

**‘Specialization in ICTs and Special Education: Psychopedagogy of Integration’
Postgraduate Program
DEMOCRITUS UNIVERSITY OF THRACE Department of Greek Philology
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**POSITIVE PSYCHOLOGY AND ITS APPLICATION TO PEOPLE WITH
LEARNING DIFFICULTIES AND SPECIAL LEARNING DIFFICULTIES**

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ABSTRACT

Positive psychology has proven, in recent years, that it's directly and clearly applicable in all areas of human, daily functioning, as it helps people define and improve their strengths so that they can function at a higher level, achieving a meaningful and joyful life. Particularly in the field of education, which we are more interested in in the present work, some studies refer to applications that can be achieved through intervention programs of positive psychology, alternative techniques and positive technology to people with learning and special learning difficulties. Researches have shown that people with learning and special learning disabilities have, apart from shortcomings, strong character attributes. The present work investigated how the applications of positive psychology improve the specific category of individuals in terms of their difficulties, mainly through defining and empowering their strengths, with the ultimate goal of their progression. The results showed that positive psychology, alternative techniques and positive technology are directly related to the reduction of the "weaker" character elements, the cultivation of the stronger and eventually the "blooming" of people with learning and special learning difficulties. Finally, we concluded that positive intervention programs can be implemented, if proper adjustments are made, so as to facilitate access to people with such disabilities.

KEY-WORDS

Positive Psychology, Learning Disabilities, Special Learning Disabilities, Dyslexia, Intervention, Alternative Therapies, Positive Technology

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Χρήσιμοι σύνδεσμοι:

www.ippanetwork.org

International Positive Psychology Association / Διεθνής Ένωση Θετικής Ψυχολογίας.

<http://www.enpp.eu/>

Ιστοσελίδα του Ευρωπαϊκού Δικτύου Θετικής Ψυχολογίας / European Network for Positive Psychology – ENPP.

<http://www.ipositive-education.net/>

Διεθνές Δίκτυο Θετικής Εκπαίδευσης / International Positive Education Network – IPEN.

<https://ppc.sas.upenn.edu/>

Επίσημη ιστοσελίδα του ερευνητικού κέντρου της θετικής ψυχολογίας, υπό τη διεύθυνση του Martin Seligman. Επιπλέον, περιλαμβάνει οδηγίες για το πρόγραμμα ανθεκτικότητας, το Penn Resiliency Program Penn / PRP.

<https://www.authentic happiness.sas.upenn.edu/>

Περιλαμβάνει κείμενα, videos, έρευνες για τη θετική ψυχολογία.

<https://www.viacharacter.org/Account/Register>

Το VIA Institute on Character αποτελεί μη κερδοσκοπικό οργανισμό, στο Ohio των ΗΠΑ, το οποίο είναι αφιερωμένο στο να γνωστοποιήσει την επιστήμη των δυνατών στοιχείων χαρακτήρα (character strengths) στον κόσμο, μέσω της υποστήριξης της

έρευνας, της δημιουργίας, της στάθμισης ερευνών και της ανάπτυξης πρακτικών εργαλείων για άτομα και επαγγελματίες.

<https://greatergood.berkeley.edu/>

Το Greater Good Science Center μελετά την ψυχολογία, κοινωνιολογία και νευροεπιστήμη του «ευ ζην» και διδάσκει δεξιότητες που αποσκοπούν στην καλλιέργεια μιας ακμάζουσας, ανθεκτικής και συμπονετικής κοινωνίας.

<https://appreciativeinquiry.champlain.edu/>

Παγκόσμιος σύνδεσμος που επικεντρώνεται στην διάδοση ακαδημαϊκών πόρων και πρακτικών εργαλείων πάνω στη Θετική Διερεύνηση και την ταχύτατα αναπτυσσόμενη επιστήμη της θετικής αλλαγής.

<https://worlddatabaseofhappiness.eur.nl/>

Χρήσιμο αρχείο με ερευνητικά ευρήματα σχετικά με την υποκειμενική απόλαυση της ζωής (ευτυχία).

<https://research.cgu.edu/quality-of-life-center/>

Το «Ερευνητικό Κέντρο Ποιότητας ζωής» (Quality of Life Research Center / QLRC), διευθύνεται από τον Mihaly Csikszentmihalyi, και διερευνά τη Θετική Ψυχολογία.

<https://www.isoqol.org/>

Διεθνής ιστοσελίδα με πληροφορίες για την ποιότητα ζωής, η οποία έχει ως σκοπό να προωθήσει την επιστημονική μελέτη σχετικά με το συγκεκριμένο θέμα.

<https://www.pesa.edu.au/>

Ο Σύνδεσμος Σχολείων Θετικής Εκπαίδευσης έχει ως στόχο να προωθήσει την εφαρμογή και την ανάπτυξη της θετικής ψυχολογίας και τις εφαρμογές της στο χώρο της εκπαίδευσης.

<https://positiveorgs.bus.umich.edu/about/>

Ερευνητικό κέντρο που ενημερώνει με έρευνες φοιτητές και ηγέτες μέσω άρθρων, βιβλίων, εκδηλώσεων, εργαλείων, διδασκαλίας και συνεργασιών μεταξύ οργανισμών.

<https://positivepsychologynews.com/>

Οι συγγραφείς του Positive Psychology News Daily είναι φοιτητές ή απόφοιτοι το Μεταπτυχιακού προγράμματος στην Εφαρμοσμένη Θετική Ψυχολογία (Master of Applied Positive Psychology – MAPP) του University of Pennsylvania ή του University of East London.

<http://internal.psychology.illinois.edu/~ediener/>

Η ιστοσελίδα του Ed Diener

<http://sonjalyubomirsky.com/>

Η ιστοσελίδα της Sonja Lyubomirsky με θέματα σχετικά με την ευτυχία.

<https://mappalicious.com/>

Χρήσιμες πηγές με βιβλία, άρθρα, TED talks και άλλο χρήσιμο υλικό σε θέματα θετικής ψυχολογίας.

<https://www.livehappy.com/>

Το περιοδικό Live Happy βοηθάει τους ανθρώπους να ανακαλύψουν το προσωπικό τους ταξίδι ευτυχίας στη ζωή, στη δουλειά και στο σπίτι.

(Πηγή: Ελληνική Εταιρία Θετικής Ψυχολογίας / ΕΕΘΕΨΥ. Ανακτήθηκαν στις 12/11/20 από: <https://www.positiveemotions.gr/xrisimoi-syndesmoi>).

<https://growing-sound.com/>

Τραγούδια θετικής ψυχολογίας