



RICE

SUSANNE M. Glasscock School of CONTINUING STUDIES



The Psychology of Happiness

What is happiness? How can we bring more of it to our lives? What can we learn from ancient philosophers and modern scientists about how to flourish and experience greater happiness, joy, gratitude, contentment, compassion and other positive emotions, even in difficult circumstances? Psychologist Michael Winters, Ph.D., explores these questions and considers other pathways to a meaningful life, in addition to seeking happiness. Sharing research and specific strategies for understanding and enhancing personal well-being, this class integrates lectures, discussion, journaling and interactive activities.

Note: This course is offered for educational purposes only. Please consult with the professional of your choosing if you are seeking specific therapeutic advice.



INSTRUCTOR

Michael Winters, Ph.D., is a psychologist in private practice in Houston, former director of the Rice University Counseling Center and a frequent presenter at the Glasscock School of Continuing Studies. He is a diplomate in logotherapy—a meaning-centered psychotherapy—and has taught at Rice University, Purdue University, the University of Houston and other higher-education institutions.



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| | Feb. 26–March 26, 2018 |
| SCHEDULE | Five Mondays 1–2:30 p.m. |
| FEE | \$175 \$165 if registering by Feb. 12 \$158 for Rice alumni |
| CEUs | 0.75 |
| FORMAT | On Campus |

To register for this class or browse all available courses, visit us at glasscock.rice.edu/personal.