

Preconference Workshop
10th European Conference on Positive Psychology (ECP2022)
29th June, 2022, 9:00-12:00

Tamás Martos, Ph.D. & Viola Sallay, Ph.D.
Institute of Psychology, University of Szeged, Szeged, Hungary
viola.sallay@psy.u-szeged.hu; tamas.martos@psy.u-szeged.hu

Experience mapping: discovering the power of places in the promotion of well-being

Background

We all have experiences with places that are important in our life: places of successes, crises, low and high times we had. Moreover, as environmental psychology asserts, we actively use certain places to regulate our emotions and this feature can be used to discover and understand the complexity of a person's positive and negative emotions, relationship processes.

In the workshop we present our *experiMAP* procedure, an experience mapping based approach to assessment and intervention of positive emotions and experiences. At its core, experience mapping is a bunch of visual-narrative methods developed on the basis of positive psychology, systemic thinking, and environmental psychology. Experience mapping can be used to understand a person's emotions, emotion laden behaviour and relational processes in a certain place. Through *experiMAP* based assessment we are able to evoke emotionally significant experiences related to one's workplace and thus we can get insight into the factors that may influence well-being and well-doing in work. Consequently, the recalled experiences can be used to build strengths as well as to modify behavioral and relational patterns.

Aim and Method:

Workshop participants will have the opportunity to

- 1) learn about the scientific background of the *experiMAP* based methods;
- 2) make self-experience with the *experiMAP* based assessment as it is used in individual setting;
- 3) as well as learn case study examples and practical information on the assessment and intervention with *experiMAP* based procedures.

When used in organizational settings, *experiMAP* based procedures may be included in individual coaching processes, can be tailored as a team-building intervention and, at the level of an organization, it can be applied to gain systemic overview of cumulative experiences of the employees in form of an aggregate 'experience map' and those micro-narratives that are behind the experiences.

Conclusions

Experience mapping as an assessment and intervention tool is excellent in bringing up deep and important emotional experiences related to one's well-being in a certain place. For example, when applied in an organizational context, it provides useful information for promoting employee well-being both at an individual and a systemic level. Experience mapping combines the resource centeredness of positive psychology with the holistic approach of environmental psychology and systemic therapy.

Keywords: experience mapping, environmental psychology, well-being, assessment, intervention, workplace