

POSITIVE PSYCHOLOGY

WHAT AN OPPORTUNITY

Including for Ourselves

Bernard C. Murdoch, Ph. D.

The wave of Positive Psychology that is sweeping across the country fits in very well with the ongoing accomplishments of the Georgia Psychological Association. It is well-known that the GPA is and has been one of the strongest of the state organizations of the APA. Our application of Positive Psychology principles can be a model for other state associations to follow.

Psychology's interests are wide and deep. The APA fifty plus divisions reflect a breadth of concerns seldom found. Each division has a positive approach the results of which can optimize the problems dealt with in that specific area of living. There is room for almost every problem to be examined in a professional manner.

Over the years we have seen widespread recognition of our expertise, especially in the health area. This gives us an automatic entree into millions of homes and offices, enabling us to identify strengths that can turn many persons' foci toward realistic goals for their futures.

As we exhibit the growth that stems from research, especially in our clinical, counseling and industrial work, we can also point with pride to the fine work being done in dozens of colleges and universities. The continuing increase in the number of psychology majors, especially in the increase in the number of women who enter the field, bears testimony to the validity and widespread recognition of the soundness of our field.

With each step of progress shown in the applicability of our research findings we are seeing the positive effects of our professionalism -- even at the high school level, as psychology courses are added.

We and the countless people whose lives we touch, have sound reasons to expect our positive influence to be increasingly recognized and used. Such recognition and use gives us an opportunity to widen even further the scope of our work and influence.

We, probably more than any other professional group, have the techniques and expertise to brighten the lives of many of the downtrodden, the poor and the homeless. The tremendous impact of our understanding of the roots of problems and the help we can bring to the increase in the PREVENTION of drug addiction, marital failure, employment misfit, child and spouse abuse can be increasingly recognized.

Yes, we in the profession of Psychology have every right to be proud of the work of not only ourselves but also those who have preceded us. Let us take advantage of this positive wave and pledge to make it become a permanent part of all that we do.



For More Information Contact:

Tel: (478) 474-3869

FAX: (478) 474-5166

E-Mail: foreinsight@foreinsight.org