



The Association for Positive Psychiatry of Canada

Positive Psychiatry focuses on the study of the **non-medicinal aspects of wellness**, including psychological, behavioral and social interventions that have been shown to promote **physiological changes supporting the biology of resilience**.

Some examples include the research demonstrating the benefits of gratitude journals on depression scores and cardiovascular risk factors, the benefits of weekly social connection on chronic pain and anxiety scores, and the brain changes that have been reported with Mindfulness as well as its associated improvements in mental health and quality of life measures.

The Association for Positive Psychiatry of Canada was launched on December 1st, 2015 as a **multidisciplinary and international collaboration**.

It included a group of Psychiatrists, Psychologists, Family Medicine and some of the **world's leaders in the areas of Positive Psychiatry** (Dr. Dilip Jeste), **Positive Psychology** (Dr. Martin Seligman), **Resilience Research** (Dr. Michael Ungar) and **Attachment and Emotion Focused Therapy** (Dr. Allan Abbass). It is the first Association of its kind in the world, and marks the beginning of a [new branch of Psychiatry](#).

Positive Psychiatry shares Positive Psychology's focus on wellness, however it focuses on interventions associated with *physiological* changes supporting or promoting mental and physical health.

The aim of the association is to **create a community of professionals interested in growing and distributing this information**, in light of the mounting evidence that these types of interventions promote neuroplasticity and are one way we can empower our patients to assume a more active role in their own care. It is important for Psychiatry to simultaneously develop excellent acute and emergency care interventions, as well as **prevention and maintenance care practices that are informed by research**.

Positive Psychiatry is intended to [compliment and enhance the existing model of Psychiatry](#), and promote access to mental health services by **distributing this information to front line workers who work with, or are the first point of contact for mental health patients**, including Psychiatrists, GP's, Psychologists, Social Workers, Teachers, Counseling Therapists and pastoral care. Promoting the dissemination of this information in understandable and usable formats, including **newsletters, videos, webinars, conferences and workshops**, will also help distribute the costs across multiple systems and promote **interdisciplinary collaboration**, improving care.

For more information about the association, its Founding Members, to join as a member (free) or volunteer with us, visit www.appc.ca.