positive psychology, and various organisations are trying to understand how they can best capitalise on and harness the field's initial scientific findings.

What you don't hear so much about is how positive psychology operates in the real world, how researchers and practitioners became interested in positive psychology, how they work with clients and the various models and theories they use. What do they find most useful? What happens to their thinking and practice as they become experienced and knowledgeable in the positive psychology arena? Why did they decide to move into positive psychology? What do they get out of being involved in the positive psychology community? What directions are they and the field heading towards?

This book discusses these kinds of questions and issues, and is a book for all those in the wellbeing, helping professional and psychological fields interested in knowing more about the development, theory, research and application of the new field of positive psychology. It is a book that spans an eclectic range of interests from psychology students to psychologists, to coaches, to media and beyond.

In the following chapters, thirteen people with various degrees of knowledge and skill in different facets of the positive psychology field share their experiences, concerns, hopes and dreams, thoughts, and opinions in interview format. All interviews were conducted July to October 2011 and thus reflect thinking at that time. Before publication, all interviewees approved their transcripts as being accurate.

Thirteen interviews is obviously too small a number to arrive at any generalisation. This book is not research *per se*; it is exploratory in nature and should be consumed in that light. Placement and order of each interview is random rather than sequential, meaning that they may be read in any order.

My sincere thanks and gratitude to the giants of this field, and to the up and coming stars for passing on their wisdom and knowledge. I hope this book may be useful to those wanting to know more about what positive psychology is, how it developed, where it is going, how it is going to get there, and to those looking to move into the positive psychology arena. In short, I hope these interviews are engaging and provide further insight into this new and rapidly developing field, and that it enriches your understanding of positive psychology as it currently stands.



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