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**In Search of the
Sixth Happiness**

About the workshop

This half or full-day workshop can be part of staff well-being program, or a professional development seminar in health settings, and will be both personally and professionally helpful.

It was developed in response to two key issues. First, despite increases in medicine and living standards, depression remains listed by the WHO as the leading cause of disability in the world, and forms a key challenge in the modern workplace. Second, as a result, there is an increasingly great focus in modern culture upon happiness... however most the things we are told will make us happy simply do not work to achieve sustainable change.

Participants are taken on an interactive journey where they get to reflect upon their own life experiences, learn techniques, and also develop their own plan towards sustainable well-being.

About the presenter

Dr Matthew Berry MAPS DP_{psych}

Matthew is a clinical psychologist, trainer, and clinical supervisor, who trained in the UK and Australia, specialising in long-term chronic disorders, primarily addictions.



Learning Outcomes

5 types of 'action' happiness

The 6th Happiness: contentment, and what research indicates are the real causes of contentment.

How biological make up influences capacity for happiness, and what we can do about that.

One of the most common causes depression and why medication is often ineffective with this type.

Several clinically proven psychological tools that increase well-being (ACT & Positive Psych.)

A personalised plan to attain and maintain well-being and contentedness.