

# WPPA Schedule of Events

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**8:00 – 9:00**

Check-in and Registration (Balch Auditorium)

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**9:00 – 9:30**

Welcome (Balch Auditorium)

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*Stewart I. Donaldson & Meg A. Warren, Claremont Graduate University*  
*“Scientific Advances in Positive Psychology”*

**9:30 – 10:00**

Speaker (Balch Auditorium)

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*Mihaly Csikszentmihalyi, Claremont Graduate University*  
*“Trust, Freedom, and Evolution of Society”*

**10:00 – 10:30**

Speaker (Balch Auditorium)

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*Jeanne Nakamura, Claremont Graduate University*  
*“Seeing Societal Problems as Societal Opportunities: Positive Aging”*

**10:30 – 11:00**

Transition Break

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**11:00 – 12:00**

Morning Concurrent Session 1 – Meaning and Mindfulness (Balch Auditorium)  
(Live-Streamed)

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*Michael T. Warren, University of Oklahoma*  
*Laura Wray-Lake, UCLA*  
*“Does Mindfulness Foster Value-Behavior Concordance for Intrinsic and Extrinsic Values?”*

*David Boyns, California State University, Northridge*  
*Nancy Miodrag, California State University, Northridge*

Ivor Weiner, California State University, Northridge  
Sarah Stembridge, California State University, Northridge  
Josselyne Rivas, California State University, Northridge

*"Mothers and Mindfulness: A Study of the Impact of Mindfulness Practice for Mothers with Children on the Autism Spectrum"*

L. Johnson Davis, Claremont Graduate University/San Diego State University  
*"Searching for Meaning in a High School Internship Experience"*

Richard Goerling, Mindful Badge Initiative  
*"Mindfulness and Community Policing in the 21st Century"*

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#### Morning Concurrent Session 2 – Positive Emotions and Well-being (Burkle 14)

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Zita Oravec, Pennsylvania State University  
*"Modeling Dynamics and Predictors of Daily Changes in Psychological Well-being"*

Dana L Wanzer, Claremont Graduate University  
Kelsey A. Procter, Claremont Graduate University  
*"Creating the Aesthetic Experience Questionnaire: The Relationship between Viewing Art and Well-being"*

Kelly B.T. Chang, George Fox University  
Teresa Bryant, George Fox University  
Daniel A. Rodriguez, George Fox University  
Andrew Sickler, George Fox University  
Bradley Bauer, George Fox University  
*"Coping Styles and Wellbeing among Adolescents in Nicaragua"*

Annie M Arcuri, Claremont Graduate University  
*"Designing a Comprehensive Worksite Wellness Program"*

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#### Morning Concurrent Session 3 – Positive Youth and Education (Burkle 16)

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Brittany J. Hite, Claremont Graduate University  
*"Informing Research from Practice: Importance of Facilitating Youth's Intrinsic Motivation"*

Giacomo Bono, California State University, Dominguez Hills  
*"Are Grateful Teens Also Kind? Gratitude's Role in Prosocial Development"*

Li Li, NanChang University, China  
*"The Optimum Dimensions Structure of Chinese University Teachers' Professional Psychological Capital"*

*Viviane Seyranian, California Polytechnic University, Pomona*

*Cathleen Cox, Los Angeles Zoo and UCLA*

*Audrey Aday, California Polytechnic University, Pomona*

*Sara Bethel, California Polytechnic University, Pomona*

*“Wildlife Conservation Initiatives at the LA Zoo Increase Positive Emotions”*

**12:00 – 1:15**

Lunch Break

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*Lunch options:*

*Campus dining is available at Scripps College until 1pm at a discounted rate of \$8 per person OR*

*Explore a variety of food options at the eclectic restaurants in the Claremont Village.*

**1:15– 2:15**

Afternoon Concurrent Session 1 – Innovative Methods in Positive Psychology

(Balch Auditorium) (Live-Streamed)

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*T.L. Brink, Crafton Hills College (35 minute session)*

*“The Life History Interview: Valuable Research Technique for Positive Psychology”*

*Ericka M. Goerling, Portland Community College (20 minute session)*

*“Gratitude Expressions on Facebook and Resultant Subjective Well-Being”*

Afternoon Concurrent Session 2 – Positive Psychology Group Interventions

(Burkle 16)

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*Shelly P. Harrell, Pepperdine University (35 minute symposium)*

*Ranya Alnatour, Pepperdine University*

*Joshua Buch, Pepperdine University*

*Lily Rowland, Pepperdine University*

*Tamara Rumburg, Pepperdine University*

*Hank Skulstad, Pepperdine University*

*Jessica Styles, Pepperdine University*

*“Getting some R&R: The “Resilience and Reconnection” Group Intervention as a Positive Psychology Approach to Stress Management”*

*Adam K. Jones, Patton State Hospital (20 minute session)*

*“Positive Psychology at Patton State Hospital”*

**2:15 – 2:30**

Transition Break

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**2:30 – 3:00**

Speaker (Balch Auditorium)

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*Tiffany Berry, Claremont Graduate University*  
*“Positive Youth Development in Action”*

**3:00 – 3:30**

Speaker (Balch Auditorium)

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*Kendall C. Bronk, Claremont Graduate University*  
*“Applying Research to Help Youth Discover Their Purpose in Life”*

**3:30 – 4:00**

Speaker (Balch Auditorium)

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*Jeffrey Yip, Claremont Graduate University*  
*“Moonshots for Positive Organizational Psychology”*

**4:00 – 4:30**

Speaker (Balch Auditorium)

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*Jason T. Siegel, Claremont Graduate University*  
*“Positive Health Psychology in Action: An Elevating Adventure?”*

**4:30 – 4:45**

Closing Remarks (Balch Auditorium)

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*Shari Y. Kuchenbecker, Western Positive Psychology Association, R. W. Research, Inc.*  
*Meg A. Warren, Claremont Graduate University, Western Positive Psychology Association*  
*Stewart I. Donaldson, Claremont Graduate University, Western Positive Psychology Association*  
*Mihaly Csikszentmihalyi, Claremont Graduate University*  
*“Future Directions for Positive Psychology’s Impact for Society”*

**4:45 – 5:00**

Transition Break

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5:00 – 6:00

Poster Session (Burkle 2<sup>nd</sup> Level)

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*Shelly P. Harrell, Pepperdine University*

*Jessica Styles, Pepperdine University*

*Ranya Alnatour, Pepperdine University*

*“Allies, Awareness and Action: Three Pillars of Resilience as a Culturally-Adaptive Model for Positive Psychological Interventions”*

*David R. Gerken, California State University, Fullerton*

*Lidia Orozco, California State University, Fullerton*

*Zeel Ahir, California State University, Fullerton*

*“Materialism and Gratitude”*

*Nicole F. Trejo, California State University, Dominguez Hills*

*Aimee Fabila, California State University, Dominguez Hills*

*Carla Redmon, California State University, Dominguez Hills*

*Giacomo Bono, California State University, Dominguez Hills*

*“Effects of Gratitude and Social Support in Adolescent Mental Health”*

*Jason T Sender, California State University, Dominguez Hills*

*Soumia Bouallou, California State University, Dominguez Hills*

*Aimee Fabila, California State University, Dominguez Hills*

*Giacomo Bono, California State University, Dominguez Hills*

*“Gratitude's Role in Academic Achievement among Adolescents”*

*Georgianna Garrels, California State University, Dominguez Hills*

*Kresh Reil, California State University, Dominguez Hills*

*“Thriving or Merely Surviving”*

*Carla Redmon, California State University, Dominguez Hills*

*Georgianna Garrels, California State University, Dominguez Hills*

*Ngozi Umekwe-Odudu, California State University, Dominguez Hills*

*Giacomo Bono, California State University, Dominguez Hills*

*“Character Strengths”*

*Rachel M Baumsteiger, Claremont Graduate University*

*Susan A Mangan, Claremont Graduate University*

*Kendall Cotton Bronk, Claremont Graduate University*

*“Promoting Prosociality among Adolescents”*

*L Johnson Davis, Claremont Graduate University/ San Diego State University*

*“Liminality: Embracing Conflict & Chaos for the Meaningful Mind”*

*Sumana Sri, Claremont Graduate University*

*Jeanne Nakamura, Claremont Graduate University*

*“Experience of Boredom”*

Saumya Aggarwal, Claremont Graduate University  
*"Effects of Long-Term, Independent Travel on Psychological Well-Being"*

Brendan P. Everett, Chapman University  
Jared Celniker, Chapman University  
Naveen Jonathan, Chapman University  
Shari Kuchenbecker, R. W. Research, Inc  
*"Facial Expressions and Empathy: Acute Stressful Situations Facilitate Empathic Response"*

Georgianna Garrels, California State University, Dominguez Hills  
Giacomo Bono, California State University, Dominguez Hills  
*"Character Strengths' Links to Gratitude and Wellbeing in Adolescents"*

Robert E. Twidwell, University of California, Irvine  
Casey Jacobsen, University of California, Irvine  
Jessica Wong, University of California, Irvine  
Cristian Gonzalez, University of California, Irvine  
Christina Valle, University of California, Irvine  
Ivanna Muñoz, University of California, Irvine  
Krystal Dinh, University of California, Irvine  
Destinee Elliott, University of California, Irvine  
Arin New, University of California, Irvine  
Jocelyn Alvarez, University of California, Irvine  
*"Positive Psychology Intervention Modality: Three Good Things, Three Different Ways"*

Jocelyn M. Courtney, Claremont Graduate University  
*"Fostering Resilience in the Workplace through Self-Compassion Training"*

Li Li, NanChang University, China  
*"The Micro-intervention Experiments of Chinese University Teachers' Professional Psychological Capital"*

Kim Wimmer Totty, The Invincible Artist  
*"The Resilience Compass: A well-being Model for Actors and Performing Artists"*

Susan A. Mangan, Claremont Graduate University  
Rachel M Baumsteiger, Claremont Graduate University  
Kendall Cotton Bronk, Claremont Graduate University  
*"Cultivating Gratitude and Purpose: An Intervention for Young Adults"*

Christine M Weinkauff Duranso, Claremont Graduate University  
*"Does Regular Exercise Contribute to Approach Motivation?"*

Ryan Cheuk Ming Cheung, Claremont Graduate University  
Sam Mehoke, Claremont Graduate University  
Kendall Cotton Bronk, Claremont Graduate University  
*"Purpose in Life in Social Media: An Analysis of Facebook and Twitter References to Purpose"*

*Neesha Y. Daulat, Claremont Graduate University*

*“Correlation between Experience of Work-Related Flow and Teacher Burnout”*

*Mernyll A. Manalo, California State University, San Bernardino*

*David Gerhartz, California State University, San Bernardino*

*Tracy Vallejo, Crafton Hills College*

*Diane Phfaler, Crafton Hills College*

*“Association between Self-Compassion, Social Support, and Emotional Empathy”*

*Remi Torres, University of California, Los Angeles*

*“The Effects of a Mindfulness Program on Low-Income Children's Self-Regulation Skills”*

*Soumia Bouallou, California State University, Dominguez Hills*

*“Positive Psychology: Correlation of Gratitude, High Social Support, and Conscientiousness”*

*Kimberly A. Griswold, Fuller Theological Seminary*

*Nathaniel A. Fernandez, Fuller Theological Seminary*

*Leanne Bishara, Fuller Theological Seminary*

*Benjamin J. Houltberg, Fuller Theological Seminary*

*Sarah A. Schnitker, Fuller Theological Seminary*

*“An App-Based Perspective-Taking Intervention Helps Adolescents Navigate Conflict and Regulate Emotion”*

*Christa Nelson, Fuller Graduate School of Psychology*

*Rachel Falco, Fuller Graduate School of Psychology*

*Benjamin J. Houltberg, Fuller Graduate School of Psychology*

*Sarah A. Schnitker, Fuller Graduate School of Psychology*

*Nanyamka Redmond, Fuller Graduate School of Psychology*

*“Purpose Cultivation: Leading Youth towards Self-Efficacy and Away from Fear of Failure”*

*Nanyamka Redmond, Fuller Graduate School of Psychology*

*Benjamin J. Houltberg, Fuller Graduate School of Psychology*

*Sarah A. Schnitker, Fuller Graduate School of Psychology*

*“The Role of Character Virtues in the Link between Spiritual Transcendence and Positive Youth Outcomes”*

**5:00 – 6:00**

**Book Launch and Signing (Burkle 2<sup>nd</sup> Level)**

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*Book Launch of “Trust Factor: The Science of Creating High-Performance Companies”*

*Dr. Paul Zak*

*Professor of Neuroeconomics, Claremont Graduate University*

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**6:00 – 6:45**

Art Display (Burkle 2<sup>nd</sup> Level)

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*Art Display: “The Power Within”  
Art depicting transformative life experiences by 11<sup>th</sup> grade students from  
High Tech High Chula Vista Village Schools*

**6:00 – 6:45**

Meet the Authors, Networking Reception (Burkle 2<sup>nd</sup> Level)

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*Meet the Authors of popular and forthcoming books on positive psychology, including  
Dr. Mihaly Csikszentmihalyi, Dr. Mashi Rahmani, Dr. Stewart Donaldson, Dr. Jeanne Nakamura,  
Dr. Kendall Bronk, Meg Warren*

*Network with Colleagues  
Light refreshments will be served*