

Postgraduate study in Health Science: Positive Psychology

Welcome to the start of your postgraduate journey with AUT. AUT is the first and only university in New Zealand to offer postgraduate qualifications in health science specialising in Positive psychology. Positive psychology concerns the scientific understanding of how humans flourish and how communities and institutions can be strengthened. Positive psychology is relevant to all career paths, providing a framework for effective practice in a wide range of professional contexts. Learn how a postgraduate qualification with a focus on positive psychology can help you further your career and achieve your goals.

Positive Psychology

The study of psychology has traditionally focused on improving the human condition by identifying and relieving what is going wrong in life. Positive psychology complements this approach with a focus on strengthening what is going right. It focuses on creating and evaluating positive and meaningful change.

What will you learn?

These courses are designed to empower you to truly make a difference in the world. You will be equipped with the knowledge, skills and confidence to be able to help people and organisations to thrive. This includes the scientific study of the strengths that enable humans and various groups to flourish.

Positive psychology combines the study of cutting-edge empirical research and theory on wellbeing with the practical skills and competencies you need to apply this expertise in the real world.

Outcomes

- Gain a powerful new perspective of your workplace, career plans and personal life
- Learn skills that can be tailored and applied to all aspects of your life
- Develop strategies for individuals, groups and systems to enhance optimal functioning and promote health
- Identify common positive interventions used in a wide range of contexts like education, workplaces and community settings
- Critically reflect on your own strengths and weaknesses
- Take a professional and ethical approach to the practice of positive psychology
- Understand the important factors in sustained behaviour change

Career opportunities

Skills learnt from positive psychology will enhance your performance in any field. Some examples of career paths include coaching, human resource management and wellbeing management.

Programme structure

Positive psychology is offered at three qualification levels. You can choose from a postgraduate certificate, postgraduate diploma or master's degree.

Postgraduate Certificate in Health Science (60 points)

Duration – 1 year*

*The Postgraduate Certificate in Health Science is only offered part-time as four papers are completed across two semesters.

Postgraduate Diploma in Health Science (120 points)

Duration – 1 year full-time or 3 years part-time

Master of Health Science (240 points)

Duration – 2 years full-time or maximum of 5 years part-time

Postgraduate Certificate in Health Science (60 points)	Postgraduate Diploma in Health Science (120 points)	Master of Health Science in Psychology (240 points)	Master of Health Science (generic scope) (240 points)
60 points – four 15-point positive psychology papers	15 points – Research paper	15 points – Research paper	15 points – Research paper
	15 points – Professional paper	60 points – two core skills psychology papers	15 points – Professional paper
	90 points – specialised papers in health science (60 points of which four are 15-point positive psychology papers)	45 points – Dissertation	90 points – specialised papers in health science (60 points of which four are 15-point positive psychology papers)
		Choose one option from the following: 90 points – Thesis (+ two 15-point positive psychology papers) to enable pathways to have a more research focus Or 60 points - Practice project (+ four 15-point positive psychology papers) for more applied pathways	120 points – Thesis

Paper descriptions

We encourage you to come to class and interact with like-minded peers. However, while core skills psychology papers are offered on campus only and require class attendance, we offer some papers as flexible learning options. The following papers are taught jointly in person on campus and online by distance.

PSYC801 Advanced Positive Psychology (15 points: Semester 1)

- An in depth exploration of fundamental topics in the field of positive psychology – the scientific study of optimal human functioning. Examines contemporary knowledge from selected topic areas; and analyses concepts, theories and research from positive psychology literature.
- This paper aims to develop specialist knowledge in the area of positive psychology. This rapidly developing field brings solid empirical research into areas such as psychological wellbeing, flow, positive emotions, hope, meaning, resilience and savouring.

Positive Interventions (15 points: Semester 1)

- Evaluates the usefulness of positive psychological interventions in various domains and cultures, at individual, group, organisation and community levels.
- These rapidly developing interventions in the field of positive psychology focus on the pathways to increase happiness and improve optimal human functioning in a variety of areas. Both established intervention (eg gratitude interventions, strengths interventions) and new and emerging interventions (eg courage interventions, meaning interventions) are covered, as well as applications in a variety of areas (eg family, therapy and youth). Various psychological frameworks, theoretical models, and assessment tools relevant to interventions are covered.

Strengths and Positive Communities (15 points: Semester 2)

- Critically reviews and appraises concepts, theories and research from contemporary positive psychology literature on psychological strengths and positive communities.
- This paper focuses on the two areas of psychological strengths and positive communities. Strengths include both models of strengths, and particular character strengths. Positive communities encapsulates areas that build positive communities, such as positive health, positive aging, wellbeing policy, and cultural and structural aspects to wellbeing generation.

Positive Organisations (15 points: Semester 2)

- Provides specialised knowledge in the emerging fields of positive organisational scholarship and positive organisational behaviour – the scientific study of optimal wellbeing in organisational contexts.
- Covers specialist knowledge in the area of positive organisational scholarship and positive organisational behaviour, and the application of scientific knowledge in organisational contexts. These fields include topic areas such as employee wellbeing, engagement, positive leadership, and positive organisational change.

To view other health science degree papers go to www.healthpostgraduate.aut.ac.nz

Entry requirements

Applicants must have completed the following or equivalent:

- Bachelor of Health Science (or equivalent); or
- Graduate Diploma in Health Science (or equivalent); or
- Relevant professional practice or experience in a related health field equivalent to a bachelor's degree
- For entry into the Master of Health Science, applicants also need to have completed the Bachelor of Health Science (or equivalent) or the Graduate Diploma in Health Science (or equivalent) with a B grade average or higher.

Fees

You need to pay postgraduate tuition fees if you are studying any of the following qualifications at AUT. There are also other fees and charges that you will need to pay. All fee amounts are for full-time study, in NZ dollars and include goods and services tax (GST).

Postgraduate Certificate in Health Science

Domestic: Approximately \$4,350.00* (GST incl) for 60 points

International: Approximately \$16,700.00* (GST incl) for 60 points

Postgraduate Diploma in Health Science

Domestic: Approximately \$8,700.00*(GST incl) for 120 points

International: Approximately \$31,400.00* (GST incl) for 120 points

Master of Health Science in Psychology (or generic scope)

Domestic: Approximately \$8,500.00* (GST incl) for 120 points

*Part-time students pay a proportion of the fee based on the number of academic points they are studying. Fees for international students differ, please visit www.aut.ac.nz/fees for fees and more information. Approximate costs are for 2015.

Scholarships and awards

Scholarships and awards are a great way to fund your university study. There is a wide range of scholarships and awards available to AUT students at all stages of their study. Visit the scholarships web page to find out more, www.aut.ac.nz/scholarships

To find out more contact

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