

# **B. Facilitating Happiness**



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- 14 HOURS -

## **Lecture 1: The Nature of Change**

January 7, 2019

The module explores the neuroscience of transformation and introduces a model of change.

### **第 1 课：变化的本质**

本课探讨了有关转化方面的神经科学，并介绍了一种变化模型。

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## **Lecture 2: Rituals**

January 14, 2019

Introducing rituals as the path to lasting change.

### **第 2 课：仪式**

本课探讨了仪式是持久变化的必经之路。

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## **Lecture 3: Meditation (S2)**

January 28, 2019

The module introduces a number of meditation techniques that can turn ordinary experiences into extraordinary ones.

### **第 3 课：冥想 (S2)**

本课介绍了许多冥想技巧，让平淡经历变成非凡体验。

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## **Lecture 4: Reminders (W1)**

February 4, 2019

The module focuses on various techniques that are used as reminders for breakthroughs about positive change.

### **第 4 课：提醒 (W1)**

本课重点介绍各种用来提醒你做出积极改变的技巧。

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## **Lecture 5: Emotional Framing and Reframing (E2)**

February 18, 2019

Addressing how by reframing past and present experiences we can create a better present and a better future.

### **第 5 课 : 情感塑造与重塑 (E2)**

本课, 通过重塑过去和现在的经历, 讨论如何创建一个更好的现在和更美好的未来。

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## **Lecture 6: HIIT: High Intensity Interval Training (P2)**

February 25, 2019

Exploring HIIT as a highly effective and efficient technique to bring about mental and physical health.

### **第 6 课 : HIIT : 高强度间歇训练 (P2)**

本课探讨 HIIT 训练这一实际有助于身心健康的高效训练。

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## **Lecture 7: MBI: Mind-Body Integration method (P1)**

March 4, 2019

The module is about the idea that each psychological state has a physical corollary.

### **第 7 课 : MBI : 身心合一方法 (P1)**

本课涉及的相关理念 : 每种心理状态都有对应的身体反应。

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## **Lecture 8: Journaling and Restorying (I2)**

Journaling and restorying are among the most powerful techniques psychologists use to foster wellbeing.

### **第 8 课 : 日记和重述 (I2)**

本课, 日记和重述是心理学家用于提升幸福感最有力的技巧之一。

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## **Lecture 9: Appreciative Goal Setting (S1)**

This module is about using Appreciative Inquiry for the purpose of identifying and realizing meaningful goals.

### **第 9 课：设定欣赏目标 (S1)**

本课旨在用感恩式探询法来确认和实现有意义的目标。

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## **Lecture 10: Positivity Ratio (E1)**

Learning to raise the ratio between pleasurable and painful emotions can contribute to our overall levels of happiness.

### **第 10 课：积极比 (E1)**

本课，学会提高愉悦情绪相对于痛苦情绪的比例有助于我们提升整体幸福感水平。

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## **Lecture 11: Guided Exploration (I1)**

April 15, 2019

The module presents powerful techniques for learning and teaching.

### **第 11 课：引导探索 (I1)**

本课介绍了强大的学习和教学技巧。

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## **Lecture 12: Improvisation (R2)**

April 29, 2019

The module focuses on the art of improvisation, and the science behind this impactful practice.

### **第 12 课：即兴 (R2)**

本课侧重于即兴的艺术，以及这种有影响力的实践背后所涉及的科学。

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### **Lecture 13: Environmental Interventions (W2)**

May 13, 2019

The environment, properly understood and utilized, can become a major factor in generating individual and communal wellbeing.

#### **第 13 课：环境干预（W2）**

本课，恰当理解和利用环境，可以成为个人和社区产生幸福感的主要因素。

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### **Lecture 14: Creating a Happier Center (R1)**

May 20, 2019

The final module explores the idea of a Happier Center, specifically what it would entail to create one in your home, office, or community.

#### **第 14 课：创立幸福中心（R1）**

最后一课对幸福中心展开了探讨，具体来说，即探讨在家庭、办公室或社区中创建这样一个中心需要什么。