

Mindful Continuing Education

How Movies Can Promote Positive Psychology

The Magic of Movies and Positive Psychology for Parents, Children & Teenagers

1. Movies can be used as powerful educational tools to promote altruism and self-improvement, to stimulate emotions, to influence learning and behavior, and to increase empathy as the viewer lives the experiences of a particular character.

- A. True
 - B. False
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2. Researchers contend that although some movies contain concerning negative messages, youth can respond to positive film influences and messages with proper guidance and:

- A. Accurate information
 - B. Detailed direction
 - C. Tailored strategies
 - D. Specific targets
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3. Each of the following is an accurate statement about the use of movies in psychotherapy EXCEPT:

- A. Three stages are recommended when using movies, including evaluation, processing, and review
 - B. Clients may be able to use films to externalize problems or solutions while accessing nonthreatening behavior change
 - C. When using movies, it is critical to assess strengths and to match clients to movies that are a good fit
 - D. Follow-up discussions should be implemented to process results
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Movies and Emotions

4. Short-term positive affect changes that occur when viewing movies can multiply into an upward spiral, and transform current or immediate positive emotions into positive resources for future needs during difficult times.

- A. True**
 - B. False**
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Empathy and Movie Narratives

5. Becoming engaged, or “lost” in a movie generally results in a favorable review of that film experience, and is referred to as anecdotal transformation.

- A. True**
 - B. False**
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6. Movie viewers may experience sameness, or common denominators with diverse groups of people with whom they would not typically connect, which may promote altruistic behavior.

- A. True**
 - B. False**
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Immersion into Characters’ Experiences (Without Real-Life Consequences)

7. Although immersion into characters in sad movies can be as distressing or real as true-life experiences, such immersion is generally without the accompanying:

- A. Fear**
 - B. Disbelief**
 - C. Helplessness**
 - D. Anxiety**
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Movies to Build Character Strengths

8. Parents want to connect to their children and teenagers, and discussions about movies, as opposed to asking yes or no questions or inquiring about school, are more likely to fulfill this fundamental need.

- A. True**

B. False

Positive Psychology at the Movies

9. Which of the following is NOT one of the recommended criteria for emphasizing character strengths and positive psychology in film?

- A. The film overall is inspiring, uplifting in tone or mood, or reflects the human condition**
 - B. A character displays at least three of the 24 strengths in the Values in Action (VIA) Classification**
 - C. The character faces obstacles, adversity, struggle or conflict while expressing the strength**
 - D. The character overcomes obstacles or builds/maintains the strength**
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VIA Character Strengths with Exemplar Movies-Curiosity

10. When curiosity is portrayed in a movie, it allows the viewer to evaluate the reassurance-discouragement pattern that is reflected with this trait.

- A. True**
 - B. False**
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Movie Exemplar for Judgment: “Juno”

11. The author recommends the film “Juno” to emphasize which of the following character strengths:

- A. Perspective and bravery**
 - B. Kindness and compassion**
 - C. Open-mindedness and critical thinking**
 - D. Hope and optimism**
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Love of Learning

12. Love of learning refers to a predisposition to achieve mastery of skills in particular fields of knowledge, and it often results in increasing positive affect as new attributes are learned.

- A. True
 - B. False
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Honesty

13. While integrity refers to demonstrating behavior consistent with stated values, trustworthiness refers to a transparency in taking responsibility for one's behaviors or feelings, without pretense.

- A. True
 - B. False
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Humanity

14. Possible discussion points from "Frozen" to highlight the strength of love include sharing a time when you could tell the difference between a true act of love and a fake one, and asking what it means to love someone unconditionally.

- A. True
 - B. False
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Justice

15. Justice character strengths such as social responsibility and loyalty focus primarily on relating one on one in an interpersonal manner.

- A. True
 - B. False
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Temperance

16. Components of forgiveness include:

- A. It is a conscious and freely undertaken decision, by which a person who has been injured or offended elects to show mercy to the transgressor
 - B. Anger and distress are common feelings prior to the act of forgiveness
 - C. One can forgive without necessarily reconciling by giving up resentment and showing beneficence, which may in turn assist in letting go of deeply held anger
 - D. All of the above
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Transcendence

17. Elevation, admiration, and wonder are emotions related to the character strength of:

- A. Appreciation of beauty and excellence**
 - B. Prudence**
 - C. Leadership**
 - D. Enthusiasm**
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Gratitude

18. In addition to portraying examples of gratitude, “Coraline” provides the viewer with experiences that exemplify curiosity, bravery, kindness, and love.

- A. True**
 - B. False**
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Hope

19. Those who express hope and optimism adopt a future orientation, expecting that positive events and desired outcomes will occur, and they tend to take goal-directed action to enhance positive outcomes.

- A. True**
 - B. False**
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Humor

20. Acceptance and authenticity, the two virtues most strongly associated with humor, are portrayed throughout the film “Mr. Magorium’s Wonder Emporium.

- A. True**
 - B. False**
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