VCU Department of Rehabilitation and Mental Health Counseling

Presents:

VCU College of Health Professions

In Pursuit of Happiness:

How to Feel Better in a Challenging World

Monday, Nov. 16, 2026
1:00-2:00 p.m.
College of Health Professions, Room 1050 or via Zoom.

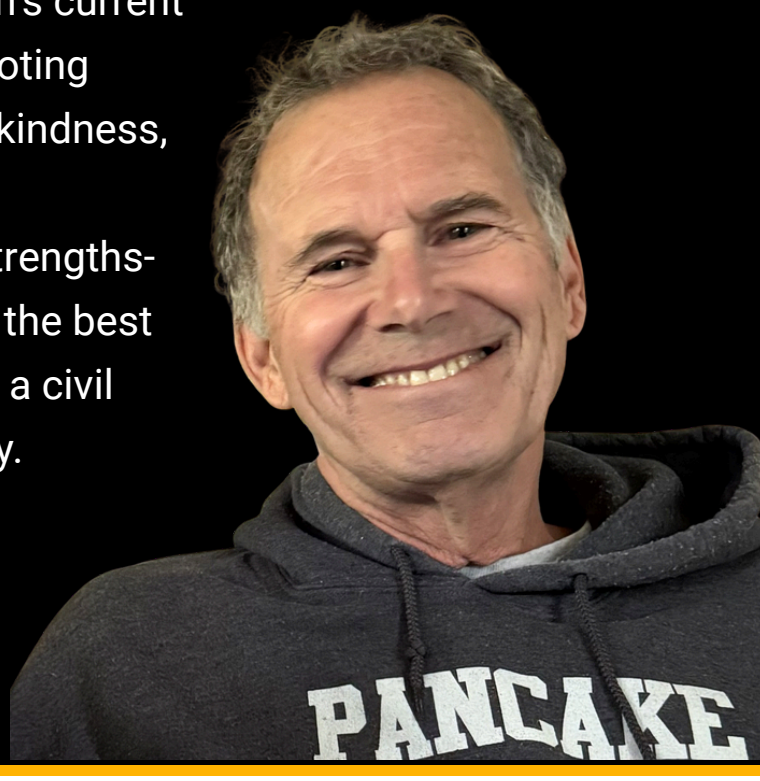
Open to VCU faculty, staff, students and broader public.

Life is hard. Happiness is often elusive. Throughout the U.S., people report more anxiety and depression than ever before in the history of time. In this presentation, we will take a unique approach to well-being and happiness. Instead of focusing on how to shrink what's wrong, we'll turn toward strategies for pursuing happiness and well-being more efficiently. We will discuss and briefly experience at least three research-based techniques for building positive emotion and personal meaning.

Presentation by:

Dr. John Sommers-Flanagan

John Sommers-Flanagan (he/him) is Founding Director of the Center for the Advancement of Positive Education (CAPE) at the University of Montana, a counselor educator, clinical psychologist, and author or coauthor of over 100 publications, including 10 books and many training videos. John's current work includes promoting evidence-informed, kindness, gratitude, empathic relationships, and strengths-based education as the best way forward toward a civil and peaceful society.



Zoom meeting info:
Meeting ID: 804 205 0955
Or scan the QR code

Questions? Please reach out to:
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Heartful Lab:
rehab.chp.vcu.edu/about-us/research/heartful