



**Evidence-Based Applications
in Positive Psychology**

Western Positive Psychology Association
4th Academic Conference
Saturday, January 26, 2019

Welcome

The 2019 Western Positive Psychology Association (WPPA) Conference aims to bring together a collaborative scientific community of faculty, students, and scholars to advance and support rigorous, evidence-based empirical research in the science of happiness, excellence, and optimal human functioning. The theme of the 2019 WPPA Conference is “Evidence-Based Applications in Positive Psychology.” This year we honor the legacy, exceptional leadership, and contributions to Claremont Graduate University’s Positive Psychology Programs of Mihaly Csikszentmihalyi, PhD.

Program

Saturday, January 26, 2019 | 8:00 am – 8:00 pm

Claremont Graduate University

8:00 am – 8:50 am

Check-in and Registration | Burkle Family Building |
Lower Lobby Area

9:00 am – 9:50 am

Opening Session | Burkle 16

Welcome

Evidence-Based Applications in Positive Psychology

Shari Young Kuchenbecker, PhD, WPPA Co-Founder & Co-Associate
Director

Honoring the Legacy of Mihaly Csikszentmihalyi

Stewart I. Donaldson, PhD, Claremont Graduate University
Jeanne Nakamura, PhD, Claremont Graduate University

10:00 – 10:50 am | Concurrent Sessions

Morning Concurrent Session 16a | Burkle Room 16

Faculty & Student Research in Positive Developmental
Psychology: Special Thanks to Mihaly Csikszentmihalyi

Chair: Jeanne Nakamura, PhD, Claremont Graduate University

- Positive Developmental Psychology

Jeanne Nakamura, PhD, Claremont Graduate University

- Using Program Evaluation to Bridge the Gap in Positive
Developmental Psychology Research and Practice

Tiffany Berry, PhD, Claremont Graduate University

- **Youth Purpose: A Positive Developmental Psychological Program of Research**
Kendal Cotton Bronk, PhD, Claremont Graduate University
- **New Research on Well-Being and Love Across the Lifespan**
Saida Heshmati, PhD, Claremont Graduate University

Morning Concurrent Session 14a | Burkle Room 14

Positive Institutions

Chair: Hazel Atuel, PhD, University of Southern California

- **Integrating Positive Psychology into Kaiser Permanente School of Medicine Curriculum**
*Juan-Carlos Zuberbuhler, MD, Kaiser Permanente
Roger P. Benton, PhD, Kaiser Permanente
- **LAUSD Restorative Arts Education as an Evidence-Based Application in Positive Psychology**
*Ivonne Chand O'Neal, PhD, Harun Tadik, Kaile Shilling,
*Jill Beale, MA, Los Angeles Unified School District (LAUSD)

Morning Concurrent Session 12a | Burkle Room 12

Positive Education

Chair: James McConchie, MA, Claremont Graduate University

- **Best Practices for Gratitude Interventions in Schools**
Giacomo Bono, PhD, CSU-Dominguez Hills
- **10 Years of Positive Education**
*Tamara Lechner, Georgina Cameron, PhD, & Justin Robinson, MA Institute of Positive Education, Geelong, Australia

11:00 – 11:50 am | Concurrent Sessions

Morning Concurrent Session 16b | Burkle Room 16

Faculty & Student Research in Positive Organizational Psychology: Special Thanks to Mihaly Csikszentmihalyi
Chair: Stewart I. Donaldson, PhD Claremont Graduate University

- Positive Approaches to Followers and Followership
Michelle C. Bligh, PhD, Claremont Graduate University
- Thriving in the Gig Economy
Jeffrey Yip, PhD, and Kristine Powers, MA, Claremont Graduate University
- Positive Organizational Psychology Research to Improve the Workplace of Tomorrow
Stewart I. Donaldson, PhD, Claremont Graduate University

Morning Concurrent Session 14b | Burkle Room 14

Studies of Flow & Flourishing
Chair: Jessica Morales, C.Ht & EFT Practitioner

- Flow under Threat: Lessons Learned for Principal Preparation on Becoming Marginalized
Karen Stansberry Beard, PhD, Ohio State University
- Flowabilities: Exploring Malleable Personal Antecedents of Flow Experience in Productive Activities
Qing Yan, MA, Claremont Graduate University

Morning Concurrent Session 12b | Burkle Room 12

Positive Prosocial Development

Chair: Giacomo Bono, PhD, CSU-Dominguez Hills

- Gender Differences in Gratitude and Life Satisfaction Among Adolescents

Ivett Gabriella, MA, CSU-Dominguez Hills

- How Helping Begets Helping: Mechanisms of Prosocial Development

Rachel Baumsteiger, PhD, and Ximena Giesemann, BA,
Claremont Graduate University

12:00 pm – 12:30 pm | KEYNOTE

WPPA KEYNOTE SESSION 16c | Burkle Room 16

Chair: Stewart I. Donaldson, PhD, Claremont Graduate University

The Future of Positive Psychology

Mihaly Csikszentmihalyi, PhD, Claremont Graduate University

GROUP Photograph with WPPA Conference Attendees

12:30 pm – 2:00 pm | Break for Lunch

WPPA conference discount available at Scripps College Dining Hall

For an interactive,
searchable map of campus,
use the QR code or visit cgu.edu/map



2:00 pm – 2:50 pm | Concurrent Sessions

Afternoon Concurrent Session 16d | Burkle Room 16

Faculty & Student Research in Positive Health

Psychology: Special Thanks to Mihaly Csikszentmihalyi

Chair: Jason T. Siegel, PhD, Claremont Graduate University

- **Positive Emotions and Organ Donation Registration: The Differential Effects of Discrete Positive Emotions**
Danielle Blazek, MA, Claremont Graduate University
- **Diabetes Self-Management for Emerging Adults**
Motivation via a Positive Psychology Lens
Samuel Weinberger, MA, & Eusebio Alvaro, PhD, Claremont Graduate University
- **Positive Emotion Infusions: Increasing Help-Seeking Among People with Depression**
Jason T. Siegel, PhD, Claremont Graduate University

Afternoon Concurrent Session 14d | Burkle Room 14

Positive Prosocial Development

Chair: Viviane Seyranian, PhD, California State Polytechnic University, Pomona

- **Can Wisdom Be Taught in Schools?**
Shani Robins, PhD, & Martin Blank, PhD, Stanford University
- **The Role of Emotion Regulation in the Link Between Parenting and Virtue**
*Leanne Bishara, MA, Benjamin J. Houlberg, PhD, & Sarah A. Schnitker, PhD, Fuller Theological Seminary

Afternoon Concurrent Session 12d | Burkle Room 12

Educational Applications of Positive Psychology

Chair: Nazanin Zargarpour, PhD, Claremont Graduate University

- **The Role of Positive Peer Influence within Positive Youth Development**

James McConchie, MA, Claremont Graduate University

- **The Dynamic Duo of Young Adult Success: Positive Relationships and Psychosocial Learning Skills**

*Elyse L. Postlewaite, EdM, *Nazanin Zargarpour, PhD,
& *James McConchie, MA, Claremont Graduate University

- **Manipulating Resilience in an Everyday Setting with Self-Efficacy, Priming and Social Support**

Steven Frieze, MA, Kresh Reil, BA, Annette Chavez, BA, Javier Murillo, BA, Jacob Costa, BA, Michelle Ruvalcaba, Daniel Cervantes, BA, & Michele Sneed, CSU-Dominguez Hills

3:00 – 3:50 pm | Concurrent Sessions

Afternoon Concurrent Session 16e | Burkle Room 16

Symposium I: Longitudinal Pathways to Success and Resilience: A 38-Year Study

Symposium Chair: Kathleen S. J. Preston, PhD, CSU Fullerton

- **Assessing Success and Related Constructs: An Item Response Theory Approach to Scale Development**

Kathleen S. J. Preston, PhD, CSU-Fullerton

- **The Longitudinal Impact of Familial Factors on Later Family Success**

Netasha K. Pizano, BA, & Kathleen S. J. Preston, PhD, CSU- Fullerton

Afternoon Concurrent Session 14e | Burkle Room 14

Care Giving and Positive Psychology

Chair: Saida Heshmati, PhD, Claremont Graduate University

- **The Caregiver's Paradox: How to Cultivate Well-Being and Resilience on Your Caregiving Journey**
Karen S. Warner, MA, MAPP, University of Pennsylvania, and Claremont Graduate University

- **Evaluating Optimal Wellbeing: Exploring Caregiver's Daily Experiences in Caring for Patients**
*Lawrence Chan, MA, *Stewart I. Donaldson, PhD, Saida Heshmati, PhD, & Jessica Clague DeHart, PhD, Claremont Graduate University

Afternoon Concurrent Session 12e | Burkle Room 12

Enhancing Psychological Well-Being

Chair: Juan-Carlos Zuberbuhler, MD, Kaiser Permanente

- **Midland, Michigan City-Wide Systems Well-Being Initiative**
Louis J. Alloro, MEd, MAPP, Jackie Gaffaney, MAPP, University of Pennsylvania - Doctoral Students, Claremont Graduate University

- **Is Well-Being Enough? Combining Risk Management and Positive Psychology to Create Psychologically Healthy and Safe Workplaces**
*Tamara Lechner & Jason van Schie, MA, Positive Minds International Victoria Canada & People Diagnostix Perth, Australia

4:00 – 4:50 pm | Concurrent Sessions

Afternoon Concurrent Session 16f | Burkle Room 16

Symposium II: Longitudinal Pathways to Success and Resilience: A 38-Year Study

Symposium Chair: Kathleen S. J. Preston, PhD, CSU - Fullerton

- **Got Resilience? Thank Mom: Resilience and Close Relationships in Overcoming Stressful Experiences Toward Personal Success**
Danielle M. Rodgers, BA, & Kathleen S. J. Preston, PhD,
CSU-Fullerton
- **Successful Middle Adulthood Men and Women Identified as Gifted in Childhood**
Dina A. Naji, BS, & Kathleen S. J. Preston, PhD,
CSU-Fullerton
- **Discussion: Longitudinal Pathways to Success and Resilience**
Michelle C. Ramos, PhD, CSU-Fullerton

Afternoon Concurrent Session 14f | Burkle Room 14

Applying the Science of Positive Psychology to Sports and Peak Performance

Chair: Joshua Lange-Casillas, BA, Claremont Graduate University

- **Formative Evaluation in Youth Sports – Positive Intervention for Volunteer Coaches, Young Athletes and Parents**
Shari Young Kuchenbecker, PhD, R.W. Research & WPPA
- **Positive Mindset and Performing Artists: Unlocking the Actor's Block**
Jessica Morales, C.Ht. & EFT Practitioner

Afternoon Concurrent Session 12f | Burkle Room 12

Positive Education

Chair: Karen Stansberry Beard, PhD, Ohio State University

- **The Longitudinal Effects of STEM Identity and Gender on Flourishing and Achievement in College Physics**

Viviane Seyranian, PhD¹, Alex Madva, PhD¹, Nina

Abramzon, PhD¹, Nicole Duong, BA², Yoi Tibbetts, PhD³,
and

Judy Harackiewicz, PhD⁴

¹California State Polytechnic University, Pomona,

²Claremont Graduate University, ³University of Virginia, &

⁴University of Wisconsin

- **Good Teaching: How Small Classroom Wins Lead to Big Wins for Education**

Natasha Sterzinger, PhD, University of Arizona

5:00 – 5:30 pm | Concurrent Sessions

Afternoon Concurrent Session 16g | Burkle Room 16

Chair: Shani Robins, PhD, Stanford University

- **Utilizing Collective Wisdom Quotes in Positive Psychology Interventions**

Lily D. Rowland, MA, Jasmyne-Shaye Robbins, MA,

Brenna G. Moore, MA, and Esther Son, BA, and

Shelly P. Harrell, PhD, Pepperdine University

Afternoon Concurrent Session 14g | Burkle Room 14

Chair: Kristine Klussman, PhD, Connection Lab

- **Honesty and Integrity as Virtues: Practitioner Perspectives**

Timothy S. Reilly, PhD,¹ Keke Kaikhosroshvili,² &

Darcia Narvaez, PhD³ ¹Ave Maria University, Florida,

²Ludwig Maximilian University, Germany,

³University of Notre Dame, Indiana³

Afternoon Concurrent Session 12g | Burkle Room 12

Social & Personality Influence Research

Chair: T. L. Brink, PhD, Crafton Hills College

- **When and How to Support Students to Self-Directed Learning**

*Elyse L. Postlewaite, EdM, & *Benedict Moudry, MEd,
Claremont Graduate University

- **Flow among Introverts and Extroverts in Solitary and Social Activities**

Tingshu Liu, BA, Claremont Graduate University

5:40 pm – 6:15 pm | Afternoon Closing Keynote

Afternoon Closing Session 16h | Burkle Room 16

Chair: Stewart I. Donaldson, PhD, Claremont Graduate University

- **Ending the Silence: Encouraging Followers to Bring Their Best Selves to Work**

Michelle C. Bligh, PhD, Claremont Graduate University

Closing Remarks

6:15 pm – 8:00 pm

Poster Session and Wine & Cheese Reception

Burkle Family Building – Upper and Lower Lobby Areas

Network with Colleagues

Program note:

*Asterisk signifies presenting author. Where no asterisks are included, the first author listed is the presenting author.

Poster Session

1. Growth and Empowerment: Studying Transformational Leadership in the Black Community
Authors: Aaron Street, BA, Frank Gerdine, Brianna Scott, BA, Fredrick Theus, Clinton Dotson, and Steven Frieze, MA, CSU-Dominguez Hills
2. The Brief Thriving Scale: Assessing the Ability to Find Benefits in Stressful Events
Authors: Alvin Phan, MA, Charlene Gonzales, and Bruce W. Smith, PhD, University of New Mexico
3. Does Gratitude Make You Less Materialistic?
Authors: David R. Gerkens, PhD, Courtney Scaramella, *Julia Wynia, & Lidia Orozco, BA, CSU-Fullerton
4. The Role of Self-Connection in Well-Being
Authors: Kristine Klussman, PhD, Nicola Curtin, PhD, Julia Langer, MHS, & Austin Lee Nichols, PhD, The Connection Lab, San Francisco
5. We RISE: Relational Resilience Stress Management Group Intervention for Mothers Experiencing Homelessness
Authors: Lily Rowland, MA, & Shelly P. Harrell, PhD, Pepperdine University

6. The Benefits of Gratitude for Early Childhood Social-Emotional Skills
Authors: *Cecilia Mercado, BA, *Julia Tasedan, *Julie Mendoza, BA, and Giacomo Bono, PhD, CSU-Dominguez Hills
7. MGTOW: Beta Male Flourishing or Patriarchal Paranoia ?
Authors: Victoria Karalun, BA, Edgar Santacruz, BA, and T. L. Brink, PhD, Crafton Hills College
8. Fortnite, Flow, and Parental Restriction
Authors: Jamie Lanier, BA, & T. L. Brink, PhD, Crafton Hills College
9. "Resilience? It's the Grind, Man": An Ethnographic Look at Athletes and Resilience
Author: Matthew C. Higgins, BA, University of New Mexico
10. "Just Keep Swimming": A Qualitative Analysis of Resilience in Film
Authors: Matthew Charles Higgins, MA, & Nate Steinberg, BA, University of New Mexico
11. In Search of the Emerging Transformational Leaders' Character Strengths
Authors: Aaron Street, MA, Julie Mendoza, MA, Alejandro Delcid, & Selena Moreno, CSU-Dominguez Hills
12. The Potential Role of Gratitude in Facilitating Resilient Developmental Trajectories
Authors: *Kresh Reil, BA, *Ivett Gabriella, MA, & Giacomo Bono, PhD, CSU-Dominguez Hills
13. Effects of Technology and Nature Immersion on Cognitive Processes
Authors: Lidia Orozco, BA, Roxanne Dockery, & David R. Gerken, PhD, CSU-Fullerton
14. Positive Psychology Interventions Utilized with Forensically Mentally Committed Individuals
Author: Willow Saloom, PsyD, California Department of State Hospitals
15. Resilience and Well-Being: Examining What Variables Serve as Predictors of Resilience
Authors: Abigail K. Rosecrans, BA, Kelly Erickson, and Bruce W. Smith, PhD, University of New Mexico

16. Mindfulness and Perception of Personality Traits and Personal Values
Author: Jennifer S. McDonald, PhD, Idaho State University
17. Fame & Alcohol: Relationship of Happiness, Social Anxiety, Parasocial Relationship, and Alcohol Craving
Authors: Gloria Marquez, BA & Vanessa Ramirez, BA, CSU-Los Angeles
18. Does Gratitude Protect Adolescents from Social Anxiety and Depression?
Authors: Alejandro Del Cid, BA, Selena Moreno, Julie Mendoza, Ivette Gabriella, MA, Julia Tasedan, & Giacomo Bono, CSU-Dominguez Hills
19. Moral Injury: The Role of Virtues, Character, and Identity
Authors: *Hazel R. Atuel, PhD, & Carl A. Castro, PhD
University of Southern California, Center for Innovation and Research on Veterans & Military Families (CIR)
20. Socio-Emotional Learning for Post-Secondary Success: Applications Across Diverse Contexts
Authors: Nazanin Zargarpour, MA, Min Hsuan Chen, Shannon Feil, MA, and Christina Gramatikova, Claremont Graduate University
21. The Marriage of Family Therapy and Positive Psychology: An Inevitable Match
Author: Valerie A. Jencks, MS, LMFT, LCPC, Prairie Family Therapy
22. Online Dating and Relational Resilience: Conceptualization and Research Directions
Authors: *Brenna G. Moore, MA, & Shelly P. Harrell, PhD, Pepperdine University

We give special thanks to Mihaly Csikszentmihalyi, PhD, Distinguished Professor of Psychology and Management at Claremont Graduate University. We appreciate his exceptional leadership and contributions to the many fields influenced by positive psychology research and particularly are grateful for his inspiration and support of the positive psychology programs at Claremont Graduate University

Our 4th WPPA Conference features three special sessions sharing Claremont Graduate University faculty and student research on Positive Developmental Psychology, Positive Organizational Psychology, and Positive Health

Psychology. Thank you to the faculty and students for sharing your research.

We would like to thank Omara Turner for her work both behind and at the forefront of WPPA CGU's 4th Conference event. Gratitude also to Paul Aaron Thomas for his willingness to edit our documents at all hours of the day. Thanks to Gina Pirtle and Sheila Lefor for facilitating bringing forward CGU's contributions to the marketing and printed materials from years past (2014, 2017, and 2018). We would like to thank the following volunteers.

Paul Aaron Thomas	Matthew Gold	David Fresquez
Brandon Sorenson	Leigh Schroyer	CGU Streaming Tech Team

And finally, heartfelt thanks to Stewart I. Donaldson, PhD, for his leadership and guidance in creating our Western Positive Psychology Association. His positive vision and unflagging support brought WPPA from a nascent idea in 2012 founded on a commitment to facilitating students and faculty across universities and institutions in a collaborative community to build the science of positive psychology together. Dr. Donaldson and his faculty are to credit for our growing community bringing us here today at Claremont Graduate University, January 26, 2019, to celebrate and share the newest advances and applications in positive psychology research.

Thank you for joining us.
With gratitude,
The Western Positive Psychology Association Team

