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Llewellyn Ellardus Van Zyl, Sebastiaan Rothmann Sr. (Eds.)

# Positive Psychological Intervention Design and Protocols for Multi-Cultural Contexts

- Bridges the science-practitioner gap by presenting specific intervention protocols and frameworks of positive psychological attributes such as humor, gratitude, and flourishing within multicultural contexts
- Provides specific guidelines on the design, dissemination and evaluation of positive psychology interventions within multicultural contexts
- Shows practice-friendly approaches to enhancing positive capacities through self-administered intentional activities, group-based development and individual therapeutic techniques

This volume presents innovative and contemporary methodologies and intervention protocols for the enhancement of positive psychological attributes in multicultural professional and organizational contexts. Most methods, models and approaches that underpin positive psychological interventions are confined to clinical samples, closed systems or monocultural contexts, which restrict their applicability to particular contexts. Extensive practical intervention protocols, designs and methods which usually accompany first draft intervention papers are condensed into brief paragraphs in final manuscripts or removed in their entirety. This, in turn, reduces their potential for replicability or adoption by consumers, practitioners, or industry. This volume develops guidelines for enhancing positive psychological attributes, such as positive moods (e.g. positive affect; life satisfaction), strengths (e.g. gratitude; humour), cognitions (e.g. hope; optimism) and behaviours (e.g.

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