

APPLIED POSITIVE PSYCHOLOGY



"Drawn by
the future,
not driven
by the past"

DR MARTIN SELIGMAN

Care Bridge Specialists recognises that when decisions and choice making are restricted and adverse events that they can do nothing about are repeatedly experienced, people with autism and learning disabilities can simply give up. We aim (sharing accountability with the Multi-Disciplinary Teams that we work alongside) to reive the DISABLING conditions of life and build ENABLING ones. To do this we need to meet individuals where they are; to understand their past traumas and experiences, their present behaviours and challenges and their future aspirational hopes and dreams.

Through the high trust relationships that we build with individuals when we take time to ask them what would really make them happy, they come to know and respond to the secure feeling that "There are people in this world who really care about me".

Care Bridge Specialists adopt 'positive psychology' approaches to increase wellness, resilience and happiness. After all our goal is not simply to help people with learning and disabilities to live a life free of hospital incarceration or admission, but to support them to live an independent and fulfilling one.

These include but are not limited to:

- **PERMA Plans** - Looking at the '*Five Fundamental Pillars of Human Well-being*' our aim is to broaden and build more positive emotion, more engagement, more meaning, more accomplishment and better human relationships. Through tailored plans we support the individual in regaining elements of their life that they have lost out on or feel are beyond their control.
- **The Gratitude List** - Our Practitioners are intentional about expressing appreciation for the good stuff that they experience with the individuals that they support. Both parties benefit from the positive reflection, increasing satisfaction levels and strengthening their relationship in a thoughtful and purposeful way.
- **What Went Well and Why?** - Thinking about, celebrating and savouring success. This is an easy and practical exercise that creates a lasting reduction in depression and a lasting increase in happiness.