

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

Time
 7:30-8:30 AM

8:30-8:50

8:50-10

ROOMS

16

14

12

22

10-10:50

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 Brook, 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, Chae Foon, BA, and
 Victoria Cabrera, MPA
 Claremont Graduate University

Morning Concurrent Session 22a - Burkle 22

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

*Flourishing Among College Students
 with Mental Illness*
 *Andrea G. Moore, 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, MBA
 Claremont Graduate University

11-11:50

Morning Concurrent Session 16b - Burkle Room 16

Moral Elevation and Gratitude
 Chair: Nazarin Zargarpoor, 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*
 *Meg A. Warren, PhD, Katie M. Winkelman, BA,
 Tevir 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
 Merry Goldberg, EdD, Clal State San Marcos,
 Dairrick Hodges, Samantha Marcial, 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

*Transforming Racial Microaggressions
 into Positive Identity Growth through the
 Use of Positive Racial Identity*
 Amber N. Kiss 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

11:50 - 1 PM

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

1-1:50 PM

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. Harrell, 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*
 Nazarin Zargarpoor, PhD,
 Jaclyn Gaffaney, MA & Louis Aloro, MEd, MAPP
 Claremont Graduate University

Afternoon Concurrent Session 12c - Burkle Room 12

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

*Gratitude and Well-being Among Adolescents:
 Longitudinal Models*
 Joanna Sztacharska, MA, Giacomo Bono, PhD,
 Annes Chu, BA & David Diababato, 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 & Clinical Practice:
 Medical Interventions**
 Chair: Leanne Bithara, 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

2-2:50 PM

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 Psychology through a Developmental
 Lens: Research and Applications*
 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:
 Accenture 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 Gesmann, 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

3-3:50 PM

Afternoon Concurrent Session 16e - Burkle Room 16

Respectful Engagement at Work
 Chair: Meg A. Warren, PhD
 Western Washington University

Afternoon Concurrent Session 14e - Burkle Room 14

Identity, Inequality, & the Hope of "Not Yet"
 Chair: Shelly P. Harrell, PhD
 Graduate School of Education and Psychology
 Pepperdine University

Afternoon Concurrent Session 12e - Burkle Room 12

**Positive Psychology in Sport:
 Coach Matters**
 Chair: Michael J. Furlong, PhD
 UC Santa Barbara

Afternoon Concurrent Session 22e - Burkle Room 22

Narrative, Research, Clinical Practices & Inclusion
 Chair: Greg Zerovnik, PhD
 California Institute of Advanced Management

Positive Approaches to Workplace Gossip
Michelle C. Bligh, PhD
Dean, School of Social Science, Policy & Evaluation, Professor of Organizational Behavior
Claremont Graduate University

Identity Mediates Inequity and Flourishing among Racially Minoritized and International College Students
Lauren C. Martinez, PhD, Naddia Palacios MEd, Jonathan Wang, EdD, Pravit Thairiyom, PhD, Monique Alard, EdD, and Paula Swinfors, MS, MHA
Office for Health Promotion Strategy
USC Student Health
University of Southern California

Fear of Failure in Young Athletes: Why Coach Emotional Support Matters
Leanne Bishara, MA & Shant Rising, BA, Benjamin Houtberg, PhD, & Sarah Schritker, PhD
Fuller Theological Seminary

The Role of Inclusiveness in Biomedical Research, Animal Care, and Research Decision Making
Ivonne Chand O'Neil, PhD & MUSE Research, Silver Spring, MD
Susan Brust Silk, MS, SERO, Bethesda, MD, and Patricia A. Brown, PhD, NIH
Office of Laboratory Animal Welfare, Bethesda, MD

Respectful Engagement, Relational Practices, and High Quality Connections in Workplaces
Gloria González Morales, PhD
Claremont Graduate University

Black Girls and School Discipline: The Hope of "Not Yet"
Karen Stansberg Beard, PhD, & Alexis Parrice Little, MS Ed
Ohio State University

Exploring the Relationship between Stress-Related Growth and Basic Psychological Needs Following Athletic Injuries
Samantha L. MacDonald, MS, Linda Keeler, EdD, Jessyca Arthur-Cameselle, EdD, and Melissa D'Elia, PhD
Claremont Graduate University

Peak Athletic Performance through Positive Coaching
Tamara Lechner, BA, CAPP
The Center for Positive Education
Victoria, Canada

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 12f - 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 Gilliam, PhD
Claremont Graduate University

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

Discussion Featuring:
Steve Gilliam and Special WPPA Guests

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

The Resilient Families Program: Understanding Changes in Parents, Children and their Relationships
*Emmy Shih, BS and *Katherine E. Bono, PhD, Dallas Sullivan, Emily Allen, Jennifer Wyer, Melanie Horn Mallers, PhD, and JudalMay Enriquez, MA
CSU-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 Conejo, 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 Stillness
*Bruce W. Smith, PhD, Nails deCruz-Dixon, MA, Alvin Phan, MSW, Robert Meier, BA, Catalina Osello, BA, and Tanya Kalkan
University of New Mexico

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

Narrative: A New Concept for Guiding Positive Psychology
T. L. Brink, PhD & Victoria Karalun, BA
Craffton Hills, Yucaipa, CA

Lower Control Amplifies Life Satisfaction for Women with Higher Partner Affective Solidarity
Heidi J. Kellam, 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 16g - Burke Room 16

Closing Session
Reflections on WPPA 2020 & Aspirations for the Future

Reflections
Robert J. Vallerand, PhD
Canada Research Chair on Motivational Processes
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 Northeastern University	18. <i>Resilience Review: What Have We Learned about the Ability to Bounce Back?</i> *Naila 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, & Shelley 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 & Meg A. Warren, PhD Western Washington University
8. <i>Purpose in Life, Mental Health & Stress</i> Anne Guzman, MA, Naila 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 Baumstager, 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 Sztachariska, PhD, Kresimir Reil, BA, Giacomo Bono, PhD, and Noel Card CSU Dominguez Hills	24. <i>Evaluating Domains of Positive Psychology as Predictors of Well-Being</i> So Y. Park, MA, Joe Olsen, PhD, and Jared Warren, PhD Brigham Young University (BYU)
28. <i>Implementing the Resilient Families Program: Process Evaluation Findings and Lessons Learned</i> JudalMay Enriquez, MA, Melanie Horn Mallers, PhD, Nora Castro, MA, Emmy Shih, BS, Dallas Sullivan, *Emily Allen, *Jennifer Wyer, and Katherine E. Bono, PhD CSU - Fullerton	60. <i>Mutuable 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 Ahmad AA Irvine Valley College	32. <i>Meaning, Optimism, and Gratitude Mediate Spirituality and Life Satisfaction among Letter Day Saints</i> Mason S. Ming, BS, Loma Linda University, G. E. Kavka 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 Steinfeld, Joanna Sztachariska, PhD, Anthony Chyu, 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 Positive Feeling</i> Maha Ben Salem, MA University of Northern Colorado, Greeley
			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. Kavka 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