



REFUAH INSTITUTE

Rabbi Zelig Pliskin's Torah Perspective on Positive Psychology

What is Positive Psychology?

In the past 20 years the Psychology community has discovered the “new” science of Positive Psychology. This new field started with a simple question that was not asked previously by Psychiatrist or Psychologists: “What can be done to help people be happier and more successful?”

Traditionally Psychiatrist and Psychotherapists have been treating mental illnesses. It was only addressing the issue of how to help sick people return to normal. Once the patient was functional there was no reason to continue treatment. Positive Psychology suggests that we focus on helping normal people find ways to improve their lives, accomplish more and fulfill more of their potential.

Today Positive Psychology is being used by professional coaches to help their clients achieve their full potential in all aspects of their lives, lives filled with more success and happiness.

Torah Positive Psychology

The wisdom of the new science of Positive Psychology has long been part of Torah wisdom. Rabbi Zelig Pliskin has written 26 books based on a Torah perspective on how we can improve our quality of our life and be more effective and happy. His books integrate the Torah Wisdom and the new research in Positive Psychology.

Rabbi Zelig Pliskin is a Faculty member of the Refuah Institute where he teaches Positive Psychology as part of the Refuah Institute Professional Coach training program.



Coaching with Torah Positive Psychology

Refuah trained coaches utilize Positive Psychology as a tool as part of their coaching. This enables Refuah coaches to help successful people become much more successful, increase happiness and well as achieve more meaningful goals.

A story shared by one Refuah trained coach in a supervised practicum is an example of the power positive psychology as used in coaching.

David, a successful salesman approached a Refuah trained coach, because he felt stagnant. The coach was successful in helping David discover that he really wanted to use his exceptional skill as a salesman to market a product that was meaningful to him and provided real added value to his customers. With the help of his coach he explored different products until he found a great opportunity to sell something he really believed in and that could make him a living. David discovered that he was now more energized and excited, which led him to make even more money than before. When David reviewed what he had achieved with his coach he also realized

that he felt much better about himself, with increased self-esteem and happiness.

Refuah Coaching Diploma and AAPC Certification

The Refuah Institute employs the latest technology to make its programs available to students conveniently in their homes or offices by telephone conference and/or live interactive video conferencing. Students receive one-on-one personal coaching and supervision, even in the distance-learning format. Program graduates receive a Refuah Institute Diploma, as well as Certification by the American Association of Professional Coaches.

Torah Positive Psychology for Positive Results

Positive Psychology can be learned and employed by coaches who want to use it as a tool for coaching, business people and teachers who want to be more effective and happier, and everyone else who wants to learn ways to enhance their well-being and effectiveness. The Refuah Institute is offering an accelerated 6 week workshop series during the rest of this summer on positive psychology with Rabbi Zelig Pliskin and Professor Joshua Ritchie, MD. Each session in the series is a live-interactive two-hour Workshop by tele-conference or video-conference.

Join Us

If you believe Coaching may be your calling, or to just want to take part in this Positive Psychology Workshop contact the Refuah Institute for more information about these exciting opportunities. Telephone: **646-395-9613** (USA) or **972-2-5715112** (Israel). Email: **Refuahoffice@gmail.com**, Website: **www.refuah.net**