

2nd Conference

**WESTERN POSITIVE  
PSYCHOLOGY ASSOCIATION**

POSITIVE PSYCHOLOGY  
FOR SOCIETAL IMPACT

SCHOOL OF **SOCIAL SCIENCE,  
POLICY & EVALUATION**

 Claremont Graduate University

 **WPPA**  
Western Positive Psychology Association

# Welcome

The Western Positive Psychology Association (WPPA) 2017 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 2nd WPPA Conference is “Positive Psychology for Societal Impact.”

# Program

**Saturday, January 21, 2017 | 8:00 a.m. – 6:45 p.m.**

Claremont Graduate University

**8:00 a.m. – 9:00 a.m.**

Check-in & Registration | Balch Auditorium

**9:00 a.m. – 9:30 a.m.**

Welcome | Balch Auditorium

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

**9:30 a.m. – 10:00 a.m.**

Speaker | Balch Auditorium

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

**10:00 a.m. – 10:30 a.m.**

Speaker | Balch Auditorium

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

**10:30 a.m. – 11:00 a.m.**

Transition Break

**11:00 a.m. – 12:00 p.m.**

Morning Concurrent Session 1 | Balch Auditorium | Live-streamed  
“Meaning and Mindfulness”

**Speaker:** Michael T. Warren, University of Oklahoma

**Co-author:** Laura Wray-Lake, UCLA

“Does Mindfulness Foster Value-behavior Concordance for Intrinsic and Extrinsic Values?”

**Speaker:** David Boyns, California State University, Northridge

**Co-authors:** 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”

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

“Searching for Meaning in a High School Internship Experience”

**Speaker:** Richard Goerling, Mindful Badge Initiative

“Mindfulness and Community Policing in the 21st Century”

**11:00 a.m. – 12:00 p.m.**

**Morning Concurrent Session 2 | Burkle 14**

“Positive Emotions and Well-being”

**Speaker:** Zita Oravec, Pennsylvania State University

“Modeling Dynamics and Predictors of Daily Changes in Psychological Well-being”

**Speaker:** Dana L. Wanzer, Claremont Graduate University

**Co-author:** Kelsey A. Procter, Claremont Graduate University

“Creating the Aesthetic Experience Questionnaire: The Relationship Between Viewing Art and Well-being”

**Speaker:** Kelly B.T. Chang, George Fox University

**Co-authors:** Teresa Bryant, George Fox University

Daniel A. Rodriguez, George Fox University

Andrew Sickler, George Fox University

Bradley Bauer, George Fox University

“Coping Styles and Well-being Among Adolescents in Nicaragua”

**Speaker:** Annie M. Arcuri, Claremont Graduate University

“Designing a Comprehensive Worksite Wellness Program”

**11:00 a.m. – 12:00 p.m.**

**Morning Concurrent Session 3 | Burkle 16**

“Positive Youth and Education”

**Speaker:** Brittany J. Hite, Claremont Graduate University

“Informing Research From Practice: Importance of Facilitating Youth’s Intrinsic Motivation”

**Speaker:** Giacomo Bono, California State University, Dominguez Hills

“Are Grateful Teens Also Kind? Gratitude’s Role in Prosocial Development”

**Speaker:** Li Li, NanChang University, China

“The Optimum Dimensions Structure of Chinese University Teachers’ Professional Psychological Capital”

**Speaker:** Viviane Seyranian, California Polytechnic University, Pomona

**Co-authors:** Cathleen Cox, Los Angeles Zoo and UCLA

Audrey Aday, California Polytechnic University, Pomona

Sara Bethel, California Polytechnic University, Pomona

“Wildlife Conservation Initiatives at the L.A. Zoo Increase Positive Emotions”

**12:00 p.m. – 1:15 p.m.**

**Lunch Break**

Campus dining is available at Scripps College until 1:00 p.m. at a discounted rate of \$8 per person (cash only) *or* explore a variety of food options in the nearby Claremont Village.

**1:15 p.m. – 2:15 p.m.**

**Afternoon Concurrent Session 1 | Balch Auditorium | Live-streamed**  
“Innovative Methods in Positive Psychology”

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

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

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

“Gratitude Expressions on Facebook and Resultant Subjective Well-being”

**1:15 p.m. – 2:15 p.m.**

**Afternoon Concurrent Session 2 | Burkle 16**

“Positive Psychology Group Interventions”

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

**Co-authors:** 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”

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

“Positive Psychology at Patton State Hospital”

**2:15 p.m. – 2:30 p.m.**

**Transition Break**

**2:30 p.m. – 3:00 p.m.**

**Speaker | Balch Auditorium**

Tiffany Berry, Claremont Graduate University

“Positive Youth Development in Action”

**3:00 p.m. – 3:30 p.m.**

**Speaker | Balch Auditorium**

Kendall C. Bronk, Claremont Graduate University

“Applying Research to Help Youth Discover Their Purpose in Life”

**3:30 p.m. – 4:00 p.m.**

Speaker | Balch Auditorium

Jeffrey Yip, Claremont Graduate University

“Moonshots for Positive Organizational Psychology”

**4:00 p.m. – 4:30 p.m.**

Speaker | Balch Auditorium

Jason Siegel, Claremont Graduate University

“Positive Health Psychology in Action: An Elevating Adventure?”

**4:30 p.m. – 4:45 p.m.**

Closing Remarks | Balch Auditorium

- 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 p.m. – 5:00 p.m.**

Transition Break

**5:00 p.m. – 6:00 p.m.**

Poster Session | Burkle 2nd Level | see page 6

**5:00 p.m. – 6:00 p.m.**

Book Launch & Signing | Burkle 2nd Level

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

Paul Zak, Professor of Neuroeconomics, Claremont Graduate University

**6:00 p.m. – 6:45 p.m.**

Art Display | Burkle 2nd Level

“The Power Within”

Art depicting transformative life experiences by 11th grade students from High Tech High in Chula Vista, California

**6:00 p.m. – 6:45 p.m.**

Meet the Authors, Networking Reception | Burkle 2nd Level

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

Network With Colleagues | Light refreshments will be served.

# Poster Session

**Presenter:** Shelly P. Harrell, Pepperdine University

**Co-authors:** 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”

**Presenter:** David R. Gerkens, California State University, Fullerton

**Co-authors:** Lidia Orozco, California State University, Fullerton  
Zeel Ahir, California State University, Fullerton

“Materialism and Gratitude”

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

**Co-authors:** 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”

**Presenter:** Jason T. Sender, California State University, Dominguez Hills

**Co-authors:** 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”

**Presenter:** Georgianna Garrels, California State University, Dominguez Hills

**Co-authors:** Kresh Reil, California State University, Dominguez Hills

“Thriving or Merely Surviving”

**Presenter:** Carla Redmon, California State University, Dominguez Hills  
**Co-authors:** Georgianna Garrels, California State University, Dominguez Hills  
Ngozi Umekwe-Odudu, California State University, Dominguez Hills  
Giacomo Bono, California State University, Dominguez Hills  
“Character Strengths”

**Presenter:** Rachel M. Baumsteiger, Claremont Graduate University  
**Co-authors:** Susan A. Mangan, Claremont Graduate University  
Kendall C. Bronk, Claremont Graduate University  
“Promoting Prosociality Among Adolescents”

**Presenter:** L. Johnson Davis, Claremont Graduate University/San Diego State University  
“Liminality: Embracing Conflict & Chaos for the Meaningful Mind”

**Presenter:** Sumana Sri, Claremont Graduate University  
Co-author: Jeanne Nakamura, Claremont Graduate University  
“Experience of Boredom”

**Presenter:** Saumya Aggarwal, Claremont Graduate University  
“Effects of Long-term, Independent Travel on Psychological Well-being”

**Presenter:** Brendan P. Everett, Chapman University  
**Co-authors:** Jared Celniker, Chapman University  
Naveen Jonathan, Chapman University  
Shari Y. Kuchenbecker, R.W. Research Inc.  
“Facial Expressions and Empathy: Acute Stressful Situations Facilitate Empathic Response”

**Presenter:** Georgianna Garrels, California State University, Dominguez Hills  
**Co-author:** Giacomo Bono, California State University, Dominguez Hills  
“Character Strengths’ Links to Gratitude and Well-being in Adolescents”



**Presenter:** Robert E. Twidwell, University of California, Irvine

**Co-authors:** 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”

**Presenter:** Jocelyn M. Courtney, Claremont Graduate University

“Fostering Resilience in the Workplace Through Self-compassion Training”

**Presenter:** Li Li, NanChang University, China

“The Micro-intervention Experiments of Chinese University Teachers’ Professional Psychological Capital”

**Presenter:** Kim Wimmer Totty, The Invincible Artist

“The Resilience Compass: A Well-being Model for Actors and Performing Artists”

**Presenter:** Susan A. Mangan, Claremont Graduate University

**Co-authors:** Rachel M. Baumsteiger, Claremont Graduate University

Kendall C. Bronk, Claremont Graduate University

“Cultivating Gratitude and Purpose: An Intervention for Young Adults”

**Presenter:** Christine M. Weinkauff Duranso, Claremont Graduate University

“Does Regular Exercise Contribute to Approach Motivation?”

**Presenter:** Ryan Cheuk Ming Cheung, Claremont Graduate University

**Co-authors:** Sam Mehoke, Claremont Graduate University

Kendall C. Bronk, Claremont Graduate University

“Purpose in Life in Social Media: An Analysis of Facebook and Twitter References to Purpose”

**Presenter:** Neesha Y. Daulat, Claremont Graduate University

“Correlation Between Experience of Work-related Flow and Teacher Burnout”

**Presenter:** Mernyll A. Manalo, California State University, San Bernardino  
**Co-authors:** 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”

**Presenter:** Remi Torres, UCLA  
“The Effects of a Mindfulness Program on Low-income Children’s Self-regulation Skills”

**Presenter:** Soumia Bouallou, California State University, Dominguez Hills  
“Positive Psychology: Correlation of Gratitude, High Social Support, and Conscientiousness”

**Presenter:** Kimberly A. Griswold, Fuller Theological Seminary  
**Co-authors:** Nathaniel A. Fernandez, Fuller Theological Seminary  
Leanne Bishara, Fuller Theological Seminary  
Benjamin J. Houlberg, Fuller Theological Seminary  
Sarah A. Schnitker, Fuller Theological Seminary  
“An App-based Perspective-taking Intervention Helps Adolescents Navigate Conflict and Regulate Emotion”

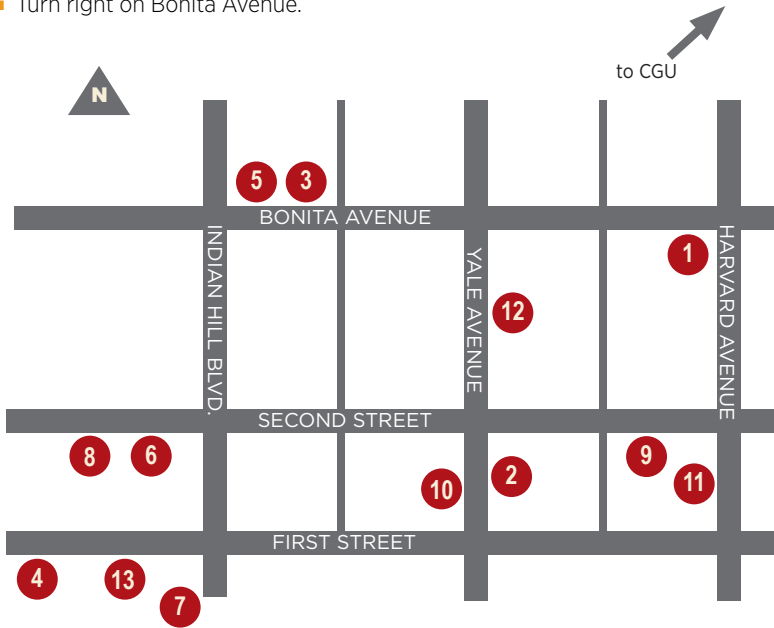
**Presenter:** Christa Nelson, Fuller Theological Seminary  
**Co-authors:** Rachel Falco, Fuller Theological Seminary  
Benjamin J. Houlberg, Fuller Theological Seminary  
Sarah A. Schnitker, Fuller Theological Seminary  
Nanyamka Redmond, Fuller Theological Seminary  
“Purpose Cultivation: Leading Youth Towards Self-Efficacy and Away From Fear of Failure”

**Presenter:** Nanyamka Redmond, Fuller Theological Seminary  
**Co-authors:** Benjamin J. Houlberg, Fuller Theological Seminary  
Sarah A. Schnitker, Fuller Theological Seminary  
“The Role of Character Virtues in the Link between Spiritual Transcendence and Positive Youth Outcomes”

## WHERE TO EAT IN CLAREMONT VILLAGE

During the lunch break, participants have plenty of time to drive or stroll (a pleasant 20-minute walk) to the the Claremont Village, where you will find a wide variety of restaurant choices. Our staff will be happy to recommend places to eat for all diets, cravings, and budgets. To reach the Claremont Village:

- Head west on 10th Street to College Avenue.
- Turn left on College Avenue; follow College Avenue to Bonita Avenue (between Fourth and Second Streets).
- Turn right on Bonita Avenue.



- 1 BARDOT** • 206 Bonita Ave. (contemporary California cuisine, nice outdoor patio)
- 2 CLAREMONT JUICE** (aka Podges) 124 Yale Ave. (fresh sandwiches, great smoothies)
- 3 DR. GRUBB'S** • 353 Bonita Ave. (healthy, food made to order)
- 4 EUREKA!** • 580 W. First St. (artisan burgers, salads, jubilant atmosphere)
- 5 FULL OF LIFE** • 333 Bonita Ave. (healthy sandwiches and salads)
- 6 I LIKE PIE** • 175 N. Indian Hill Blvd. (sweet & savory single-sized pies)
- 7 THE JUNCTION** • 1 N. Indian Hill Blvd. (Asian fusion)
- 8 LE PAIN QUOTIDIEN** • 175 N. Indian Hill Blvd. (fresh food in a Belgian-rustic environment)
- 9 SACA'S MEDITERRANEAN** • 248 W. Second St. (authentic, fresh Mediterranean cuisine)
- 10 SOME CRUST BAKERY** • 119 Yale Ave. (Croissants, pastries, and sandwiches)
- 11 THE PRESS** • 129 Harvard Ave. (pub-style food and atmosphere)
- 12 UNION ON YALE** • 232 Yale Ave. (full-service restaurant, indoor and outdoor dining)
- 13 ZPIZZA** • 520 W. First St. (artisan pizza, salads, & sandwiches)

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