

Global Positive Health Institute
Positive Health Foundations for Health Practitioners

- Learning objectives
 - Summarize the role of positivity psychology in health care practice.
 - Examine the science of the impact of positive psychology on health.
 - Apply positive psychology activities and clinical approaches to promote emotional well-being and physical health and to support healthy behaviors of patients.
 - Develop action steps to personally achieving and sustaining a comprehensive healthy lifestyle, including positive psychology activities and facilitating patients to do the same.
- The principal faculty and their credentials
 - Maria Benzo, MD
 - Sandy Blaine, MAPP
 - Gina Duncan, MD, FAPA
 - Ingrid Edshteyn, DO
 - Barbara L. Fredrickson, PhD
 - David Fryburg, MD
 - Prachi Garodia, MD
 - Gail Ironson, MD, PhD
 - Erika Jackson
 - Liana Lianov, MD, MPH
 - Sam Manger, MBBS, BSc
 - Darlene Marshall, MAPP
 - Simon Matthews, MHlthSc, NBC-HWC, ICF-PCC
 - Judith Moskowitz, PhD
 - Ryan Niemiec
 - Jane J. Oh, MD
 - Edward Phillips, MD
- Medium or combination of media used: Video
- Method of participation in the learning process:
 - View presented content
 - Complete quiz. A score of 80% or higher is required to earn credit.
- Estimated time to complete the educational activity;
 - 8 hours
- Dates of the original release and the termination date of the activity:
 - Release Date 4/1/2022
 - End Date 3/31/2025

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Individuals in control of content for this activity have the following relevant financial relationships to disclose and all relevant financial relationships have been mitigated.

Name of individual	Disclosure
Maria Benzo, MD	None
Sandy Blaine, MAPP	None
Gina Duncan, MD, FAPA	None
Ingrid Edshteyn, DO	None
Barbara L. Fredrickson, PhD	None
David Fryburg, MD	None
Prachi Garodia, MD	None
Gail Ironson, MD, PhD	None

Erika Jackson	None
Liana Lianov, MD, MPH	None
Sam Manger, MBBS, BSc	None
Darlene Marshall, MAPP	None
Simon Matthews, MHIthSc, NBC-HWC, ICF-PCC	None
Judith Moskowitz, PhD	None
Ryan Niemiec	None
Jane J. Oh, MD	None
Edward Phillips, MD	Royalty, Wolters-Kluwer, Harper Collins