

## Foreword

Integrating Technology in Positive Psychology Practice opens new avenues using technology to enhance the quality of personal experiences, to increase well-being, empowerment and connectedness on the level of individuals, as well as organizations and society.

The editors of this volume have challenged their contributing authors to think beyond traditional positive psychology. They show how emerging technologies can be of added value to design interventions that engage, empower and that foster social interactions to change the capabilities of individuals and organizations to play an active role in the management of health and well-being.

The novelty of the volume's advocated approach is twofold, the use of emerging technologies to mediate personal experiences and the interdisciplinary based approach of positive psychology. Rather than considering technology as a medium or tool to exchange information and to interact in a user friendly and low-cost setting, the editors show how emerging technologies can enhance personal experiences in three ways, namely by structuring, providing a goal-oriented feedback system to focus on participation in the experience, by augmenting to achieve multimodal, interactive experiences and by replacing, using virtual realities to simulate physical presence in a synthetic world. It is at that edge, that sets this volume apart from the traditional view on technology used in positive psychology research and practice.

The technology perspective, expressed in the many chapters, reveals an interdisciplinary research and education area for positive technology that is innovative, dynamic, well thought out and at the same time critical, transcending the traditional use of technology as helpful to merely improve the accessibility, affordability and efficiency of healthcare services within the institutional contexts of care, cure and prevention. Technology has the capacity to create virtual persuasive environments that provide simultaneously multimodal cues and psycho-physiological feedback for personal change by strengthening emotional, social and physical presence. Besides technology can be used to collect and analyze data by self-tracking behaviors, emotions, thoughts presenting a quantified holistic self-concept that will shed new lights on how technology integrates in our lives, health and well-being, and how people engage each other and their environments using unobtrusive and pervasive technologies. The editors have strived to present emerging technologies not just as new devices to support health and well-being but as movements towards a new framework for positive technology and to contribute to the ongoing scientific debate on the active role of people in constructing a participatory healthy society.

The volume presents a cohesive understanding of how technology integrates in positive psychology by dividing the book into five interrelated sections. They introduce the three pillars of positive technology, empowerment, engagement and change, and how design can influence users' psychological well-being (section 1,2). The theoretical concepts that underpin the three pillars are applied in the design of positive interventions in different fields; healthcare, games for well-being and virtual realities for cognition and

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stress (section3-5). This organization of the volume facilitates readers to internalize novel concepts on positive technology and to understand how these concepts can be implemented in education, research and practice. The attempts to develop and unfold the ideas on how to integrate positive technology in practice run as a transversal through the volume taking readers by the hand on a journey to participate in thoughts and debate on positive technology.

The editors and contributing authors have drawn on their knowledge, experiences in research and teaching on the intersection between psychology, human interaction and machine cognition, neuroscience and emerging technologies. This has resulted in a volume that is of great value to students, healthcare workers, researchers with an interest in engineering, psychology and healthcare.

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