

## Toronto Centre for Positive Psychology

*“Our goal at TCPPSY is to enhance clients’ movement towards greater wellbeing, increased productivity, and happier, more fulfilled lives.”*

Dr. Tami Kulbatski, Psy.D., C.Psych  
Psychologist, Founder and Director,  
TCPPSY



### About the Presenter:

Dr. Kulbatski is a registered psychologist in Toronto, Ontario, Canada. In her private practice, she has been providing psychotherapeutic treatment to a diverse range of clients (including couples, individuals and adolescents) for over 14 years.

Throughout her career, Dr. Kulbatski has placed a strong emphasis on the importance of educating students, clients, and the public at large. She has served as a core faculty member at the Adler School of Professional Psychology, and in 2010, she founded The Toronto Centre for Positive Psychology (TCPPSY). Education based on Positive Psychology research is provided to organizations, colleges, schools, and individuals through TCPPSY. The broad range of seminars and workshops offered are designed to enhance participants’ movement towards greater well-being and happier, more fulfilled lives.

Ultimately, Dr. Kulbatski’s goal, as it relates to teaching Positive Psychology, is to help bridge the gap between academic research and its accessibility to the general public.

Dr. Kulbatski has recently published a book written for couples entitled Ten Commandments for Couples.

### Toronto Centre for Positive Psychology

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## The Toronto Centre for Positive Psychology

### Presents a 1 Day Workshop:



## Applying the Science of Positive Psychology To Your Personal And Professional Life

Dr. Tami Kulbatski, Psy.D., CPsych.

Sunday October 28, 2012

9:30am – 5:00pm

215 Spadina Avenue, Toronto

## About the Workshop

This introductory workshop in Positive Psychology has been designed for adults seeking to improve their personal and/or professional lives. The workshop will be especially useful for professionals working in the field of mental health, including counsellors, coaches, therapists, social workers, and nurses.

Positive Psychology is the scientific study of positive emotions and strengths-based character that promotes optimal human functioning. The Positive Psychology movement has been acknowledged by TIME Magazine as possibly the "single most important breakthrough in the effort to tap human potential and help people cope with modern day stress and day-to-day challenges."

**Applying the Science of Positive Psychology to Your Personal and Professional Life** is an experiential, research-based workshop dedicated to teaching you how to integrate Positive Psychology into the various domains of your life. The workshop focuses on the psychological aspects of a fulfilling and flourishing life.

Topics to be covered include:

- ✓happiness
- ✓self-esteem
- ✓relationships
- ✓goal setting
- ✓the mind-body connection
- ✓perfectionism
- ✓gratitude
- ✓interventions

At the conclusion of the workshop, participants will receive a certificate of completion.

## Registration Form/Tax Invoice

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Day Number: \_\_\_\_\_ Evening Number: \_\_\_\_\_

Organization: \_\_\_\_\_

Profession: \_\_\_\_\_

E-mail address (to be used for confirmation of registration):  
\_\_\_\_\_

**Fees** - Register now for best pricing! Early Bird ends Sept.1st

	<b>Early Bird</b>	<b>Full</b>
Individuals	\$330 (incl. tax)	\$360 (incl. tax)
Group 3+	\$300 (incl. tax)	\$330 (incl. tax)
Student	\$300 (incl. tax)	\$330 (incl. tax)

\*Cost includes coffee & snacks to be served between 9:00-9:30

Please return this registration form along with a cheque payable to: Toronto Centre for Positive Psychology, 1018 Finch Avenue West, #218, Toronto, Ontario M3J 3L5

For registration inquiries contact TCPPSY at: (416) 708-7022 or email [info@doctortami.com](mailto:info@doctortami.com). All cheques must be received no later than Oct. 15. Registration on the day of the workshop will be based on availability and will be cash only. Requests for cancellation must be received in writing by mail, by no later than Oct. 15, 2012. Mail to: CANCELLATION, Toronto Centre for Positive Psychology, 1018 Finch Avenue West, #218, Toronto, Ontario, M3J 3L5. Fees will be refunded minus a \$75 processing fee. **This form is a tax invoice once filled in and payment has been made. Please make a copy for your records.**