Abstract

After a decade since the emergence of positive psychology, the present article is drawn on a reflection and synthesis of this crescent movement. We have focused on this subject of study and in methodological issues that have characterised the research in this domain, underlying the strengths, weaknesses and well succeeded innovations. We analyze the practical applications of positive psychology in multiple areas of intervention. We placed positive psychology within the world’s scientific scene by identifying the currently active working groups and we reflected and forecasted a possible future of this movement, based on integrity and complexity.

Keywords

Positive psychology, Research, Practice, Active working groups.