

# The Meaning and Practice of Existential Positive Psychology

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27<sup>th</sup> January 2021



What is EPP?



Where is it in your view?

# The approach today?



Explore



Choose



Decide



Find and trust  
your own answers

# Wong 2010: Definition of EPP

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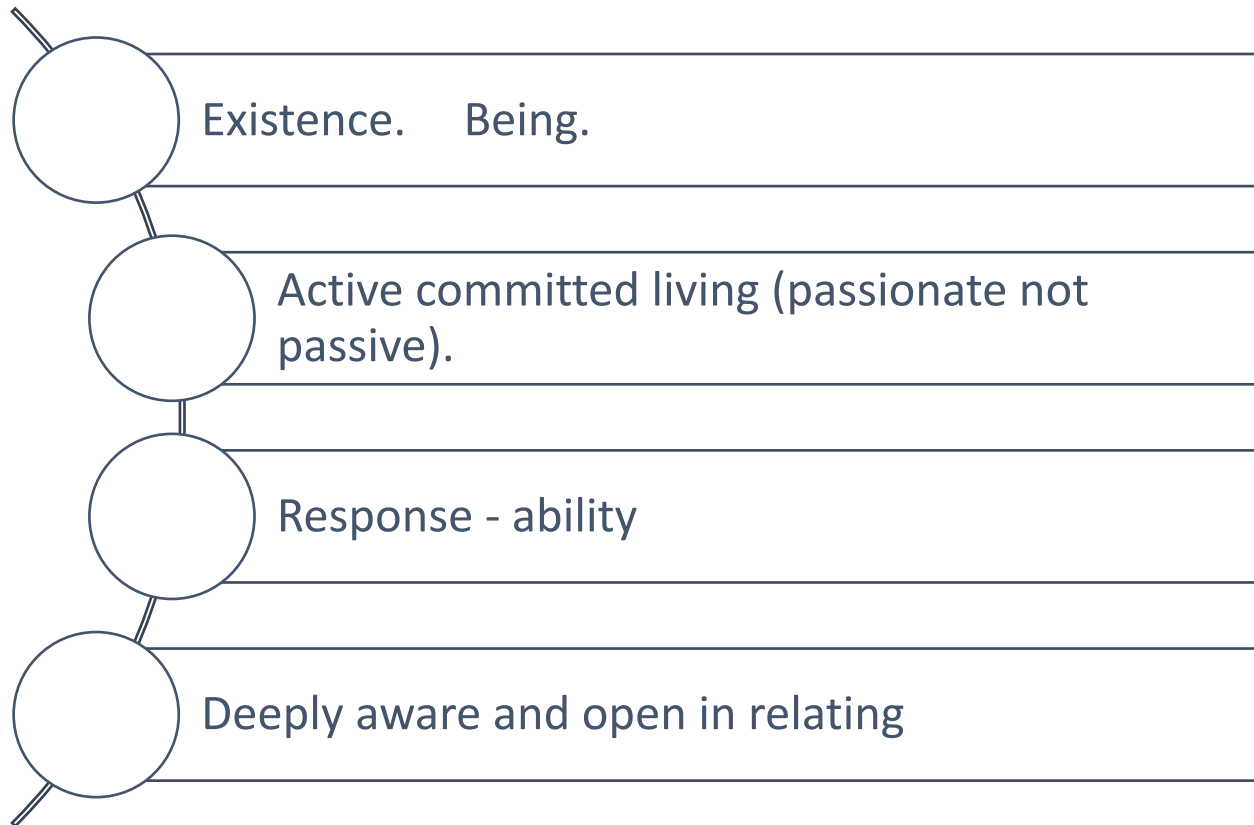
- “The qualitative and quantitative study of what enables people to survive and flourish, individually and collectively in the totality of life circumstances.”
- **Themes within this definition?**
  - Recurring ‘identity crisis’. (Who am I?)
  - Authenticity. Harmony between ourselves and the lives we lead.
  - Live the polarity – contentment and discontentment.
  - Embrace ‘suffering’.
  - Three forms of happiness: authentic – eudaimonic and chaironic.
  - Meaning and purpose.
  - ***There are further themes worthy of exploration.***



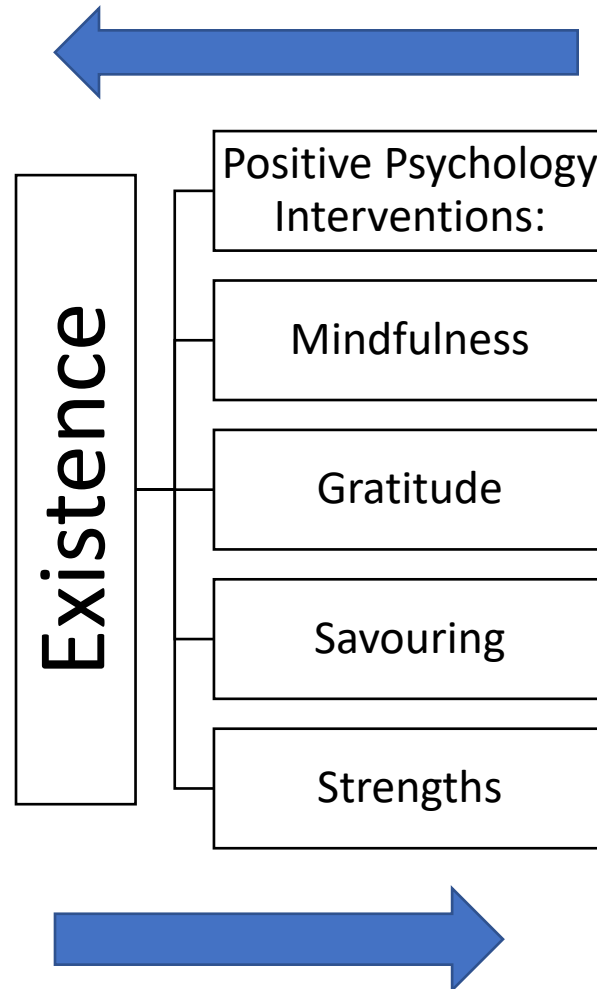
Key phrase from Wong (2010 & 2016):

- “Existential Positive Psychology returns us to our existential – humanistic roots”.
- The two roots:
  - Existential psychology
  - Humanistic psychology

# Existential Psychology: Key words



# Example of links to positive psychology?



(1) Experience from PPIs adds to our 'existence'.

(2) A changed sense of 'existence' will alter what we learn from PPIs

# Speculation of links needed to from 'EP' to positive psychology?

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“Being”

Perception

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Potentialities

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Unfolding

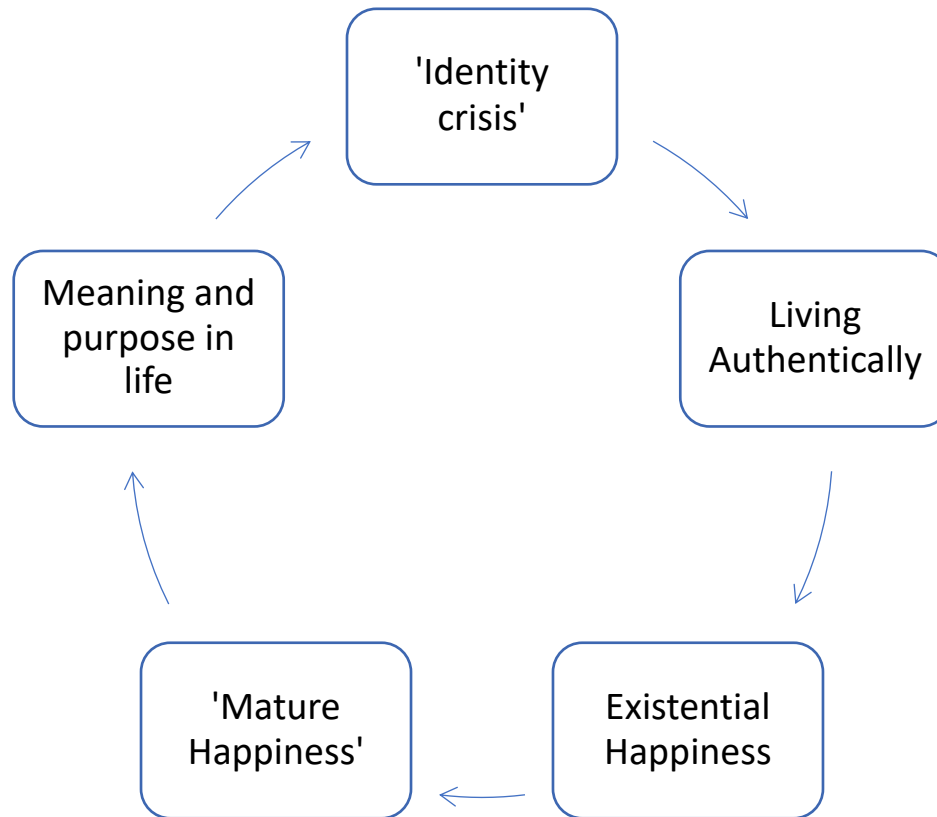
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Becoming

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# Wong (2010 & 2016).



# EPPI Choices? Possibilities?

- Practice? Examples:
  - Mindfulness, gratitude, savoring, strengths.
  - Flow
  - Peak experiences
  - 'PPIs in reverse' – PPIs used to heighten and grow our sense of existence and being.
  - Walking in nature – photography – walking a dog.

# References / Bibliography

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