



University of Zurich  
Department of Psychology, Personality and Assessment

## Invitation to a guest-lecture by

	<p><b>Prof. Dr. Antonella Delle Fave</b>, Università degli Studi di Milano, Italy</p> <p><u>title:</u> <b>The pursuit of happiness, the search for complexity. Perspectives in positive psychology.</b></p> <p><u>day:</u> Thursday, October 29, 2009</p> <p><u>time:</u> 10-12 am</p> <p><u>room:</u> BIN-1.D-22, Binzmühlestrasse 14/7, 8050 Zürich</p> <p><u>Email:</u> antonella.dellefave@unimi.it</p> <p><u>URL:</u> <a href="http://www.disp.unimi.it">http://www.disp.unimi.it</a></p>
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### Abstract

Positive Psychology is a relatively recent perspective, specifically addressing the study of well-being, quality of life, strengths and resources. Research in this domain has investigated these topics through two complementary approaches: Hedonia (focusing on life satisfaction and positive emotions) and Eudaimonia (addressing issues such as meaning of life, goals, self-actualization, values). One of the crucial limitations in well-being studies is the elusiveness of well-being related terms: to overcome it an integrated approach is needed, joining quantitative analyses with qualitative explorations, in order to shed light on commonalities and differences among constructs. Similarly, cross-cultural investigations are necessary, in order to take into account linguistic, semantic and cultural variations. To address these topics, findings will be briefly illustrated within the eudaimonic perspective, focusing on optimal experiences, goals, meanings and their relationship with personal growth and social integration. Suggestions will be drawn for further theoretical research and interventions in the domain of health and education.

### Relevant references

Massimini F., Delle Fave A. (2000). Individual development in a bio-cultural perspective. *American Psychologist*, 55, 24-33.

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Delle Fave, A. (2007). Individual development and community empowerment: suggestions from studies on optimal experience. In J. Haworth, G. Hart (eds.), *Well-being: individual, community, and societal perspectives* (pp. 41-56). London: Palgrave MacMillan.

Delle Fave, A., Bassi, M. (2009). Sharing Optimal Experiences and Promoting Good Community Life in a Multicultural Society. *Journal of Positive Psychology*, 4, 280-289.

### Short biography

Antonella Delle Fave, MD specialized in Clinical Psychology, is professor of Psychology at the Faculty of Medicine, Università degli Studi di Milano, Italy. Her studies address the topics of optimal experience and the process of individual psychological selection, that is the long-term differential replication and cultivation of activities and competencies. This research work produced the largest cross-cultural data bank on these topics. She developed and supervised intervention projects in the domains of health and education, as well as international co-operation programs on disability and social maladjustment. She actively contributed to the development of positive psychology, as organizer of the 2<sup>nd</sup> European Positive Psychology Conference (Verbania, Italy, 2004), invited keynote speaker at international conferences, and founder of the Società Italiana di Psicologia Positiva. She is presently President of the European Network of Positive Psychology (ENPP) and President Elect of the International Positive Psychology Association (IPPA). She is author of 120 articles and chapters in peer-reviewed books, author/editor of 10 books and 2 special journal issues, and member of several Editorial Boards and Boards of Reviewers.