UNIVERSITÄT
LUZERN

Laudatio für Professor Joseph Ciarrochi

Prof. Dr. Karin Hediger, Dekanin der Fakultät für Verhaltenswissenschaften und Psychologie

The Faculty of Behavioural Sciences and Psychology of the University of Lucerne hereby confers upon Professor Dr. Joseph Ciarrochi the degree of honorary doctorate, with all the dignity, rights and privileges appertaining thereto.

Professor Ciarrochi…

- has advanced the scientific understanding of how people develop character strength through his rigorous research on emotional awareness and regulation, mindfulness, nonattachment, and psychological flexibility;
- has transformed our understanding of adolescent well-being through longitudinal research illuminating the roles of parenting, hope, and social relationships;
- has pioneered analytical methods that support personalized, process-based approaches to psychotherapy; and
- has consistently translated psychological science into practical methods that help young people and adults lead stronger, more meaningful lives.

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