

Table 1

Positive Psychotherapy Model Described in Seligman 2006

Session	Content	Homework
1.Orientation	Guidelines, homework, journaling introduced and lack of positive emotions, strengths and meaning in depression	Positive Introduction: clients write short story at their 'best'
2.Character strengths	Identify strengths from positive introduction. Pathways to happiness (pleasure, engagement, meaning)	Online strengths questionnaire (VIA-IS) and family/friend shorter questionnaire
3.Signature strengths	Plan to develop identified strengths	Blessings journal: three good things each day
4.Good vs. Bad memories	Negative memories in reinforcing distress , positive memories benefit	Writing memories: three bad memories and distress
5.Forgiveness	Transform anger and bitterness to neutral or positive emotion	Forgiveness letter (delivered if appropriate)
6.Gratitude	Enduring thankfulness, and the role of good and bad memories is highlighted, and positive reframing is introduced	Gratitude letter : to someone never properly thanked
7.Mid-therapy check	Revisit signature strengths plan, blessings journal, forgiveness and gratitude letters. Progress discussed	
8.Satisficing vs. maximizing	Settling for good enough compared to trying to find the 'best' option	Personal satisficing plan
9.Hope and optimism	Thinking of times when something important did not happen but other opportunities arose	One door closes, one door opens
10.Love and attachment	Active constructive responding (ACR) as being enthusiastic and supportive of others' meaningful and important news. Clients encouraged to recognize others strengths	ACR and strengths date
11.Signature strengths of others	Significance of recognizing signature strengths of family members is discussed	Family strengths tree, using VIA-IS online and discussion
12.Savoring	Awareness of pleasure and attempts to make it last using techniques	Planned savoring activity
13.Gift of time	Using strengths in service of others	Giving the gift of time
14.Full life	Integrating pleasure, engagement and meaning. Therapeutic gains are discussed and ways to maintain	

