

Time
7:30-8:30 AM
8:30-8:50

8:50-10

ROOMS

10-10:50

11-11:50

11:50 - 1 PM

1-1:50 PM

2-2:50 PM

3-3:50 PM

5th Western Positive Psychology Association (WPPA) Conference
Saturday, January 25, 2020
Ron W. Burke Family Building

Check In & Registration

Welcoming Session
Burkle Room 16

Welcome: New Directions in the Science of Positive Psychology

Stewart I. Donaldson, PhD
Distinguished University Professor
Executive Director, Claremont Evaluation Center
Claremont Graduate University

The Role of Passion in Positive Psychology

Robert J. Vallerand, PhD
Canada Research Chair on
Motivational Processes and Optimal
Functioning
Laboratoire de Recherche sur le
Comportement Social / Université du Québec à
Montréal

16

14

12

22

Morning Concurrent Session 16a - Burkle Room 16

Purpose, Positive Relationships & Love
Chair: Jeanne Nakamura, PhD
Claremont Graduate University

Purpose: A Critical Component of Well-being
Kendall Cotton Bronk, PhD
Claremont Graduate University

The Science of Positive Relationships and Love
Saida Heshmati, PhD
Claremont Graduate University

Morning Concurrent Session 14a - Burkle Room 14

Positive Education and Emotional Assessment
Chair: Susan A. Mangan, PhD
Claremont Graduate University

*California Student Wellness Study: Assessing
Students' Complete Social Emotional Health*
Michael J. Furlong, PhD
UC Santa Barbara
International Center for
School Based Youth Development

*Effects of Arts Integration on Empathy
in Students Impacted by the Immigration Crisis*
Ivonne Chand O'Neal, PhD,
MUSE Research, Silver Spring, MD and Lauren
Shelton, MS, and Francisco Escobedo, EdD,
Chula Vista Elementary School District, Chula
Vista, CA

-  Positive Work and Organizations
-  Positive Education
-  Positive Health
-  Positive Applied Theory & Methods
-  Positive Developmental Psychology
-  Diversity & Inclusion
-  Positive Psychology & Sports

Morning Concurrent Session 12a - Burkle Room 12

SYMPOSIUM I
Viewpoint Diversity
Chair: Jason Siegel, PhD
Claremont Graduate University

*Viewpoint Diversity:
What It Is and Why it Matters
for Positive Organizations*
Alyssa Birnbaum, BA,
Jaclyn Gaffaney, MA, Chloe Foon, BA, and
Victoria Cabrera, MPA
Claremont Graduate University

Morning Concurrent Session 22a - Burkle Room 22

Inclusion, Flourishing, and Meaningful Work
Chair: Charles T. Hill, PhD
Whittier College

*Flourishing Among College Students
with Mental Illness*
*Andrea G. Moors, BA and Lauren Martinez, PhD
Office for Health Promotion Strategy
USC Student Health
University of Southern California

*Person-Environment Fit, Job Crafting, and
Meaningful Work*
Joo Young Lee, MA, MGA
Claremont Graduate University

Morning Concurrent Session 16b - Burkle Room 16

Moral Elevation and Gratitude
Chair: Nazanin Zargarpour, PhD
Claremont Graduate University

Moral Elevation: What Is It Good For?
Jason Siegel, PhD
Claremont Graduate University

Oh, The Places You'll Go!
What We Know about Gratitude and
Where the Science is Heading
Giacomo Bono, PhD,
CSU - at Dominguez Hills

Morning Concurrent Session 14b - Burkle Room 14

Symposium II
**Strengthening Positive Intergroup
Interactions: Exploring Values,
Perceptions and Practice of Allies**
Chair: Meg A Warren, PhD
Western Washington University

1. *Fostering Positive Intergroup Interactions: A
Systematic Review of Conceptualizations of
Egalitarianism within Intergroup Contexts*
*Rachael J. Waldrop, MS, & Meg A. Warren, PhD
Western Washington University

2. *Understanding Observers' Value Attributions
of Emotionally-Laden Allyship
Practices of Allies*
*Meg A. Warren, PhD, Katie M. Winkelman, BA,
Tejvir Sekhon, PhD, & Rachael Waldrop, MA
Western Washington University

3. *I Know How to Be an Ally, or Do I?*
*Effective and Ineffective Communications
Practices of Allies*
*Katie Winkelman, BA, and Meg A. Warren, PhD
Western Washington University

Discussion: Meg A. Warren, PhD

Morning Concurrent Session 12b - Burkle Room 12

**Positive Psychological
Interventions & Well-being**
Chair: Kate Bono, PhD
CSU Fullerton

*Positive Psychology Interventions:
Boosting Need Satisfaction and Well Being in
Emerging Adults*
Susan A. Mangan PhD
Claremont Graduate University

Arts Amplify Youth!
Increasing Belongingness and Feelings of Safety
through a Youth-Led Initiative
Ivonne Chand O'Neal, PhD,
MUSE Research, Silver Spring, MD
Merryl Goldberg, EdD, Cal State San Marcos,
Dairrick Hodges, Samantha Mercial, and
Ruben Alvarez

Morning Concurrent Session 22b - Burkle Room 22

Inclusion, Identity, and Positive Education
Chair: Kelly B.T. Chang, PhD
George Fox University, Oregon

*Calling In vs Calling Out:
Navigating Difficult Conversations in the Workplace*
Justin Scott Campbell, MA
Cypress College

*Transforming Racial Microaggressions
into Positive Identity Growth through the
Use of Positive Racial Identity*
Amber N. Kea-Edwards, MA
Claremont Graduate University

*The Intersection of Diversity, Equity &
Inclusion (DEI) and Positive Education*
Tamara Lechner, BA, CAPP
The Center for Positive Education
Victoria, Canada

Box lunches available by preorder for \$17
Scripps College Dining Hall: Preorder for \$8.75
Special Rates for WPPA Conference Attendees

Claremont Village (map provided)

Lunch



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

Afternoon Concurrent Session 16c - Burkle Room 16

Dynamic Positive Psychology Education
Chair: Saida Heshmati, PhD
Claremont Graduate University

*Bringing Positive Psychology to Life Online:
Jedi Training for Defeating the Dark Side
of the Internet*
Bruce W. Smith, PhD,
University of New Mexico

What's Under the Hood?
A Triadic Change Model for Developing Effective
Culturally-Inclusive
Positive Psychology Interventions
Shelly P. Herrell, PhD,
Jaz Robbins, MA, Esther Son, BA,
and Amber M. Williams, BS
Graduate School of Education and Psychology
Pepperdine University

Afternoon Concurrent Session 14c - Burkle Room 14

Positive Psychology in Communities
Chair: Ivonne Chand O'Neal, PhD
MUSE Research
& National Institutes of Health (NIH)
Silver Spring, MD

*Against the Odds: A Study of District
Administrators' Perception of Collective Flow,
Collective Efficacy and PERMA(H)*
Karen Stansberry Beard, Ph.D.,
Ohio State University

*Research-Practice Collaboratives:
A Research-Based Framework*
*Nazanin Zargarpour, PhD,
Jaclyn Gaffaney, MA & Louis Alloro, MEd, MAPP
Claremont Graduate University

Afternoon Concurrent Session 12c - Burkle Room 12

Adolescent Gratitude, Well-Being & Resilience
Chair: Giacomo Bono, PhD
CSU - Dominguez Hills

*Gratitude and Well-being Among Adolescents:
Longitudinal Models*
Joanna Sztacharska, MA, Giacomo Bono, PhD,
Annes Chiu, BA & David Disabato, MA
CSU - Dominguez Hills
SWPS University of Social Sciences and
Humanities & Kent State University

*The Role of Gratitude Development
in Facilitating Resilience
Assets Among Adolescents*
Taylor Duffy, BA, Joanna Sztacharska, MA,
Giacomo Bono, PhD, & Noel Card, PhD
CSU - Dominguez Hills
SWPS University of Social Sciences
and Humanities

*How Gratitude Benefits Adolescents:
Mediators and Moderators that Influence
Mental Health and Well-being*
Giacomo Bono, PhD,
Joanna Sztacharska, MA, and Taylor Duffy, BA
CSU - Dominguez Hills

Afternoon Concurrent Session 22c - Burkle Room 22

**Positive Psychology Education
Medical Interventions**
Chair: Leanne Bishara, MA
Fuller Theological Seminary

*Motivation Regulation through Realistic Goal
Adjustment During Stroke Rehabilitation*
Yongwon Cho, MA & Steve Cramer, MD
University of California, Irvine

*The Flow Experience in Childbirth:
Home Birth vs. Hospital Birth*
Victoria C. Karalun, BA & T. L. Brink, PhD
Crafton Hills College, Yucaipa, CA

Afternoon Concurrent Session 16d - Burkle Room 16

**Life-Span Perspectives
on Positive Development**
Chair: Saida Heshmati, PhD
Claremont Graduate University

The Positive Development across the Lifespan
Jeanne Nakamura, PhD
Claremont Graduate University

*Positive Emotion Socialization
and Children's Outcomes*
Stacey N. Doan, PhD,
Qingfang Song, PhD, Yang Yang, PhD,
and Qi Wang, PhD
Claremont McKenna College

Afternoon Concurrent Session 14d - Burkle Room 14

**SYMPOSIUM III:
Access to Lab**
Chair: Christopher Chen, MA
Claremont Graduate University

*Applications of Positive Psychology
in the Global Workplace: Findings from the
Accenture Talent Innovation Lab*
Research
- and Applied Projects
Christopher
Chen, MA, Lab Manager

Cross Cultural Study of PsyCap
Rachel Villalobos, MA
Claremont Graduate University
Network Modeling
Lawrence Chan, MA
Claremont Graduate University

Afternoon Concurrent Session 12d - Burkle Room 12

**Cross Cultural Prosocial Behavior,
Well-being and Eudaimonia**
Chair: Karen Stansberry Beard, PhD
Ohio State University

*Helping Fulfill: Cross-Cultural Findings
on How Prosocial Behavior
Contributes to Eudaimonia*
*Rachel M. Baumsteiger, PhD, Yale University &
Ximena Giesman, BA
Claremont Graduate University

*Correlates of Well-Being
in Intimate Relationships Across Cultures*
Charles T. Hill, PhD
Whittier College

Afternoon Concurrent Session 22d - Burkle Room 22

**Positive Psychology Education
in Business and Community Development**
Chair: T. L. Brink, PhD
Crafton Hills College

*Coaching as Pedagogy:
Applying Peter Drucker's Philosophy and the
Principles of Psychology to an MBA Course*
Greg Zerovnik, PhD
California Institute
of Advanced Management

*Appreciative Inquiry
& Dialogical Community Development:
New Horizons for Positive Psychology*
Kevin R. Wilson, MA
Arizona State University

Afternoon Concurrent Session 12e - Burkle Room 12

Afternoon Concurrent Session 22e - Burkle Room 22

<p>Respectful Engagement at Work Chair: Meg A. Warren, PhD Western Washington University</p> <p><i>Positive Approaches to Workplace Gossip</i> Michelle C. Bligh, PhD Dean, School of Social Science, Policy & Evaluation, Professor of Organizational Behavior Claremont Graduate University</p> <p><i>Respectful Engagement, Relational Practices, and High Quality Connections in Workplaces</i> Gloria Gonzales Morales, PhD Claremont Graduate University</p>	<p>Identity, Inequity, & the Hope of "Not Yet" Chair: Shelly P. Harrell, PhD Graduate School of Education and Psychology Pepperdine University</p> <p><i>Identity Mediates Inequity and Flourishing among Racially Minoritized and International College Students</i> Lauren C. Martinez, PhD, Nadida Palacios McD., Jonathan Wang, EdD, Prawit Thairiyon, PhD, Monique Allard, EdD, and Paula Swinford, MS, MHA Office for Health Promotion Strategy USC Student Health University of Southern California</p> <p><i>Black Girls and School Discipline: The Hope of "Not Yet"</i> Karen Stansberry Beard, PhD, & Alexis Patrice Little, MS, Ed Ohio State University</p>	<p>Positive Psychology in Sport: Coach Matters Chair: Michael J. Fullone, PhD UC Santa Barbara</p> <p><i>Fear of Failure in Young Athletes: Why Coach Emotional Support Matters</i> Lesrine Bishara, MA & Shant Rising, BA, Benjamin Houtberg, PhD, & Sarah Schritker, PhD Theological Seminary Fuller</p> <p><i>Exploring the Relationship between Stress-Related Growth and Basic Psychological Needs Following Athletic Injuries</i> Samantha L. MacDonald, MS, Linda Keeler, EdD, Jessyca Arthur-Cameselle, EdD, and Melissa D'Eloia, PhD Claremont Graduate University</p> <p><i>Peak Athletic Performance through Positive Coaching</i> Tamara Lechner, BA, CAPP The Center for Positive Education Victoria, Canada</p>	<p>Narrative, Research, Clinical Practice & Inclusion Chair: ????</p> <p>California Institute of Advanced Management</p> <p><i>The Role of Inclusiveness in Biomedical Research, Animal Care, and Research Decision Making</i> Ivonne Chand O'Neal, PhD & MUSE Research, Silver Spring, MD Susan Brant Silk, MS, SERO, Bethesda, MD, and Patricia A. Brown, VMD, NIH Office of Laboratory Animal Welfare, Bethesda, MD</p> <p><i>Narrative: A New Concept for Guiding Positive Psychology</i> T. L. Brink, PhD & Victoria Karalun, BA Craiton Hills, Yucaipa, CA</p>
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4-4:50 PM Afternoon Concurrent Session 16f - Burke Room 16

Afternoon Concurrent Session 14f - Burke Room 14

Afternoon Concurrent Session 12f - Burke Room 12

Afternoon Concurrent Session 13f - Burke Room 22

Applying Positive Psychology to Ethics, Diversity, Equity, and Inclusion in Organizations
Chair: Michele Bligh, PhD
Dean, School of Social Sciences, Policy & Evaluation, Professor of Organizational Behavior
Claremont Graduate University

Applications of Positive Psychology
Stephen Gilliland, PhD
Claremont Graduate University

Using a Positive Work and Organizations Approach to Increase Diversity, Equity, and Inclusion
Meghana A. Warren, PhD
Western Washington University

Discussion Featuring:
Steve Gilliam and Special WPPA Guests

Resilience
Chair: Stacey N. Doan, PhD
Claremont McKenna College

The Resilient Families Program: Understanding Changes in Parents, Children and their Relationships
*Emmy Shin, BS and *Katherine E. Bono, PhD,
Dallas Sullivan, Emily Allen, Jennifer Weyer,
Melanie Horn Mallers, PhD, and JudeMay Enriquez, MA
Fullerton

Coping Styles and Resilience in Nicaraguan Youth
*Kelly B. T. Chang, PhD,
B. Cameron Stumpf, and Deborah Campbell
George Fox University, Oregon

Manipulating Resilience in an Everyday Setting: The Effects of Self-Efficacy Priming and Social Support
*Kresh Reil, BA, Steven Frieze, MA, *Michelle Ruvalcaba, AA, *Tiffany Corneo, BA,
*Leticia Estrada, AA, *Tania Gonzalez Salgado, AA, and *Sara Sosa, AA
CSU Dominguez Hills

Positive Education: How to Do It & Benefits for All
Chair: Tamara Lechner, BA, CAPP
The Center for Positive Education
Victoria, Canada

Bringing Hollywood to Online Teaching: Smart Phones, Green Screens, and the Strength of Silence
*Bruce W. Smith, PhD, Nalia deCruz-Dixon, MA,
Alvin Phan, MSW, Robert Muler, BA,
Catalina Ostio, BA, and Tanya Kaitan
University of New Mexico

Well-being of Teachers Who Implement a Positive Education Program in Dubai, UAE
Mark Samways, MA, Dubai College, Sheridan
Tassal, MA, Dubai College, and
*Rachael Waldrop, MS
Western Washington University

Caregiving, Women, and Well-Being
Chair: Victoria Karalun
Craiton Hills College, Yucaipa, CA

Lower Control Amplifies Life Satisfaction for Women with Higher Partner Affective Solidarity
Heidi J. Kellern, BA
Claremont Graduate University

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

5-5:50 PM Closing Session

Closing Session
Reflections on WPPA 2020 & Aspirations for the Future

Reflections
Robert J. Valierand, PhD
Canada Research Chair on Motivational Processes and Optimal Functioning
Laboratoire de Recherche sur le Comportement Social Université du Québec à Montréal
Attendee & Presenter Reflections
Open Discussion with WPPA Community

Closing Remarks
Stewart I. Donaldson, PhD
Claremont Graduate University

GROUP Photograph with WPPA Conference Attendees

6-7:30 PM

Burke Family Building - Upper and Lower Lobby Areas
WINE & CHEESE RECEPTION & Meeting the Authors of Positive Psychology Books
Poster Presentations & Discussions

Posters	Posters	Posters	Posters
64. <i>Knowing What Makes Happiness and Love is Related to Positive Regulation and Mindfulness</i> Anna Alessandra Nicoletta C. Yu, BA, Yale University Nicole Betz, PhD, & John Coley, PhD Northwestern University	18. <i>Resilience Review: What Have We Learned about the Ability to Bounce Back?</i> *Nalia V. deCruz-Dixon, MA, Kaitlyn B. Schott, MA, Jacqueline Medici, BA, and Bruce W. Smith, PhD, University of New Mexico	43. <i>Planting Seeds: Nature-Based Therapy, Adolescents, and Positive Psychology Interventions</i> Roxanne Ramirez, MA, & Shelly Harrell, PhD, Graduate School of Education and Psychology, Pepperdine University	34. <i>Recipe for Inclusive Leadership: An Examination of Virtues and Communication Strategies that Make Leaders Great</i> Katie M. Winkelman, BA & Meghana A. Warren, PhD Western Washington University
8. <i>Purpose in Life, Mental Health & Stress</i> Anne Guzman, MA, Nalia V. deCruz-Dixon, BA, University of New Mexico	26. <i>How Do Teens Feel at School? New Directions for Assessing Momentary Emotional Well-being</i> *Rachel M. Baumstieger, PhD, Beatriz Garcia, BA, Christina Cipriano, EdM, PhD, Cynthia Willner, PhD, Jessica Hoffmann, PhD, and Marc A. Brackett, PhD Yale Center of Emotional Intelligence Yale University	51. <i>Measuring the Grateful Personality in Youth: Validation of the Gratitude Questionnaire for Youth (GQ-Y)</i> Taylor Duffy, BA, Joanna Sztacharska, PhD, Kreshmir Reil, BA, Giacomo Bono, PhD, and Noel Card CSU Dominguez Hills	65. <i>The Results Are In: Small Wins are Mighty!</i> Natalia K. Stieringer, PhD University of Arizona
28. <i>Implementing the Resilient Families Program: Process Evaluation Findings and Lessons Learned</i> JudeMay Enriquez, MA, Melanie Horn Mallers, PhD, Nora Castro, MA, Emmy Shih, BS, *Dallas Sullivan, *Emily Allen, *Jennifer Weyer, and Katherine E. Bono, PhD CSU - Fullerton	60. <i>Mutual Factors Affecting Community College Students Ability to Transfer</i> *Andrew A. McReynolds, AA, University of San Francisco and Nitzel Gonzalez-Sanchez University of California, Davis	66. <i>Speak Through Color</i> *Ashley S. Butler, AA, & *Munir Ahmadi AA Irvine Valley College	32. <i>Meaning, Optimism, and Gratitude Mediate Spirituality and Life Satisfaction among Latter Day Saints</i> Mason S. Ming, BS, Loma Linda University, G. E. Kavika Allen, PhD, Brigham Young University (BYU), and Connor Nance, MA, Loma Linda University
17. <i>The Effects of an Online Positive Psychology Course on Undergraduate Happiness and Well-Being</i> *Jacqueline Medici, BS, Alvin Phan, BS, MSW, Kelly S. Erickson, MA, and Bruce W. Smith, PhD University of New Mexico	47. <i>Gratitude as a Strength in Human Development</i> Taylor A. Duffy, BA, Selena Moreno, Evan Steinberg, Joanna Sztacharska, PhD, Anthony Chuy and Giacomo Bono, PhD CSU Dominguez Hills	36. <i>Positive Psychology and Substance Abuse Treatment at Department of State Hospitals - Patton</i> Adam K. Jones, LCSW Department of State Hospitals - Patton	9. <i>A Path Analysis of Factors Influencing Positive Thinking and Positive Feeling: The Role of Decentering in Maha Be Feeling</i> Saem, MA University of Northern Colorado, Greeley
			24. <i>Evaluating Domains of Positive Psychology as Predictors of Well-Being</i> So Y. Park, MA, Joe Olsen, ??, & Jared Warren, ?? Brigham Young University (BYU)
			53. <i>How Traditional Gender Roles Affect Hope in the Latinx Community</i> *Michelle Ruvalcaba, AA, Anthony Castellanos, AA, Elizabeth Lopez, BA, Jessica Moron, Reyna Lopez, BA, Kelly Park, BA, Nasim Karimi, AA, Denzil Collins Berry, AA, and Ruben Gomez, AA CSU Dominguez Hills
			33. <i>Gratitude and Well-Being: The Mediating Roles of Meaning in Life, Social Support, and Self-Esteem</i> *Mason S. Ming, MS, Loma Linda University and G. E. Kavika Allen, PhD Brigham Young University (BYU)
			*57. <i>The Impact of Materialism, Gratitude, and Psychological Needs on Life Satisfaction</i> *Kresh Reil, BA and Giacomo Bono, PhD, CSU Dominguez Hills