

Positive Psychology and How Adolescents Can Use Their Character Strengths To Live Fuller Lives

presented by

Janet Schrager, PhD

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Online

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1 Describe the Principles of Positive Psychology*
- 2 Review Research associated with Positive Psychology*
- 3 How to identify and apply Character Strengths*

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Financial Disclosures:

- Janet Schrager, PhD: Nothing to disclose - 10/06/2022
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