



Positive Psychology Group

Discovering your strengths to thrive

PROGRAM Positive Psychology is defined as the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play. The group will practice various interventions in session and out. Participants are required to purchase the book, “Flourish” by Martin Seligman.

AUDIENCE Community members that are ready to explore and grow. Anyone over the age of 18.

DATE / TIME Tuesdays (March 5, 12, 26 April 2, 9, 16, 23, 30) - 5:30-7:00PM

TUITION \$80 per person

LOCATION Small Conference Room at The Center: 8553 Urbandale Ave, Urbandale, IA

REGISTRATION Registration is required: Dmpcc.org/positivepsychology

FACILITATORS



Ann Flood, Clinical Mental Health Therapist Intern. My passion is to bring healing and understanding to people who may be suffering from psychological pain. I help my clients learn to reframe dysfunctional thinking patterns using mindfulness to create movement towards maximum well-being. I wish for my clients to feel peaceful, complete and safe and often times will incorporate Acceptance and Commitment Therapy to reach their chosen goal. My educational background includes a Bachelor’s degree in Psychology and I am currently finishing my last semester at Drake University to gain my MS in Clinical Mental Health.



Ramona Wink, Clinical Mental Health Therapist Intern. One of my greatest joys is playing a positive role in the lives of others. A natural gift that I embrace is the ability to shine the light in dark places of brokenness and suffering, allowing people to see and discover the treasures that may have been overlooked. As a clinical mental health counselor, my work centers on assisting clients in overcoming their struggles and meeting their therapeutic goals by tapping into their positive personal experiences and their positive personal traits. I graduate in May from Drake University with my MS in Clinical Mental Health Counseling.