

**Dr. Tayyab Rashid**  
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**Bio**

Dr. Tayyab Rashid is a senior lecturer at the Centre for Wellbeing Science, University of Melbourne. Dr. Rashid is also a faculty associate with the Human Flourishing Program at Harvard University. Dr. Rashid's expertise includes strength-based clinical psychotherapy with complex mental health challenges, resilience and posttraumatic growth. He has also worked with individuals experiencing severe trauma, including survivors of the Asian Tsunami of 2004, refugee families and journalists who have worked in high-conflict zones and with survivors of mass shootings. Dr. Rashid has delivered more than fifty invited talks and keynotes and trained mental health professionals and educators internationally. Published in academic journals, Dr. Rashid's book *Positive Psychotherapy* (2018), co-written with Martin Seligman, is considered one of the most comprehensive clinical resources in the field and has been translated into several languages so far. Dr. Rashid won the Outstanding Practitioner Award (2017) from the International Positive Psychology Association (IPPA).

**Keynote Address on:**

**Positive Psychotherapy (PPT): A Wellbeing Therapeutic Approach**

**Abstract**

Positive psychotherapy (PPT) is a therapeutic endeavor within positive psychology to broaden the scope of traditional psychotherapy. Its central premise is to assess and amplify positive resources of clients such as positive emotions, character strengths, and meaning – in addition to treating symptoms and disorders. PPT assumes the wholeness of clients—that is, they are neither conglomerates of symptoms nor embodiments of strengths but individuals with symptoms and strengths. Therefore, psychological treatments should take into consideration both their strengths and weaknesses. Despite its name, PPT is not only about positives. It neither dismisses the severity of psychological distress nor naively minimizing clients' genuine concerns. Rather, PPT is skill based systematic approach which posits that accentuating positive resources may serve clients best not when life is easy, but when life is difficult. The presentation will describe core PPT exercises which practitioners and professionals can learn to cultivate positive resources which can be tremendously motivating, empowering, and therapeutic.