

Barbara Fredrickson, Ph.D.

Kenan Distinguished Professor, Department of Psychology and Neuroscience, College of Arts and Sciences at UNC-Chapel Hill

Chapel Hill, NC, US

Barbara Fredrickson is a professor, author, and award-winning researcher who studies emotions, well-being and positive psychology.

Barbara L. Fredrickson, Ph.D. has been advancing the science of positive emotions for more than 25 years. She is currently Kenan Distinguished Professor at the University of North Carolina at Chapel Hill, where she holds appointments in psychology and neuroscience and directs the Positive Emotions and Psychophysiology (PEP) Lab. She has authored 100+ peer-reviewed articles and book chapters, and her books "Positivity" and "Love 2.0" have been translated into more than 20 languages.

Dr. Fredrickson's award-winning research, funded by the U.S. National Institutes of Health, reveals how micro-moments of love and other forms of positivity nourish your health, wisdom and longevity. As one of the most highly cited contributors to psychological science, Dr. Fredrickson is best known for her broaden-and-build theory of positive emotions. It describes how your positive emotions were sculpted by the discerning chisel of Darwinian natural selection to serve as life-giving nutrients for growth.

Dr. Fredrickson's scientific contributions have influenced scholars and practitioners worldwide, within business, education, counseling, health care, the military and beyond. She is president of the International Positive Psychology Association and her work has been featured in The New York Times, NPR, CNN, PBS, The Atlantic, The Economist and elsewhere. She has also been invited to brief His Holiness the Dalai Lama on her research on several occasions.

Mental Health Care, Education/Learning, Professional Training and Coaching

Positivity, Psychology, Social Psychology, Behavior Change, Career Counseling, Leadership Development, Teaching, Community Outreach

American Psychological Association, Association for Psychological Science, International Society for Research on Emotion, Society for Experimental Social Psychology, Society for Personality and Social Psychology, Association of Positive Emotion Laboratories (Founder and Co-Chair), International Positive Psychology Association (President)

Have you had your compassion and love today?

Global Compassion Summit

Understanding the Good Life

Eve Marie Carson Lecture

Mindfulness and Automatic Affective Reactivity

Positive Emotions Pre-Conference to Inaugural meeting of the Society of Affective Science

Remaking love

15th Annual Meeting of the Society for Personality and Social Psychology

Stanford University

Doctor of Philosophy (Ph.D.) Psychology

Carleton College

B.A. Psychology

Best Professor Prize (2015)

Awarded by the students of the Executive Master in Positive Leadership & Strategy, IE Business School in Madrid

Christopher Peterson Gold Medal (2013)

Dr. Fredrickson is the recipient of the inaugural Christopher Peterson Gold Medal, the highest honor bestowed by the International Positive Psychology Association.

Distinguished Achievement Award (2011)

Bestowed by the Alumni Association of Carleton College

Society for Experimental Social Psychology's Career Trajectory Award (2008)

The Career Trajectory Award celebrates scientific contributions made in the early-to-mid stages of a research career.

Templeton Prize in Positive Psychology (2000)

Dr. Fredrickson is the recipient of the American Psychological Association's inaugural Templeton Prize in Positive Psychology.

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