



SACRAMENTO STATE

WESTERN POSITIVE PSYCHOLOGY ASSOCIATION

9TH ANNUAL CONFERENCE
APRIL 4-6, 2025



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WELCOME

THE 2025 WESTERN POSITIVE PSYCHOLOGY ASSOCIATION CONFERENCE AIMS TO BRING TOGETHER A COLLABORATIVE SCIENTIFIC COMMUNITY OF FACULTY, STUDENTS, SCHOLARS, AND PRACTITIONERS TO ADVANCE AND SUPPORT RIGOROUS, EVIDENCE-BASED EMPIRICAL RESEARCH AND APPLICATION IN THE SCIENCE OF HAPPINESS, EXCELLENCE, AND OPTIMAL HUMAN FUNCTIONING. THE THEME OF THE 2025 WPPA CONFERENCE IS "CULTIVATING COMMUNITY AND CONNECTION: ADVANCES IN POSITIVE RELATIONSHIPS AND WELL-BEING." THIS YEAR, THE CONFERENCE EXPLORES THE CRITICAL ROLE OF COMMUNITY AND SOCIAL CONNECTIONS IN FOSTERING PSYCHOLOGICAL WELL-BEING, HIGHLIGHTING CUTTING-EDGE RESEARCH ON POSITIVE RELATIONSHIPS. WE WELCOME YOU TO THE 9TH ANNUAL WPPA CONFERENCE WITH OPEN ARMS AND MINDS.

WPPA



The Western Positive Psychology Association (WPPA) is dedicated to creating a collaborative scientific community of faculty, students, and scholars to advance and support academic agenda in the field of positive psychology in the western region of the United States. The WPPA encourages education, research and dissemination of knowledge in positive psychology and supports the professional development of positive psychology faculty and students in the region. The Western Positive Psychology Association (WPPA) welcomes you to its 9th Annual Conference, hosted by California State University – Sacramento (CSUS). This year's theme—Cultivating Community and Connection—reflects WPPA's commitment to advancing well-being through relationships, inspired by Christopher Peterson's reminder that "other people matter." We look forward to meaningful conversations, new collaborations, and continued growth in our shared pursuit of human flourishing.



STEWART I. DONALDSON, PH.D.

PRESIDENT & CO-FOUNDER

Stewart I. Donaldson is a distinguished university professor, the executive director of the university's Claremont Evaluation Center (CEC) and The Evaluators' Institute (TEI). Professor Donaldson works with students on a wide range of topics across several fields and programs at CGU, including the science of positive psychology, positive organizational psychology, and program design and evaluation.



SHARI YOUNG KUCHENBECKER, PH.D.

EXECUTIVE DIRECTOR & CO-FOUNDER

Shari Young Kuchenbecker, Ph.D., from UCLA, with a B.A. from Stanford, has collaborated on research across the Western Region, focusing on the nexus of emotions, thoughts, and actions. As Director of R.W. Research, Inc., she emphasizes pro-social skills, empathy, stress neurohormones, and cognitive-emotional regulation, contributing significantly to developmental studies and social change through research publications presented at APA and WPA with Phil Zimbardo and Albert Bandura.

Acknowledging Stewart and Shari's indispensable role, we express our deepest gratitude for their vision, leadership, and mentorship. Their efforts have been crucial in bringing this conference to life, setting a standard of excellence and collaboration.

A MESSAGE FROM ACADEMIC CONFERENCE CHAIR



The Department of Psychology at Sac State is honored to host the 9th Annual Conference of the Western Positive Psychology Association. It is our absolute pleasure to welcome you to this year's conference, Cultivating Community and Connection: Advances in Positive Relationships and Well-being.

The theme of our conference serves as a reminder that sharing the journey with others matters and highlights the fundamental role of social bonds in fostering individual happiness and collective flourishing. By bringing together scholars and practitioners dedicated to advancing the science of relationships, happiness, and well-being, we celebrate the meaningful contributions that drive our field forward.

The conference emerged through countless hours of dedication from our organizing committee, volunteers, presenters, and supporters. Your participation in this event deserves our deepest gratitude.

Let us embrace our field's major message of connection in promoting well-being as we dive into the upcoming days filled with inspiring talks and new research along with stimulating discussions. We will build fresh partnerships, pose courageous inquiries and remember our core motivations. The true value of events like these conferences stems not solely from knowledge sharing but from the people who bring that knowledge to life.

Let us join forces to build and cherish meaningful relationships together.

Academic Conference Chair

Melikşah Demir

Rekhi Singh Endowed Professor in Happiness

California State University, Sacramento

THE REKHI SINGH TRIBUTE AND GRATITUDE



Photo credit to Andrea Pricet

The Western Positive Psychology Association 9th Annual Conference **welcomes and gratefully acknowledges** the generous support of the **Rekhi Foundation for Happiness**. The Foundation is a nonprofit trust founded by **Dr. Satinder Singh Rekhi** and his wife **Harpreet Rekhi** in 2016.

It aims to expand the practice and knowledge of *Happiness Science and Positive Psychology* by establishing happiness centers at various universities.

The Foundation's commitment to advancing the science of positive psychology aligns with WPPA's mission and vision. With gratitude, we build this alliance together for a better future.

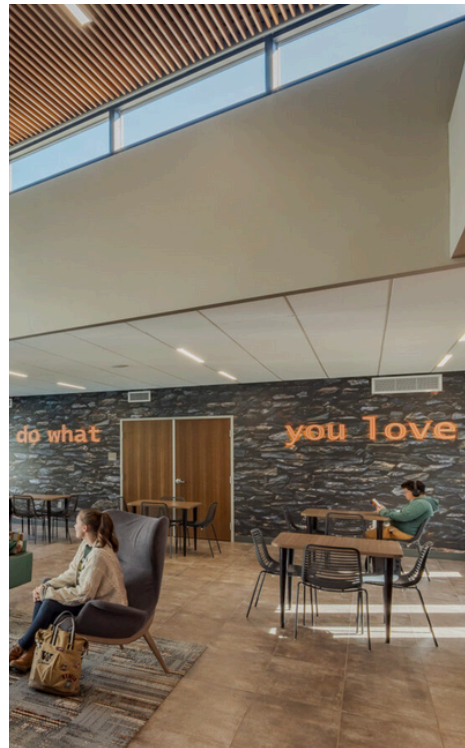
<http://rekhifoundation.com>

ABOUT THE CONFERENCE

CULTIVATING COMMUNITY AND CONNECTION:
ADVANCES IN POSITIVE RELATIONSHIPS AND
WELL-BEING.

OUR MISSION

The 9th WPPA Conference, hosted at **California State University – Sacramento**, explores how we can cultivate community and connection through advances in positive relationships and well-being. Building on insights from post-COVID-19 research and two decades of scientific progress, the conference reflects the belief that “other people matter.” WPPA continues its mission to promote research, collaboration, and the application of positive psychology across the western United States and beyond.



COMMUNITY BUILDING

The Western Positive Psychology Association **9th Annual Conference** centers on the theme **Cultivating Community and Connection**. Guided by the idea that “other people matter,” we are committed to creating an environment that fosters meaningful relationships and shared learning. This gathering reflects our collective effort to advance the field of positive psychology through **collaboration, mutual support, and a strong sense of community**.



KEYNOTES



SAIDA HESHMATI, PH.D.

Saida Heshmati, Ph.D., is an assistant professor of psychology at Claremont Graduate University. She uses her expertise in positive relationships and love, positive education, human development, and advanced analytical methods to study how well-being and optimal development unfold in everyday life.

Talk Title: The Power of Positive Emotions



STEWART DONALDSON, PH.D.

Stewart I. Donaldson, Ph.D. is a distinguished university professor at Claremont Graduate University. He has trained hundreds of students and published numerous journal articles, chapters, and books on the science of positive psychology.

Talk Title: Flow 2.0: Honoring Mike C's Legacy



BOB EMMONS, PH.D.

Bob Emmons, Ph.D., is a professor Emeritus of psychology at the University of California, Davis and world-renowned researcher on gratitude. He's the author of several books, including *Thanks!* and *Gratitude Works!*, and founding editor of *The Journal of Positive Psychology*.

Talk Title: Gratitude for Realists: Myths, Misconceptions & Misgivings in the Search for the Grateful Life

KEYNOTES



JEANNE , PH.D. & CHRIS J. EGGER

Jeanne Nakamura, Ph.D., is an associate professor at Claremont Graduate University and director of the Quality of Life Research Center. A co-founder of the Positive Psychology concentration, she studies engagement, mentoring, creativity, and positive aging.



Chris J. Egger is a PhD student in the Positive Developmental Psychology program at Claremont Graduate University. His work examines the role of individuals in socio-cultural and ecological systems.

Talk Title: The Future of Positive Psychology



KENDALL COTTON BRONK, PH.D.

Kendall Cotton Bronk, Ph.D., is a professor of psychology at Claremont Graduate University and a developmental psychologist specializing in purpose and moral development in youth. Her research explores how purpose develops across diverse populations and how it can be fostered through evidence-based interventions.

Talk Title: The Power of Purpose

PROGRAM OVERVIEW

Friday, April 4 – Welcoming

- 04:00pm–06:00pm – Registration and Check In – Cottonwood Suites
Foyer – registration open throughout conference
- 06:00pm–06:15pm – Welcome to CSUS & WPPA 2025, Melikşah Demir & Shari Young Kuchenbecker – Cottonwood Suite
- 06:30pm–07:30pm – **Keynote – Saida Heshmati: The Power of Positive Emotions**
- 7:30pm– Reception

Saturday, April 5 – Positive Psychology Conference

All Keynotes and Symposia held in Ballroom I

- 07:00am–08:00am – Registration and Check-In – Ballroom I Foyer
Registration open throughout conference
- 07:00am–08:30am – Continental Breakfast
- 08:20am–08:30am – Welcome – Melikşah Demir & Shari Young Kuchenbecker
- 08:30am–09:00am – **Keynote – Stewart I. Donaldson: Flow 2.0: Honoring Mike C's Legacy**
- 09:10am–10:20pm – Symposium and Workshop
- 10:30am–11:30am – **Keynote – Bob Emmons: Gratitude for Realists: Myths, Misconceptions and Misgivings in the Search for the Grateful Life**
- 11:30am–12:00pm – Lunch Break – Box Lunch Provided
- 11:30am–12:00pm – Meet and Greet with Bob Emmons
- 12:00pm–01:00pm – **Keynote – Kendall Cotton Bronk: The Power of Purpose**
- 01:00pm–02:15pm – Oral Presentations and Symposium – Breakout Sessions 1 & 2 – Cottonwood & Orchard
- 2:30pm–04:00pm – Coffee & Tea Service
- 2:30pm–04:00pm – Poster Session – Ballroom II
- 04:00pm–05:15pm – Oral Presentations and Symposium
Breakout Sessions 3 & 4 – Cottonwood & Orchard
- 05:30pm–06:30pm – **Keynote – Jeanne Nakamura & Chris J. Egger: The Future of Positive Psychology – Ballroom I**
- 06:30pm – Gratitude Buffet Dinner
- 07:00pm–07:15pm – Gratitude, Recognition, and Awards
- 07:15pm – After Conference Sharing Led by Stewart Donaldson, WPPA President & Co-Founder

PROGRAM OVERVIEW

Sunday, April 6 – Workshops

08:00am–08:50am – Registration for Workshops

08:50am–09:00am – Welcome – Melikşah Demir & Shari Young
Kuchenbecker

09:00am–10:30am – Workshops I – Cottonwood I & II, III

10:30pm–12:00pm – Workshops II – Cottonwood I&II, III, and Orchard

FULL PROGRAM

Friday, April 4 – Welcoming

University Union Building – Cottonwood Suite, 2nd floor

04:00pm–06:00pm – Registration and Check-In

*Check-in will be available for the
duration of the conference*

06:00pm–06:15pm – Welcome to CSUS & WPPA 2025

06:30pm–07:30pm – **Keynote Talk by Saida Heshmati:**
The Power of Positive Emotions

Saturday, April 5 – Positive Psychology Conference

University Union Building

Check in – University Ballroom Foyer

07:00am–08:00am – Registration and Check-In

(registration open throughout conference)

07:00am–08:30am – Continental Breakfast

Opening Session – University Ballroom I

08:20am–08:30am – Welcome Address – Melikşah Demir
& Shari Young Kuchenbecker

08:30am–09:00am – **Keynote Address – Stewart I.
Donaldson:** Flow 2.0: Honoring Mike
C's Legacy

FULL PROGRAM

Saturday, April 5 – Positive Psychology Conference

Symposium and Workshop – University Union Building

09:10am–10:20am

Symposium – University Ballroom I

- Flourishing in the Face of Discrimination: How Joy and Gratitude Build Community and Resilience. Giacomo Bono, Ph.D. (Chair, California State University Dominguez Hills), Phil Watkins, Ph.D., Eastern Washington University, and Kresh Reil, M.A., Claremont Graduate University.

Workshop – Cottonwood Suite 1 and 2, 2nd floor

- Teaching Positive Psychology. Christopher Old, Eds, LPCC, LMFT, NCC Counsel, Professor, Sierra College, Natalie Sherrell, MA, LMFT, CARE LC, Sierra College, and Melikşah Demir, Ph.D., California State University, Sacramento.

Keynote Address – University Ballroom I

Bob Emmons

Gratitude for Realists: Myths, Misconceptions and Misgivings in the Search for the Grateful Life

10:30am–11:30am

Meet and Greet – Bob Emmons

11:30am–12:00pm

Lunch Break – Box Lunch provided

11:30am–01:00pm

Keynote Address – University Ballroom I

Kendall Cotton Bronk

The Power of Purpose

12:00pm–01:00pm

FULL PROGRAM

Saturday, April 5 – Positive Psychology Conference

Oral Presentations and Symposium – Concurrent Afternoon Session 1

University Union Building

01:00pm–2:15pm

University Ballroom I – Symposium:

- Pathways to Peace: Leveraging Character Strengths for Social Justice and Intergroup Peace. Jennifer P. Villalobos (Chair), Ph.D., Claremont Graduate University, Stewart Donaldson, Ph.D., Claremont Graduate University, Vicki Cabrera, Ph.D., Claremont Graduate University

Breakout Room 1 – Cottonwood Suite 1 and 2, 2nd floor

Positive Relationships and Well-Being

Chair: Melikşah Demir

- Capitalizing on Friendship: The Role of Need Satisfaction in Happiness Across Adulthood. Ethan Potter, California State University, Sacramento.
- Exploring the Relationship Between Attachment Styles and Sources of Meaning. Emilia Berkes, Arizona State University.
- Social Flow and Adult Attachment. Hannah Lucas, Claremont Graduate University.
- The Power of Being You: Autonomy Support in Friendships and Subjective Well-Being. Melikşah Demir, California State University, Sacramento.
- Gender Differences in Growth Mindset: The Role of Self-Efficacy. Chang-Ho Ji, Ph.D., Siphon Choau, PhD, and Xixuan Zhao, Ph.D.

Breakout Room 2 – Orchard Suite, 2nd floor

Gratitude, Flow, and Emotional Well-Being

Chair: Philip C. Watkins

- Exploring Gratitude Journaling in 12-Step Recovery: Effects on Attitudes, Affect, and Cravings: A Pilot Study. Susan Hann Doyle, Claremont Graduate University.
- The Cost of Gratitude: Why Doesn't the Cost Appraisal Create Gratitude? Philip C. Watkins, Eastern Washington University.
- Resilience, Masculinity, and Hedonic-Eudaimonic Dynamics: An Autoethnography of an Extended Gratitude Intervention. Matthew Higgins, Claremont Graduate University.
- The Impact of Cognitive Reappraisal on Meaning in Life: A Daily Emotion Regulation Perspective. Alex Le, Stanford University.
- Flow and Flourishing: Culturally Responsive Music Education as a Catalyst for Well-Being in K-12 Students. Ivonne Chand O'Neal, MUSE Research

FULL PROGRAM

Saturday, April 5 – Positive Psychology Conference

02:30pm–4:00pm Coffee & Tea Service

Poster Session – University Union Building – University Ballroom II
02:30pm–4:00pm

#1 *Between the Tides of East and West: Using Character Strengths to Navigate the Iranian–American ‘Hyphenated’ Identity and Address Intercultural Conflict* – Ava Shahi, University of Pennsylvania, Philadelphia, PA

#2 *Prioritizing the Patient: Trauma-informed Care as a Framework for Cultural Sensitivity* – Jaz Robbins, Pepperdine University, Malibu, CA

#3 *The Price of Abandoning Positive Development Principles: A Shrinkage of Freedom* – Emmanuel Amartey, Claremont Graduate University, Claremont, CA

#4 *Resilience in the Shadows: Cultivating Belonging and Well-Being for Undocumented Students in Higher Education* – Christian Espinoza, Claremont Graduate University, Claremont, CA

#5 *What Good is Parental Gratitude? Navigating the Realities of Modern Parenting* – Stef Tousignant, University of Pennsylvania, Philadelphia, PA

#6 *Positive Psychotherapy: Applying Positive Psychology in Therapeutic Settings Treating Adolescents* – Alvin Phan, Center for Applied Positive Psychology (CAPP), New Mexico Highlands University, Dulce Salado Consultation and Therapeutic Center, Albuquerque, New Mexico

#7 *Exploring Midlife Career Transitions and Calling: Lessons from Radical Career Shifts* – Song Xue and Susan Hann-Doyle, Claremont Graduate University, Claremont, CA

#8 Exploring the Mediating Effect of Organizational Identification on Applicants' Reactions and Recommendation Intentions – Wei Liu, Claremont Graduate University, Claremont, CA

#9 The Impact of High-Quality Connections on Work Engagement Mediated by Positive Emotions – Neda Semsar, Claremont Graduate University, Claremont, CA

#10 Gratitude Predicts Job Satisfaction in Academic Advisors and Software Developers – JAlex Widener, Kristin Koetting O'Byrne & Heather Rasmussen, Abilene Christian University, Abilene, TX

#11 LGBTQ+ Positive Identity is Linked to Accurate Knowledge of LGBTQ+ History – Zach Schudson, Rebecca Tillman, Mason Walker, Riley Henry & Leslie Vernon-Dunnigan, California State University, Sacramento, CA

#12 Adolescent Purpose: A Study and Findings Affirming Its Value in Young Adult Lives – Robert L. McLaughlin, Fielding Graduate University, Santa Barbara, CA

#13 Healing Through Connection: An Intersectional Study on COVID-19's Impact on Healthcare Workers of Color and the Power of Community – Kenya Burton, California State University, Sacramento, CA

#14 Erik Erikson as a Positive Psychologist: Bridging Developmental Theory and Human Flourishing – Eli Waxler, Claremont Graduate University, Claremont, CA

#15 Improving Subjective Well-Being with Nostalgic and Future Thinking – Phoebe Nguyen, California State University, Sacramento, CA

#16 Associations between Physical Activity, Depression, Self-Esteem, and Suicide Ideation in Adolescents – Dojin An, Department of Sport Science, Seoul National University of Science and Technology, Seoul, Republic of Korea

#17 Effects of Overparenting and Ethnicity on Self-Esteem, Positive Affect and Self-Loathing – David Patron, M.D. UC Davis and Jeanne Edman, Ph.D., Los Rios Community College

#18 Ethnocentrism, Cultural Intelligence, and Cross-Cultural Psychological Capital: Navigating Global Leadership in the Druze Community – Elissar Abdul Khalek, Claremont Graduate University, Claremont, CA

#19 The mechanisms-connection of psychological symptoms: Moderated – Mediation Analysis – Abdoul Aziz Oumarou Harou, Claremont Graduate University, Claremont, CA

#20 Exploring the Effects of Awe and Wonder on Well-Being: A Pilot Study – Jared Warren, Claire Sullivan, Coral Van Noy, Elsa Longhurst & Chade Gonter, Brigham Young University, Provo, UT

#21 The Effects of the Drone Sports Program on Positive Psychological Attributes in Out-of-School Adolescents – DongHee Kang & Youngho Kim, Seoul National University of Science and Technology, Seoul, Republic of Korea

#22 Improving Patient-Provider Relationships Through High-Quality Connections in Maternal Health Care Settings – Maliha Hussain & Margaret Hawkins, Claremont Graduate University, Claremont, CA

#23 Associations Between Physical Activity, Imagery, Physical Activity, and Health-Related Quality of Life in University Students – Youngju Lee, Jaewook Nam, & Youngho Kim, Department of Sport Science, Seoul National University of Science and Technology, Seoul, Republic of Korea

#24 Empowering the Helpers: An Innovative Required Course for Social Work Education – Kim Goodman & Sharda Osuna, University of Southern California (USC), Suzanne Dworak-Peck School of Social Work, LA, CA

#25 Preliminary Findings and Insights: Implementing the Mindfulness in Recovery (MIR) Program in Residential and Online Continuing Care Settings – Vanessa Kettering, California State Polytechnic University, Pomona, CA

#26 Application of Positive Psychology Principles in a Department of Human Services Life Skills Coaching Program – Trevor J Petersen, Keeley Bryant, London Argyle, & Ryan Newton, Oregon Institute of Technology, Klamath Falls, OR

- #27 Measuring Profiles of Perceived “Performance” across Multiple Life Role Domains** – Senon Rivera, Zilay Zulfhar, Miguel Leonardo Dela Cruz Alcantara, & Gregory Hurtz, California State University – Sacramento, CA
- #28 Pathways to Hope: An Innovative Approach to Fostering Hopeful Thinking** – Tiffany A Miner, University of New Mexico, Albuquerque, NM
- #29 Keep Calm and Stay Together! The Relation Between Spiritual Fortitude and Spiritual Questing** – Vanessa Delgadillo, Rae Juan, Jaclyn, Morentin & Viviane Seyranian, California State Polytechnic University, Pomona, CA
- #30 Lemons to Lemonade for Positive Psychology: The Importance of IRBs in Ethical Research** – Max Ginsberg, Claremont Graduate University, Claremont, CA
- #31 The Good Life in Music: A Thematic Analysis Across Rock, Pop, and Country Genres** – Kathryn M Ogata, Alisa Masamitsu, Wren Zhou & Nora Ostertag, University of Laverne, Laverne, CA
- #32 The Good Life in Rock Music: A Preliminary Thematic Analysis** – Alisa Masamitsu, Josh Kelly, Evan Conover & Peter Nguyen, University of Laverne, Laverne, CA
- #33 The Good Life in Country Music: A Preliminary Thematic Analysis** – Nora Ostertag & Ethan Anabel, University of Laverne, Laverne, CA
- #34 Good Life in Pop Music** – Yurun (Wren) Zhou, Afifa Ahmadzai, Kathryn Ogata, University of Laverne, Laverne, CA
- #35 Application of Positive Psychology Principles in a Department of Human Services Life Skills Coaching Program** – Trevor J Petersen, Keeley Bryant, London Argyle, & Ryan Newton, Oregon Institute of Technology, Klamath Falls, OR
- #36 Measuring Profiles of Perceived “Performance” across Multiple Life Role Domains** – Senon Rivera, Zilay Zulfhar, Miguel Leonardo Dela Cruz Alcantara, & Gregory Hurtz, California State University – Sacramento, CA

FULL PROGRAM

Saturday, April 5 – Positive Psychology Conference

Oral Presentations and Symposium – Concurrent Afternoon Session 2

University Union Building

04:00pm–5:15pm

University Ballroom I – Symposium:

- The Power of Positive Relational Energy. Stewart Donaldson (Chair), Ph.D., Claremont Graduate University, Maya Rajah, MA, Columbia University, Vicki Cabrera, Ph.D., Claremont Graduate University, Kristina Shea, MA, Claremont Graduate University

Breakout Room 3 – Cottonwood Suite 1 and 2, 2nd floor

Cultural Perspectives and Identity

Chair: W. Richard Walker

- Conceptualizing Positive Psychology and Leadership in African American Literature. Van Havercome, St. John's University.
- Comparing Reaction Time & Recalling Past Experiences of Gratitude Across First-Generation Latinos Versus Non-First-Generation Latino Students. Jennifer A. Varajas, Arizona State University.
- The Impact of Various Relationships on Well-Being and Resilience for Adolescents and Young Adults in Nicaragua. Kelly B.T. Chang, George Fox University .
- Evidence of Antifragility in Autobiographical Memory: The 6% Solution. W. Richard Walker, Colorado State University, Pueblo

Breakout Room 4 – Orchard Suite, 2nd floor

Perfectionism, Social Values, and Workplace Dynamics

Chair: Florencio "Jun" Kabigting

- Psychological Capital in a Remote Working Context: Scale Development and Validation. Vineet Arora, Indian Institute of Technology & La Trobe Business School.
- Positive Human Resources Management: A Bibliographic Coupling Analysis. Florencio "Jun" Kabigting, Claremont Graduate University.
- Mind the "I" in Mindfulness: Mindfulness, Interdependence, and Work Performance. Gavriella Rubin, Claremont Graduate University.
- Beyond Perfectionism: Purpose, Savoring, and Social Contribution in Accomplishment. Sonya Looney, University of Pennsylvania.
- Thriving in Early Childhood Education: The Role of Social Values and Purpose. Kelly Field, Claremont Graduate University.

FULL PROGRAM

Saturday, April 5 – Positive Psychology Conference

University Union Building

Keynote Address – University Ballroom I

Jeanne Nakamura & Chris J. Egger

The Future of Positive Psychology

05:30pm–06:30pm

Gratitude Buffet Dinner – University Ballroom I

06:30pm

Gratitude, Recognition and Awards – University Ballroom I

07:00pm–07:15pm

University Ballroom I – After Dinner Gratitude & Positive Psychology Community Sharing

Led by Stewart Donaldson, WPPA President & Co-Founder

07:15pm



FULL PROGRAM

Sunday, April 6 – Workshop Series

University Union Building

09:00am–10:30am – Workshop I

Cottonwood Suite 1 and 2, 2nd floor:

- Discover Your Best Self: Strengthen Your PERMA+4 with Positive Psychology Interventions (PPIs) – Stewart Donaldson, Ph.D., Vicki Cabrera, Ph.D., & Tatiana Shemiakina, MA and Ph.D. student Claremont Graduate University.

Cottonwood Suite III, 2nd floor:

- Beyond the Finish Line: Building Connection, Purpose, and Mattering in Competitive Sport – Sonya Looney MAPP, MS (and former World Champion athlete) & Suzann Pileggi Pawelski, MAPP.

10:30am–12:00pm Workshop II

Cottonwood Suite 1 and 2, 2nd floor

- Purposeful Play – Kelly Field, MA, Claremont Graduate University

Cottonwood Suite III, 2nd floor

- Strengths for Good: Cultivating Character Strengths to Create Meaningful Change – Rotem Elinav, MA, MAPP & PsyD student.

Orchard Suite, 2nd floor

- Exploring How a Health Coaching Intervention Can Help Improve the Quality of Life and Wellbeing of Breast Cancer Survivors – Uloma Nwogu, MPH, MCHES, Stewart Donaldson, Ph.D. & Vir-laesta Vergel de Dios, DrPh., Claremont Graduate University.

CONFERENCE WORKSHOPS

Saturday, April 6

Teaching Positive Psychology: An Exploration of the Rewards, Challenges and Shared Experience

This workshop focuses on teaching Positive Psychology classes delivered in different modalities. It will explore course content, teaching methods and assessments, and discuss successes and challenges in creating and teaching courses based in Positive Psychology. This interactive workshop will give participants a chance to engage in activities used in classes, share their experiences, brainstorm ideas and connect with colleagues.

Christopher Old, Eds, LPCC, LMFT, NCC Counsel, Professor, Sierra College; Melikşah Demir, Ph.D., Rekhi Singh Endowed Professor in Happiness, California State University – Sacramento, and Natalie Sherrell, MA, LMFT, CARE LC, Sierra College



CONFERENCE WORKSHOPS

Sunday, April 6

Discover Your Best Self: Strengthen Your PERMA+4 with Positive Psychology Interventions (PPIs)

What if you could actively enhance your well-being and help those around you flourish? This engaging and interactive workshop is your chance to dive into the science of happiness and success through Positive Psychology Interventions (PPIs). In this workshop, you will discover practical, evidence-based tools to assess and enhance your own PERMA+4 well-being, learn how these tools can be applied to help your family, friends, and community thrive, and gain insights into designing personalized PPIs Interventions to boost flourishing in any area of life.

Stewart Donaldson, Ph.D., Vicki Cabrera, Ph.D., & Tatiana Shemiakina MA & Ph.D. Student Claremont Graduate University

Beyond the Finish Line: Building Connection, Purpose, and Mattering in Competitive Sport

This workshop introduces Mental and Emotional Self-Management (MESM) and Mindfulness in Recovery (MIR) as complementary interventions for substance and behavioral disorders recovery. Participants will learn skills for nervous system regulation, values-based visioning, and attention training, enhancing recovery and intentional living, with insights into ongoing research.

Sonya Looney MAPP, MS (and former World Champion athlete) & Suzann Pileggi Pawelski, MAPP

Purposeful Play

This workshop looks to target parents of children ages three to eight years. Two topics will be covered: parental satisfaction and metacognition and open-ended questions. After attending the workshop, parents will be motivated to play with their children and increase their skills in asking open-ended questions.

Kelly Field, MA, Claremont Graduate University

CONFERENCE WORKSHOPS

Sunday, April 6

Strengths for Good: Cultivating Character Strengths to Create Meaningful Change

Drawing from positive psychology research on purpose and meaning, as well as the VIA Character Strengths framework, the workshop will offer practical applications for fostering positive change across diverse contexts, such as families, activism, and prisons. Participants will engage in evidence-based content, group discussions, and gamified exercises designed to help them identify, explore, and apply their strengths for good.

Rotem Elinav, MA, MAPP & PsyD student, Claremont Graduate University

Exploring How a Health Coaching Intervention Can Help Improve the Quality of Life and Wellbeing of Breast Cancer Survivors

Despite advancements leading to higher breast cancer survival rates, survivors often face complex challenges and numerous physical, psychological, and social challenges following treatment, which can negatively impact their Quality of Life (QoL) and overall well-being. To address this gap, this study aims to design, pilot, and evaluate an individualized health coaching intervention tailored to address the multifaceted needs of breast cancer survivors, answering the question “now what?” post-treatment. Grounded in Social Cognitive Theory (SCT), Self-Determination Theory (SDT), and the PERMAH well-being model, the intervention integrates motivational interviewing, goal setting, and appreciative coaching strategies to promote autonomy, competence, and holistic well-being. Employing a one-arm quasi-experimental mixed methods design, the study evaluates the intervention's effectiveness. The study's findings will provide evidence-based insights into the effectiveness, feasibility, and sustainability of health coaching as a post-treatment intervention. By addressing survivorship challenges and fostering long-term improvements in QoL, this research contributes to advancing holistic, patient-centered survivorship care for breast cancer survivors.

Uloma Nwogu, MPH, MCHES, Stewart Donaldson, Ph.D. & Virlaesta Vergel de Dios, DrPh., Claremont Graduate University

CONFERENCE GRATITUDE

This conference is made possible through the dedication, collaboration, and hard work of many individuals who have contributed in countless ways. From organizers – Melikah, Shari, and Stewart – to speakers, volunteers, and attendees, each person plays a vital role in creating a space for meaningful dialogue, learning, and connection. We extend our heartfelt gratitude to everyone involved—your efforts, passion, and support make this gathering not only possible but truly impactful.

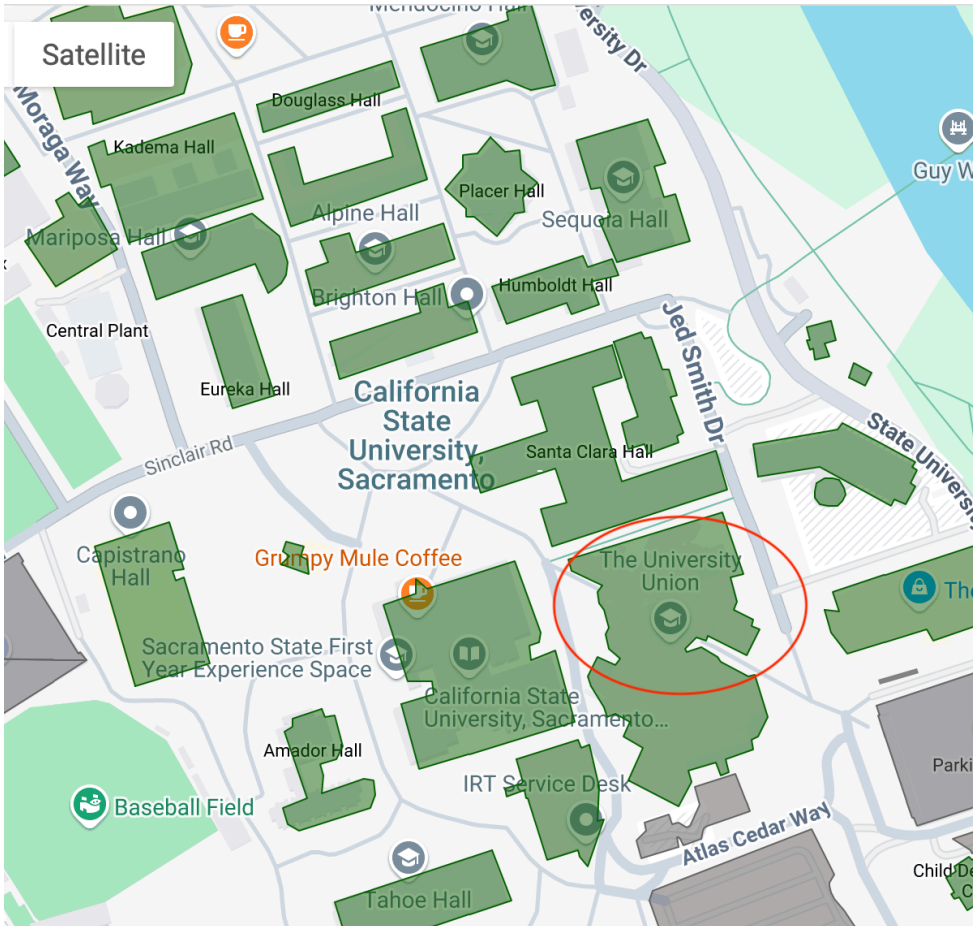
A sincere thank you to:

Dianne Hyson
Sharon Furtak
Sovannra Yos
Tatiana Shemiakina
Matthew Higgins
Vicki Cabrera
Clara Fara
CSUS student volunteers





SACRAMENTO STATE



1ST FLOOR

EVENT SPACES

- BALLROOM: 1146
- BALLROOM I: 1146-1
- BALLROOM II: 1146-2
- BALLROOM III: 1146-3
- HINDE AUDITORIUM: 1134
- LOBBY SUITE: 1001
- SEQUOIA ROOM: 1001A
- CYPRESS ROOM: 1001B
- REDWOOD ROOM: 1030
- SERNA PLAZA

DINING

- ACE SUSHI
- BROWN BAG: 1096
- CHANDO'S TACOS: 1092
- ENGRAINED RESTAURANT: 1014
- GOOD EATS: 1197
- HABIT BURGER: 1094
- HORNET'S NEST FOOD COURT: 1090
- JAMBA JUICE: 1021
- PANDA EXPRESS: 1093
- ROUND TABLE PIZZA: 1017
- STARBUCKS: 1297
- TENDER LOVE AND CHICKEN: 1091
- THE STORE: 1046

PROGRAMS & SERVICES

- ASI FOOD PANTRY: 1246
- ASI HUMAN RESOURCES: 1260
- ASI KSSU: 1242
- ASI PEAK ADVENTURES: 1272
- ASI STUDENT ENGAGEMENT & OUTREACH: 1240
- EPICURE CATERING: 1004
- GAMES ROOM: 1235
- MOTHER'S ROOM: 1214

**SATURDAY
8:00am
REGISTRATION OPENS**
Ballroom I Foyer

**Keynotes &
SYMPOSIA
8:30am to 8:30pm**
BALLROOM I

**SATURDAY EVENING
5:30pm
Keynote:
Future of Positive Psychology**

**6:30pm
GRATITUDE BUFFET
AWARDS, RECOGNITION &
COMMUNITY SHARING**

**BALLROOM I
1st Floor**

Hosted by CSUS Department of Psychology - April 4-6, 2025

INFORMATION DESK



ALL GENDER



WOMEN'S RESTROOM



MEN'S RESTROOM



ATM



ONE CARD MACHINE



ELEVATOR



CAMPUS PHONE

UNIVERSITY
UNION

2ND FLOOR

EVENT SPACES

- COTTONWOOD SUITE: 2290
- COTTONWOOD I: 2290-1
- COTTONWOOD II: 2290-2
- COTTONWOOD III: 2290-3
- FOREST SUITE: 2013
- WALNUT ROOM: 2013A
- OAK ROOM: 2013B
- ORCHARD SUITE: 2011
- ORCHARD I: 2011-1
- ORCHARD II: 2011-2
- ORCHARD III: 2011-3

PROGRAMS & SERVICES

- COMPUTER LOUNGE: 2060
- EVENT SERVICES: 2240
- FIREPLACE LOUNGE: 2050
- FOOTWASH STATION: 2219
- MEDITATION ROOM: 2202
- NORTH LOUNGE: 2201
- PARENTS & FAMILIES PROGRAM: 2250
- PRIDE CENTER: 2230
- STUDENT ORGS & LEADERSHIP: 2031
- UNION GALLERY: 2002
- WOMEN'S RESOURCE CENTER: 2250

**SATURDAY
BREAKOUT SESSIONS
1-2:15pm
#2 - Gratitude, Flow, &
Well-being**

**4-5:15pm
#4 - Perfectionism, Social Values &
Workplace Dynamics**

**ORCHARD SUITES
I & II**

SUNDAY WORKSHOPS

**8-8:50am REGISTRATION
9am-10:30
WORKSHOPS I**

**~Discover Your Best Self: PERMA+4 (CW I & II)
~Beyond the Finish Line (CW III)**

**10:30-12pm
WORKSHOPS II**

**~Strengths for Good (CW I & II)
~Exploring How a Health Coaching Intervention
Can Improve Quality of Life & Well-Being (CW III)
~Purposeful Play (ORCHARD)**

**COTTONWOOD
I & II, III and ORCHARD Suite**

FRIDAY

**REGISTRATION -
Cottonwood Suites Foyer
Opens 4pm
6pm - WELCOME**

6:30pm - KEYNOTE

7:30pm - RECEPTION

**COTTONWOOD SUITES
I-III**

**SATURDAY
BREAKOUT SESSIONS
1-2:15pm
#1 - Positive Relationships**

**4-5:15pm
#3 Cultural Perspectives & Identity**

**COTTONWOOD SUITE
I & II**



2nd Floor

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NEARBY RESTAURANTS

Local Restaurants	
The Mill Elvas Avenue Cafe – Coffee Shop	Java City: Roundhouse – Coffee Shop
Donuts & Coffey – Coffee Shop	Dos Coyotes Border Cafe – Mexican
TAQUERIA SANTOS LAGUNA – Mexican	Bollywood Pizza – Pizza
Kau Kau – Himalayan	Folklore Mexican food – Mexican
Mr. Falafel – Middle Eastern	Gordito Burrito – Mexican
Bento Box – Japanese	Tacoa – Mexican
Ruth's Chris Steak House – American	Charm Thai – Thai
All restaraunts, cafes, and coffee shops are within a 10-minute drive from the University Union Building	

National Chains: McDonald's, Starbucks

SPONSORS



Rekhi Foundation – Foundation For Happiness

The Rekhi Foundation for Happiness is a nonprofit trust started by Dr. Satinder Singh Rekhi and his wife Harpreet Rekhi in 2016. The foundation aims to expand the practice and knowledge of "Happiness Science and Positive Psychology" through setting up happiness centers in various universities.

rekhifoundation.com



SACRAMENTO STATE
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Western Positive Psychology Association