



## PRESS RELEASE

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### **LIFE UNIVERSITY HOSTS PSYCHOLOGIST BENJAMIN SCHOENDORFF FOR MASTER OF POSITIVE PSYCHOLOGY QUARTERLY RESIDENCY**

**Marietta, Georgia, November 10, 2020** – [Life University](http://www.LIFE.edu) (LIFE) held the quarterly Master of Science in Positive Psychology Residency on Friday, November 6 and Saturday, November 7 via Zoom. Drs. Peggy Samples, Mickey Parsons and Richard Shook presented, and the featured presenter was Benjamin Schoendorff from Montreal, Canada who presented for three hours on Friday morning.

Schoendorff is one of the pioneers of ACT in the French-speaking world. Founder of the Contextual Psychology Institute, he has been a member of the Order of Psychologists of Quebec since January 2012. Benjamin is an ACBS peer-reviewed international ACT trainer and a certified FAP trainer. Author of several books and books on Acceptance and Commitment Therapy (ACT), he has been instrumental in spreading the simple and intuitive model of the ACT matrix. He developed the six-step approach to the ACT matrix that is widely used at the CPC and elsewhere and which helps people reconnect to their deepest yearnings and getting their lives back into action. Schoendorff also focuses on training psychological flexibility, the ability to do what's most important to you, no matter what.

Taking at heart the transdiagnosis nature of ACT, Benjamin does not limit his work to a type of difficulty or population. He works with children, teens, parents, families, adults, couples, teams and organizations, and even folks who do not feel they face particular psychological or behavioral difficulties who, nonetheless, seek to better put their values in action. He offers psychotherapy services, parental guidance, personal and professional coaching, as well as individual or group supervision.

LIFE offers a master's degree program in Positive Psychology (MSPP) with two tracks: General Positive Psychology and Coaching Psychology. The MSPP is a fully accredited, one-of-a-kind online degree program. In fact, it is one of only a handful of such highly sought-after programs in the entire world. The MSPP is also a fully online degree within LIFE's [College of Online Education](http://www.LIFE.edu).

The master's degree in Positive Psychology at LIFE investigates strengths-based research that enable individuals and communities to thrive. It is focused on the study of flourishing and positive human functioning, in particular key areas such as meaning in life and cultivating what is best within themselves like gratitude, compassion and forgiveness.



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For more information about Life University's Master of Positive Psychology, visit [www.LIFE.edu/academic-pages/college-of-graduate-and-undergraduate-studies/positive-psychology-ms/](http://www.LIFE.edu/academic-pages/college-of-graduate-and-undergraduate-studies/positive-psychology-ms/).

For more information about Life University, visit [LIFE.edu](http://LIFE.edu).

### **About Life University**

Founded in Marietta, Georgia in 1974, Life University is a health sciences institution most known for its chiropractic program, the largest single campus chiropractic program in the world. Life University is regionally accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award baccalaureate, master's and Doctor of Chiropractic degrees, and also has programmatic accreditation through the Council on Chiropractic Education (CCE), the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the Commission on Accreditation of Athletic Training Education (CAATE). The mission of Life University is to empower students with the education, skills and values necessary for career success and life fulfillment, based on a vitalistic philosophy.

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