



VIRTUAL CONFERENCE PROGRAM | AUG 6 – 8, 2021

FROM VULNERABILITY TO RESILIENCE & WELLBEING DURING THE PANDEMIC: ADVANCES IN EXISTENTIAL POSITIVE PSYCHOLOGY (PP2.O)

11TH BIENNIAL INTERNATIONAL MEANING
CONFERENCE (INPM 2021)

Sponsored by





MISSION STATEMENT AND VISION

The International Network on Personal Meaning (INPM) is dedicated to advancing the well-being of individuals and society through research, education, and positive applied psychology with a focus on the universal human question for meaning and purpose.

WHO WE ARE

The INPM is an international, multidisciplinary, learned society founded by Paul T. P. Wong in 1998 to expand the legacy of Dr. Viktor Frankl. It was incorporated as a non-profit organization with the Federal Government of Canada in 2001. The INPM is governed by a Board of Directors. The professional arm of the INPM is the International Society for Existential Psychology and Psychotherapy.

OBJECTIVES AND ACTIVITIES

1. To advance scientific research of meaning and the movement of second wave positive psychology (PP 2.0) through Biennial International Meaning Conferences and the *International Journal of Existential Positive Psychology*.
2. To advance the scholarship and practice of meaning-centered approach to coaching, counselling, psychotherapy, management, and education through Summer Institutes, Meaning Conferences, certification programs, and our website (www.meaning.ca).
3. To educate the public regarding the broad application of the principles of meaningful living based on research through the *Positive Living Newsletter*, and the Meaningful Living Meetup Groups, website, and social media.

All the activities of the INPM are funded entirely by membership dues, donations, and revenue from teaching and conference events. The INPM depends on members and volunteers to carry out its mission.

We invite you to join us and become part of a positive evolution in a chaotic and difficult time. Together, we can make this world a more responsible, harmonious, and compassionate place for all people.

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President's Welcome Message



Dear Presenters and Delegates,

What a difference a year's delay has made!

The pandemic has achieved something I was not able to after 4 decades of research and publication on the [positive psychology of suffering](#).

With daily exposure to images of death like the following, and the constant drumbeat of new cases and new COVID-19 deaths, I no longer need to convince people that the world is full of dangers and transcending suffering represents the other half of wellbeing.



The [11th Biennial Meaning Conference](#) is perhaps the most consequential conference we have organized. We have assembled leading researchers around the world to wrestle with the pressing challenge: How can we achieve wellbeing and human flourishing in times of suffering?

In this conference, you will be able to find out the ground-breaking research and innovative interventions on how to transform your vulnerabilities into resilience, and suffering into flourishing. You will also learn how to achieve positive mental health in difficult times and how to prepare young people for an uncertain future.

In short, you will be surprised by the findings of the new science of suffering, that sustainable wellbeing can only be attained through embracing and transcending one's deepest pain and worst fears.

New research will show you that the natural instinct of seeking pleasure and avoiding pain may result in unnecessary suffering in our complex society, whereas staring into one's abyss may enable people to discover their true self.

I want to extend my warmest welcome to all my old and new friends. I look forward to joining hands with you virtually on advancing this bold vision of bringing meaning and happiness to all the suffering people.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Paul T. P. Wong'.

Paul T. P. Wong, Ph.D., C.Psych.

President, International Network on Personal Meaning (www.meaning.ca)

Conference Chair, 11th Biennial International Meaning Conference (www.meaning.ca/conferences)

Conference Organizers & Committee

Organizers

The 11th Biennial International Meaning Conference is hosted by the International Network on Personal Meaning (INPM), based in Toronto, Ontario, Canada.

INPM Board Members

Paul T. P. Wong, Ph.D.
Lilian C. J. Wong, Ph.D.
Chieh L. Hsu, M.A.
Daniel Jordan, M.A.
Geoffrey R. Thompson, Ph.D.
Mega Leung, M.A.
Tim Yu

Committee

Conference Chair	Paul T. P. Wong, Ph.D.
Conference Manager	Lilian C. J. Wong, Ph.D.
Program Coordinators	Daniel Jordan, M.A., and Mega Leung, M.A.
INPM Staff	
Financial Coordinator	Dilys Ma
Executive Assistant	Tim Yu
Assistant	Tim Tan, B.Sc.
Technical Team	
Lilian C. J. Wong, Ph.D., Daniel Jordan, M.A., Mega Leung, M.A., Tim Yu, Tim Tan, B.Sc., Jackie Gao, B.Sc., and Olivia Zhi, M.A.	
Volunteers	Jackie Gao, B.Sc., and Olivia Zhi, M.A.

Sponsors

The Conference Committee acknowledges the generous contributions of the following sponsors.



Georgia Strait | WOMENS CLINIC



Melón Jiménez



Lara Wong



Carrina Wong Chan
MANAGING DIRECTOR, SAINT HONORE

General Information

Sign Up

If you paid for a ticket on Eventbrite, you will receive an email to prompt you to make an account for our PheedLoop platform.

Log In

Log into our conference @
<https://pheedloop.com/inpmconference/>

After creating your account via the email prompt.

Lobby

After logging in, you will be directed to the Lobby page of our conference. On the left is the menu bar you can use to explore the virtual conference.

Speakers

Information about all of our speakers can be found in this section. Click the “Speaker” button on the left menu bar to get there.

Sessions

Sessions are all the main events of this conference: keynotes, workshops, etc. On the left menu bar you will see a selection called “Sessions”. Here you will find all the sessions occurring on each day, and information such as when each session will begin.

Exhibit Hall

The Exhibit Hall is where you can view our poster submissions and talk to their creators starting at 10:30–11:30 AM Pacific Time (PT). Here you will also find booths of our sponsors. You can also join a live group chat at each virtual booth. Navigate here by clicking “Exhibit Hall” in the menu bar on the left.

Networking

Here you can start a chat or join a group chat or make a group to discuss a topic. Click the “Networking” button on the left menu bar.

See you there!

Need Help?

Our tech support will be live during the conference. Just jump onto a Zoom call by clicking on the following link:

<https://us02web.zoom.us/j/82326656074>

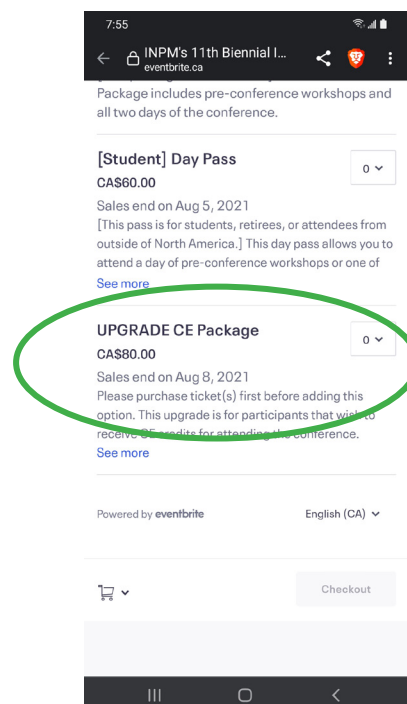
Continuing Education Credits

INPM is approved by the Canadian Psychological Association (CPA) to offer continuing education (CE) for psychologists. INPM maintains responsibility for the program.

Please [register online](#) for a CE credits upgrade and return the CE package after the Conference.

Total CE Credits Available: 27

Please note: If you have not already done so, you may register for CE credits (CEUs) before the end of the conference for an \$80 processing fee. The following screenshot shows you which option to select in EventBrite:



Lifetime Achievement Awards

Award Recipients:

Robert A. Emmons, Ph.D., UC Davis | In recognition of his outstanding contributions to the science and practice of wellbeing

Farooq Naeem, Ph.D., M.D., University of Toronto | In recognition of his contributions to clinical psychology and psychotherapy

Kristján Kristjánsson, Ph.D., University of Birmingham | In recognition of his contributions to positive education

Lilian C. J. Wong, Ph.D., Meaning-Centered Counselling Institute Inc. | In recognition of her two decades of contributions to the INPM in various leadership functions

Honey Foundation Student Scholarships

1. **Adeeba Hakkim, Indian Institute of Technology Hyderabad** | “To Flourish in Catastrophic Times: The Covid-19 Pandemic as a Catalyst to Discovery of Meaning and Purpose”

2. **Florencio (Jun) Kabigting, Jr., Claremont Graduate University** | “Responsibility: Enabling Human Consciousness and Flourishing Using Paradox Theory”

3.(tie) **P.F. Jonah Li, Indiana University** | “Though Interpersonal Insignificance May Destroy You, Having Personal Meaning May Save You: Perceived Personal Meaning Moderates the Andi-Mattering-Suicide Ideation Link”

3.(tie) **Jessica Mead, Swansea University; David Playfoot, Swansea University; Zoe Fisher, Morriston Hospital; & Andrew H. Kemp, Ph.D., Swansea University** | “Pathways to Post-Traumatic Growth and Wellbeing during the COVID-19 Pandemic: Findings from a UK-based Sample”

Honourable Mentions

Arthur Braaten, University of Ottawa; & Veronika Huta, Ph.D., University of Ottawa | “Why People React Differently to the Vastness of the Universe: The Moderating Role of Self-Esteem, Meaning in Life, and Spirituality”

Marianne Ingheim, California Institute of Integral Studies | “Existential Positive Psychology and the Journey from Crisis to Meaning”

Adam Mars, Lancaster University | “Adding Meaning to Medicine? A Preliminary Exploration Into How Men Seek Wellbeing Through Social Prescribing”

P.F. Jonah Li, Indiana University; & Y. Joel Wong, Indiana University | “Laypeople Versus the Tripartite Perspective: A Latent Profile Analysis of Laypeople’s Beliefs about Meaning in Life”

Maddi Student Scholarship

Presented by Dr. Deborah Kashoba, Ph.D., in honour of the late Dr. Salvatore Maddi, Ph.D.

Anam Khan, Dalhousie University | “The Paradox of Trauma: Can Experiencing Trauma in Childhood Strengthen One’s Ability to Endure Adversity in Young Adulthood?”

Honourable Mentions

Siobhan Connolly-Hogan, Buckinghamshire New University | “The Positive Psychology of Sickness, Death and Dying”

Lia Naor, Ph.D., Haifa University | “Positive Transformation and the Laws of Nature: From Caterpillar to Butterfly”

Charlotte Evers Saleeby | “An Adaptive Grief Strategy for Early Mother Loss.”

Keynote Speakers



Kirk J. Schneider, Ph.D. is a licensed psychologist and leading spokesperson for contemporary existential-humanistic psychology. Dr. Schneider is the current president of the Existential-Humanistic Institute (EHI), Council Member of

the American Psychological Association (APA), past president (2015-2016) of the Society for Humanistic Psychology (Division 32) of the APA, recent past editor of the Journal of Humanistic Psychology (2005-2012), and adjunct faculty member at Saybrook University and Teachers College, Columbia University. Dr. Schneider is also an Honorary Member of the Society for Existential Analysis and the East European Association for Existential Therapy. A Fellow of the APA, Dr. Schneider has published over 200 articles, interviews and chapters and has authored or edited 13 books including *The Spirituality of Awe*, *The Polarized Mind*, *Awakening to Awe*, *The Handbook of Humanistic Psychology*, *Existential-Humanistic therapy*, *Existential-Integrative Psychotherapy*, and the *Wiley World Handbook of Existential Therapy*. Dr. Schneider's work has been featured in *Scientific American*, the *New York Times*, *Psychology Today* and many other health and psychology outlets. For more information on Dr. Schneider's work visit <https://kirkjschneider.com>.



Robert A. Neimeyer, Ph.D. is Professor Emeritus of the Department of Psychology, University of Memphis, and maintains an active consulting and coaching practice. He also directs the Portland Institute for Loss and Transition,

which provides online training internationally in grief therapy. Neimeyer has published 30 books, including *Techniques of Grief Therapy: Assessment and Intervention* and *Grief and the Expressive Arts: Practices for Creating Meaning*, the latter with Barbara Thompson, and serves as Editor of the journal *Death Studies*. The author of over 500 articles and book chapters and a frequent workshop presenter, he is currently working to advance a more adequate theory of grieving as a meaning-making process. Neimeyer served as President of the Association for Death Education and Counseling (ADEC) and Chair of the International Work Group for Death, Dying, and Bereavement. In recognition of his scholarly contributions, he has been granted the Eminent Faculty Award by the University of Memphis, made a Fellow of the Clinical Psychology Division of the American Psychological Association, and given Lifetime Achievement Awards by both the Association for Death Education and Counseling and the International Network on Personal Meaning.



Farooq Naeem, Ph.D., M.D. is the Chief of General and Health Systems Psychiatry at CAMH, and a Professor of Psychiatry at the University of Toronto. He was trained in Psychiatry in Merseyside training scheme in Liverpool, England. He completed

his MSc in Research Methods in Health and PhD at Southampton University in England. He also received training in Lean thinking and in quality improvement in England. Dr. Naeem is also a Cognitive Behavioural Therapist. In addition to cognitive-behavioural therapy (CBT) for common mental health disorders, he received training in CBT for psychosis from Professor David Kingdon while working as his lecturer during training. He has pioneered techniques for culturally adapting CBT. These techniques have been used to adapt CBT for a variety of common and severe mental health problems in South Asia, North Africa, the Middle East and China. He has conducted nearly 20 RCTs along with colleagues from Southampton and Manchester universities in England. He is considered a leader in global mental health. He has a keen interest in health systems. He has worked as an expert in Lean thinking and quality improvement in England, Canada and some low- and middle-income countries. He has written six books and numerous book chapters. He has published more than 150 papers in peer-reviewed journals. He has presented his work at numerous conferences, and has conducted many workshops globally on CBT, especially CBT for psychosis.

His research areas include CBT, psychosis and culture, with an overall aim to improve access to CBT. He has also published on issues related to health services and quality improvement. He works with a team of IT experts, and has developed a CBT-based therapy program – called eGuru – that can be delivered through web and smartphone apps.



Tim Lomas, Ph.D. has been a lecturer in positive psychology at the University of East London since April 2013. Tim completed his PhD at the University of Westminster in 2012, where his thesis focused on the impact of meditation on men's

mental health. Since 2013, Tim has published numerous papers and books on topics including positive psychology theory, mindfulness, Buddhism, linguistics, and gender. His work has been featured in articles in prominent publications including Scientific American, The New Yorker, and The Psychologist. His main research currently involves creating a lexicography of untranslatable words relating to wellbeing (www.drtilomas.com/lexicography).



Blaine Fowers, Ph.D. is Professor of Counseling Psychology at the University of Miami. He conducts theoretical and empirical investigations of virtue and flourishing. Fowers has written or co-written six books, including *Frailty, Suffering, and Vice:*

Flourishing in the Face of Human Limitations (2017, APA), *The Evolution of Ethics: Human Sociality and the Emergence of Ethical Mindedness* (2015, Palgrave Macmillan), *Virtue and Psychology* (2005, APA), *Beyond the Myth of Marital Happiness* (2000, Jossey Bass), and *Re-Envisioning Psychology* (1999, Jossey Bass). He and his research team study virtues, higher order goals, and their links to choiceworthy goods and human flourishing. Fowers has published over 100 peer reviewed articles, books, and book chapters. He was a Distinguished Visiting Professor at the University of Birmingham, England in 2016. He is a Fellow of the American Psychological Association and a recipient of the Joseph B. Gittler Award for Contributions to the Philosophical Foundations of Psychology.



Christine J. Becker, M.B.A., R.P. is a recipient of a Diploma of Analytical Psychology – a PhD equivalent – which gives her the designation of Jungian Analyst. She trained for 6 years in the C. G. Jung Institute (Zurich, Switzerland) and found meaning,

purpose, and fulfillment in exploring Jung's ideas and experiences.

In addition to her Jungian training, she studied astrology at the Faculty of Astrological Studies in London, England, and with Liz Greene through the Astrodeinst seminars in Zürich. She is a member of the Canadian Association for Sandplay Therapy and has actively completed her certification in this modality.

She has a Bachelor of Fine Arts degree in music composition and has an active interest in sound healing and music. Her post-graduate degree was an MBA in nonprofit management. She continues to be a successful organizational consultant to the non-profit sector. She is also a principal in a small family business Becker Associates.



Robert A. Emmons, Ph.D. is Professor of Psychology at [UC Davis](#) (Davis, California). His research is in the field of personality psychology, emotion psychology, and [psychology of religion](#). He has written or edited 6 books and over 100 articles for scientific

journals. He is Editor-In-Chief of *The Journal of Positive Psychology*. Emmons' research examines the psychology of gratitude and the psychology of individual goal setting and their connection with positive outcomes in a person's life. He was involved in a \$905,000 research grant from the [Templeton Foundation](#) during 2006-2009 evaluating the effect of Young Life (a Christian youth ministry) on teens' spiritual fruits such as kindness, generosity, and selflessness, and has received other grants from them. Emmons is known for working on multiple research projects focused on gratitude. He addresses many ways to stay grateful in different situations and has found through his research that gratefulness inspires happiness. He is focused on finding ways to engender gratefulness in youth. He has found that practicing acts of gratitude such as journaling things for which one is grateful for can promote well-being.



Todd Kashdan, Ph.D. is Professor of Psychology at George Mason University, a leading authority on well-being, psychological flexibility, curiosity, courage, and resilience. He has published over 200 peer-reviewed articles, his work has been cited

over 33,000 times, and received the Distinguished Scientific Award for Early Career Contributions from the American Psychological Association. He is the author of *Curious?* and *The Upside of Your Dark Side*, and his latest book is *The Art of Insubordination: How to Dissent and Defy Effectively*. His writing has appeared in the *Harvard Business Review*, *National Geographic*, *Fast Company*, and many other publications, and his research is featured regularly in media outlets such as *The Atlantic*, *The New York Times*, *NPR*, and *Time Magazine*. He's a twin with twin daughters (plus one more), with plans to rapidly populate the world with great conversationalists.



Scott Barry Kaufman, Ph.D. is a cognitive scientist and humanistic psychologist exploring the mind, creativity, and the depths of human potential. He is founder and director of the Center for the Science of Human Potential and is an Honorary

Principal Fellow at the University of Melbourne's Centre for Wellbeing Science. He is author/editor of 9 books, including *Transcend: The New Science of Self-Actualization*, and is host of the #1 psychology podcast in the world— The Psychology Podcast— which has received over 17 million downloads. Dr. Kaufman received a Ph.D. in cognitive psychology from Yale University and has taught courses on intelligence, cognitive science, creativity, and well-being at Columbia University, Yale, NYU, the University of Pennsylvania, and elsewhere. In 2015, he was named one of “50 groundbreaking scientists who are changing the way we see the world” by *Business Insider*.



Darcia Narvaez, Ph.D. has researched questions of species-typical and species-atypical development in terms of wellbeing, morality, and sustainable wisdom. She examines how early life experience (the evolved nest) influences moral functioning and

wellbeing in children and adults. She integrates evolutionary, anthropological, neurobiological, clinical, developmental and education sciences in her work. Questions that interest her include: How does early experience shape human nature? What do sustainable indigenous societies have to teach the modern world? What types of moral orientations do individuals develop in species-typical and -atypical environments? What is indigenous ecological wisdom and how do we cultivate it? How can educators and parents foster optimal development, wellbeing and communal imagination? Her 2014 book won the 2015 William James Book Award from the APA and the 2017 Expanded Reason Award for research. She also writes a popular blog for *Psychology Today* called “[Moral Landscapes](#).”

In September of 2016, she hosted a conference, Sustainable Wisdom: Integrating Indigenous Knowhow for Global Flourishing.



Kristján Kristjánsson, Ph.D. is Deputy Director in the Jubilee Centre for Character and Virtues and Professor of Character Education and Virtue Ethics at the University of Birmingham, U.K. His interests lie in research on character and virtues

at the intersection between moral philosophy, moral psychology, and moral education. He has published six books on those issues, the latest one is *Flourishing as the Aim of Education* (Routledge, 2020). His previous books include *Aristotelian Character Education*, (Routledge, 2015) which won the SES Prize for the best Education book of 2015 in the U.K., and has since been translated into Japanese, as well as *Virtues and Vices in Positive Psychology* (C.U.P., 2013), which has a Korean translation. As a member of various international organisations, Kristján collaborates with colleagues in Asia, Europe and the U.S.A. on issues that relate to the cultivation of virtuous character in general and virtuous emotions in particular. Kristján is Editor of the *Journal of Moral Education*.



Scott D. Churchill, Ph.D. earned his doctorate in “clinical phenomenological psychology” at Duquesne University in 1984. He began his professional career at the University of Dallas in 1981, where he currently holds the position of professor,

having earlier served as department chair and founding director of the Master’s programs in psychology. A Fellow of the American Psychological Association, he has served as editor-in-chief of *The Humanistic Psychologist* since 2006 and is currently president of the APA’s Society for Theoretical and Philosophical Psychology. He has also served on the APA Council of Representatives, and as president of the Society for Humanistic Psychology, while also participating on numerous editorial boards both here and abroad. He is a founding member of the International Human Science Research Conference (IHSRC), the Society for Qualitative Inquiry in Psychology (SQIP), and the Interdisciplinary Coalition of North American Phenomenologists (ICNAP).

Dr. Churchill has presented papers, workshops, and invited addresses at professional conferences around the world, and has authored numerous articles and book chapters in the fields of phenomenological research methodology, empathy studies, human-bonobo communication, human sexuality, and related themes. He was awarded the Mike Arons and E. Mark Stern Award for Distinguished Lifetime Service to Humanistic Psychology and the Charlotte and Karl Bühler Award for Outstanding and Lasting Contributions to Humanistic Psychology from Division 32 (Society for Humanistic Psychology).



Louis Hoffman, Ph.D. is a widely recognized author, professor, scholar, therapist, and speaker. He is a psychologist in private practice in Colorado Springs, Colorado and the Executive Director of the Rocky Mountain Humanistic

Counseling and Psychological Association. Dr. Hoffman is a past president of the Society for Humanistic Psychology (Division 32 of the Society of Humanistic Psychology). An accomplished scholar, he serves on the editorial boards of the *Journal of Humanistic Psychology*, *The Humanistic Psychologist*, *Janus Head*, and *PsycCRITIQUES: APA Review of Books*. He is a co-founder of the International Institute of Existential-Humanistic Psychology (IIEHP). Through the IIEHP and the China Institute of Psychotherapy, Dr. Hoffman provides training in certificate programs on humanistic and existential psychotherapy in China. In 2015, Dr. Hoffman was recognized as a fellow of the American Psychological Association, which is granted to individuals for “unusual and outstanding contribution or performance in the field of psychology.” He is also a fellow of three divisions of the American Psychological Association including the Society for Humanistic Psychology (APA Division 32), the Society for General Psychology (APA Division 1), Society for the Study of Aesthetics, Creativity, and the Arts (APA Division 10), and Division 52 (International Psychology).



Paul T. P. Wong, Ph.D., C.Psych. is Professor Emeritus of Trent University. He is a Fellow of APA and CPA and President of the International Network on Personal Meaning (www.meaning.ca) and the Meaning-Centered Counselling

Institute Inc. Editor of the *International Journal of Existential Positive Psychology*, he has also edited two influential volumes on *The Human Quest for Meaning*. A prolific writer, he is one of the most cited existential and positive psychologists. The originator of Meaning Therapy and International Meaning Conferences, he has been invited to give keynotes and meaning therapy workshops worldwide. He is the recent recipient of the Carl Rogers Award from the Society for Humanistic Psychology (Div. 32 of the APA).

Invited Speakers

Gökmen Arslan, Ph.D. *Mehmet Akif Ersoy University*

Brendan W. Case, Th.D. *Harvard University*

Richard Cowden, Ph.D. *Harvard University*

Marie Dezelic, Ph.D., Psy.D., M.S., L.M.H.C.
Diplomate in Logotherapy

Mitch Hall, Ph.D. *Holistic Health and Wellness Counsellor*

Yannick Jacob, M.A., M.Sc., D.I.P., S.P.C.P. *School of Positive Transformation*

Aaron Jarden, Ph.D. *Melbourne Graduate School of Education*

Andrew Kemp, Ph.D. *Swansea University*

Deborah Khoshaba, Ph.D. *The Hardiness Institute*

Matthew Lee, Ph.D. *Harvard University*

Deb Lindh, Ed.D. *Mindful Effect, LLC*

Claude- Mayer, Ph.D. *University of Johannesburg*

Brent D. Robbins, Ph.D. *Point Park University*

José I. Rodriguez, Ph.D. *California State University*

Gilda Scarfe, Ph.D. *Positive Ed Ltd.*

Roger Tweed, Ph.D. *Kwantlen Polytechnic University*

Cynthia Wimberly, Ph.D. *Viktor Frankl Institute of Logotherapy*

Martin Wong, B.Med.Sc. (Hons.), M.Sc. (Hons.)
The Chinese University of Hong Kong

Piers Worth, Ph.D. *Buckinghamshire New University*

David Yaden, Ph.D. *Johns Hopkins University*

Julia Yang Blagen, Ph.D. *North American Society of Adlerian Psychology, Taiwan Society of Adlerian Psychology*

CONFERENCE DAY 1: Friday August 6, 2021

All times listed in Pacific (Vancouver, Canada) Time (PT).

AO: Qi Gong Session
AUG 6 8:00 – 8:50 am
Mitch Hall, Ph.D.

Day 1 Opening Remarks
AUG 6 9:00 – 9:10 am
Lilian Wong, Ph.D., Conference Manager

A1: Keynote: AUG 6
9:10 am – 10:00 am
Robert A. Neimeyer, Ph.D.

When Grief Goes Viral: Mourning and Meaning in the COVID Pandemic

[CEUs, 1.0]

With the global pandemic of COVID-19 has come the loss of a world of once familiar routines, relationships and resources that previously conferred on our lives a sense of security and meaning. This workshop introduces carefully validated screening tools for both *coronavirus anxiety* as the contagion spreads and the *pandemic grief* it leaves in its wake and suggests meaning-informed interventions for dealing with these disturbances constructively.

This presentation summarizes recent research that documents the severity and impact of losing a loved one to COVID-19, and empirically identifies 10 specific risk factors for functional impairment of work and social roles associated with the unique circumstances of the lost. Moreover, because of the pervasiveness of changes engendered by the

Coronavirus and policies required to mitigate contagion, ambiguous losses and challenges to our assumptive world compound traumatic grief associated with bereavement and call for greater recognition and support by mental health professionals.

Learning Objectives

1. Describe two validated brief screening tools for assessing coronavirus anxiety and dysfunctional grief following COVID bereavement
2. List five evidence-informed risk factors for complicated or prolonged grief exacerbated by the COVID crisis
3. Identify four therapeutic procedures for addressing pandemic grief and unfinished business in bereavement

A2: Keynote: AUG 6
10:10 am – 11:00 am
Kristján Kristjánsson, Ph.D.

Four Accounts of Flourishing as the Aim of Education: A Synthesis and Ten Remaining Problems

[CEUs, 1.0]

This keynote presentation has two aims. The first aim is to provide an overview of the main themes from my recently published book, *Flourishing as the Aim of Education* (Routledge, 2020). The conception of flourishing elicited there falls broadly within the Aristotelian concept of eudaimonia. Yet it distinguishes itself from Aristotle's own conception in various ways. Most conspicuously, it argues that the 'good life' of the student, to which education should contribute, must involve engagement with self-transcendent ideals and ignite awe-filled enchantment, in ways which go well beyond, and even clash with, traditional Aristotle-inspired conceptions of eudaimonia. I arrive at this conclusion by comparing and contrasting the

traditional Aristotelian conception of flourishing with accounts from positive psychology (Seligman), self-determination theory (Ryan and Deci) and liberal education (Brighouse, de Ruyter) and arriving at a synthesis of the four accounts. I argue, among other things, that Seligman's positive psychological account does not help as much with enchantment as could be expected because of an impoverished understanding of awe and self-transcendence. The second aim is to introduce ten remaining problems that need to be addressed for flourishing to become a feasible aim of modern schooling.

Learning Objectives

1. Understand the distinction between four different accounts of flourishing in education
2. Be aware of the pros and cons of each account and of possible synergies between them
3. Learn to identify the shortcomings of both the Aristotelian and positive psychological (Seligman) accounts in making sense of enchanted, self-transcending experiences as constitutive of flourishing
4. Understand the role of the classroom teacher as a facilitator of student flourishing

A3: Pre-conference Workshop AUG 6 11:00 am – 1:00 pm

Blaine Flowers, Ph.D.

Helping Couples Prepare for Excellent Long-term Loving Relationships

[CEUs, 2.0]

Romantic relationships are among the strongest predictors of well-being in Western societies, yet most people spend far more time preparing to get a driver's license than preparing to have a successful, long-term relationship. Following a brief presentation of the research on the critical role that the formation of a committed relationship, I focus on two approaches to preparing for a good romantic relationship. The first is a research-based

premarital inventory called PREPARE, which has been used with over four million couples. David Olson developed PREPARE as a multi-scale inventory that helps couples to assess relationship strengths and areas of growth (e.g., communication, conflict resolution, financial management) and resources (e.g., family background and personality). The inventory is administered by a trained person and detailed feedback is provided to the couple. The second approach focuses on cultivating a set of virtues (fairness, kindness, friendship, loyalty, courage, and compassion) makes it possible for people to be excellent romantic partners. I discuss research results indicating that both approaches facilitate high quality romantic relationships.

Learning Objectives

Participants will learn:

1. About the research about predictors of successful marriages
2. How a flourishing marriage differs from a satisfying marriage
3. How the virtues of loyalty, justice, generosity, and courage are central to a flourishing marriage
4. How friendship and teamwork are the essential core of a flourishing marriage

B1: Pre-conference Workshop: AUG 6 11:00 am – 1:00 pm

Paul T. P. Wong, Ph.D.

Integrative Meaning Therapy

[CEUs, 2.0]

The prolonged disruption of life caused by the pandemic and mandatory lockdowns has severely tested the human capacity to adapt. While some people have responded well with resilience, many others have succumbed to various mental illnesses, such as suicide, addiction, depression, and PTSD, often due to unresolved existential crises of meaninglessness and loneliness.

The purpose of this workshop is to introduce Integrative Meaning Therapy (IMT) as a trauma-

informed and meaning-focused approach based on integrating Viktor Frankl's logotherapy with CBT, narrative therapy, and positive psychotherapy. This integrative existential approach flows naturally from Wong's decades of meaning research and clinical practice (Wong, 2012, 2020).

Wong's solution to the current mental health crisis is to get back to the fundamental needs of human nature. Paradoxically, our mad pursuits of personal happiness and success not only fails to prepare us for the horrors of the pandemic, but also contributes to our inner emptiness, loneliness, and the existential anxieties of living a wasted and useless life.

Contrary to the popular belief that we should avoid painful emotions, such experiential avoidance actually makes us more vulnerable to life's problems and contributes to mental illness. A promising antidote based on research and clinical evidence is to return to the basic human need for faith, love, and hope for a meaningful life; the positive triad which has empowered human beings to survive and flourish since antiquity in spite of adversities.

At this workshop, Wong will explain how to restore mental health and human dignity by using paradoxical intervention strategies, such as tragic optimism, three bad things, embracing your worst fears, endurance training, and self-transcendence. He will use case studies and demonstrations to illustrate the practice of IMT.

Learning Objectives

1. The defining characteristics of IMT
2. The need for IMT, especially in difficult times
3. Paradoxical intervention strategies
4. Case studies

REFERENCES

- Wong P. T. P. (Ed.). (2012). *The human quest for meaning: Theories, research, and applications* (2nd ed.). New York, NY: Routledge.
- Wong, P. T. P. (2020). Existential Positive Psychology and Integrative Meaning Therapy. *International Review of Psychiatry*. DOI: 10.1080/09540261.2020.1814703

C1: Pre-conference Workshop: AUG 6 11:00 am – 1:00 pm

Kirk J. Schneider, Ph.D.

The Experiential Democracy Dialogue: Existentialism for Social Healing

[CEUs, 2.0]

This workshop will guide participants through a basic understanding and application of the Experiential Democracy Dialogue for social conflicts relevant to our contemporary lives. After summarizing the nature and implications of the Experiential Democracy Dialogue, I will present and time permitting demonstrate a 6-phase version of the approach. This version will give participants tools to address social conflicts, such as those involving politics, culture, or religion, in their communities, with friends, or with family. This version of conflict mediation will also be linked to a promising and necessary trend for our emerging era--the trend toward "inner" or intimate democracy, where people learn to work with the "otherness" within as well as without.

Learning Objectives

Participants will be able to:

1. List two key aspects of the polarized mind
2. Define the Experiential Democracy Dialogue
3. Apply two phases of the Experiential Democracy Dialogue to their therapy practice or work/lives in their community
4. Describe two implications of the Experiential Democracy Dialogue for their own lives or those in society

D1: Pre-conference Workshop: AUG 6 11:00 am – 1:00 pm

Robert Neimeyer, Ph.D.

The Shadow Pandemic: Psychological Assessment and Intervention in the COVID Crisis

[CEUs, 2.0]

In the preceding keynote, we reviewed the development of the *Coronavirus Anxiety Scale 2.0*, a brief screening tool for assessing the wordless apprehension that is at the core of this form of pandemic distress, as well as a recently validated measure of dysfunctional grief in the Covid context, the *Pandemic Grief Scale*. Blending systematic presentation and participant breakouts, we will now practice a straightforward but powerful technique for naming and claiming the many explicit and implicit losses engendered by the pandemic, considering the complicating circumstances these entail, as well as the surprising advantages of telehealth services in addressing them in grief therapy. Considering a video of one client's challenges in facing the death of her father to Covid, we will give special attention to the assault on a world of meaning resulting from the pandemic, and the unfinished business often left in its wake. Participants will have an opportunity to form consultation teams to brainstorm meaning-oriented interventions that could augment mourners' resilience when facing such difficult and unwelcome transitions.

Learning Objectives

1. Implement the What Have You Lost technique to validate and enfranchise elusive losses
2. Outline four procedures for amplifying the impact of grief therapy in the telehealth environment
3. Develop meaning-oriented case conceptualizations for treating bereavement in the pandemic context and discuss their implementation in an actual case scenario

E1: Pre-conference Workshop: AUG 6 11:00 am – 1:00 pm

Deb Lindh, Ed.D.

Post-traumatic stress in the Workplace: Peer-Led Leadership for Growth and Beyond

[CEUs, 2.0]

This engaging and experiential session will explore stress and trauma in the workplace providing participants an opportunity to understand various perspectives to answer the following questions: what does stress and trauma look like in the workplace, how might organizations acknowledge and respond to the lived experiences, how do innovative approaches of peer-led support communities help to reduce stress, improve resiliency, and provide safe spaces for employees to more effectively move through mental health and wellness challenges, and how can organizations use these resources to create and maintain space to create and maintain healthy and supportive workplace cultures that mindfully move through these challenges into healing and post-traumatic growth to align with overall organizational strategies and strategic initiatives. Through group discussion, and reflection, participants will gain a deeper understanding of “what” to create as well as explore the implications of “how” to implement these initiatives while gaining insight into new knowledge, opportunities of applied research, and practical interventions promoting a mindful approach to leadership that inspires post-traumatic growth while building safe spaces for resilience and beyond.

Learning Objectives

1. Learn about different perspectives on stress, trauma, and post-trauma growth and be able to craft your own point-of-view; Explore the variables within what is “resilience” and discuss their creation and integration
2. Understand the “why” the need exists, how to consider options for positive adaptations, and the implications of returning to a new “normal” through meaning and purpose

3. Describe how peer-led lived-experience interventions reduce workplace stress, increase employee well-being, and generate ROI outcomes linked to strategic initiatives

F1: Pre-conference Workshop: AUG 6 11:00 am – 1:00 pm

Robert A. Emmons, Ph.D.

Gratitude Works! How Gratitude Heals, Energizes, and Transforms Lives

[CEUs, 2.0]

Gratitude is the ultimate performance enhancing substance. Health, wholeness, wellness and fullness result from a grateful heart and a grateful mind. Practical tools for building gratitude reveal that life is a continual invitation to gratefulness that can be created every day and in nearly every way. Yet living gratefully can be effortful at times. The obstacles are many. We will explore how we can cultivate gratefulness by structuring our lives, our minds, and our words in such a way as to facilitate a deeper awareness of gratitude-inducing experiences and living in a vital awareness of the good that has been done for us, day in and day out.

Learning Objectives

After participation in the workshop, the learner will be able to:

1. Implement 2-3 concrete gratitude exercises on at least an every-other-day routine in your personal life.
2. Be familiar with the latest research on the benefits of gratitude in the domains of mental and physical health, including surprising and counterintuitive findings.
3. Identify three mechanisms linking grateful thinking and grateful expressions with improved outcomes.
4. Leave with a sound understanding of the concept of gratitude, its application in various contexts, and how its power might be harnessed for more effective living.

Day 1 Lunch Hour Part 1

Musical Performance by Francine Honey

AUG 6 1:00 pm – 1:30 pm



Hard-luck stories can have happy endings. Especially in Francine Honey's world. The bilingual Ontario singer-songwriter's third album *To Be Continued...* features tales of heartache and struggle, loss and crisis — many drawn from her own life. Along the

way, the down-to-earth performer also shares two fundamental lessons: You are not alone, and hope is always around the corner. A songwriter since childhood, and a former civil servant, Francine packs a lifetime of emotion into every song. Her music has taken her across Canada and the U.S., and on to the U.K., Switzerland and Italy.

Day 1 Lunch Hour Part 2

Musical Performance by Tim Yu

AUG 6 1:30 pm – 2:00 pm



Tim Yu is a psychology student at the University of Toronto. Going by the name of 'Maxiphoenix', he is also a part time composer since 2011 and is most comfortable writing piano and chamber music. He has written over 100

compositions and recently began to compile them on his Youtube Channel (also named Maxiphoenix). He has worked with several orchestras in the past, including the Blue Bridge Festival Orchestra and

had his work premiered on multiple occasions. As an event coordinator, he has also arranged for many performances at executive level events, including a Huawei Convention in 2018. Tim is interested in capturing the full spectrum of human experiences within his music, especially the most painful ones.

A4: Pre-conference Workshop:

AUG 6 2:00 pm – 3:50 pm

Yannick Jacob, M.A., M.SC., D.I.P., S.P.C.P.

Bouncing Back from the Inevitable: A Workshop on Existential Resilience

[CEUs, 2.0]

Existential thinkers remind us that there are certain aspects of being human that we all share as a result of merely being alive and in the world with other people. These “existential givens” (such as death, temporality and endings, absurdity and meaninglessness, freedom and uncertainty, or issues around isolation, authenticity and identity) characterize the “human condition” and leave us, at best, in discomfort and with an eerie feeling of anxiety or a sense of emptiness and dread, and, at worst, in a paralyzing state of existential crisis following the sudden loss of meaning structures and other connections, often at several levels. Unless we stop existing or we constantly distract ourselves from being present and aware, we are bound to come face to face with the kind of anxiety, paradox, dilemma, dread or crisis that being human entails. The longer we try to fight or suppress these existential truths, the harder they tend to hit us when they inevitably do. What we *can* do is choose to face our humanness before adversity strikes and work to come to terms with these givens as to foster what I call existential resilience, the capacity to bounce back quicker from such inevitable challenges, crises and adversities. In this workshop we will explore in what form the existential givens show up in everyday life, how we can make time for

acknowledging them, and, through conversations and reflections in smaller and larger groups, come a little closer to facing our human condition. Please bear in mind that there may be some discomfort for some when these conversations are opened and the facilitator may not be present in breakout conversations. We will contract around this at the start of the workshop to keep everybody safe, but the existentialists remind us that some level of courage is required to face our existential truths around death, endings, meaninglessness, freedom and isolation.

Learning Objectives

Participants will learn about:

1. The “existential givens” and the “human condition”
2. How existential givens show up in everyday life
3. Acknowledging and facing our humanness
4. Existential resilience.

B2: Pre-conference Workshop: AUG 6 2:00 pm – 3:50 pm

Farooq Naeem, Ph.D., M.D.

CBT for Resilience

[CEUs, 2.0]

Resilience is the ability to persevere, adapt and bounce back from difficult situations. Resilient people are able to bounce back from adversity, enjoy better physical and emotional health and are more successful in their careers. However, resilience can be only seen when a person is going through difficult times. It is believed that building self-efficacy can help people become resilient. Self-efficacy refers to a person's belief in their ability to exert control over their own motivation, behaviour, and social environment. This workshop will present a working model of self-efficacy that can be addressed through commonly used cognitive behaviour therapy techniques. We will highlight the association between commonly described components of self-efficacy and cognitive therapy

techniques, such as developing meaning or purpose in life through motivational interviews, emotional intelligence through Mindfulness, Cognitive flexibility through cognitive restructuring, and stress management through problem-solving and stress management training.

Learning Objectives

Participants will learn:

1. What is resilience and self-efficacy
2. How to be resilient through building self-efficacy
3. A working model of self-efficacy
4. How to build self-efficacy through cognitive therapy techniques

C2: Pre-conference Workshop: AUG 6 2:00 pm – 3:50 pm

Christine J. Becker, M.B.A., R.P.

The Wisdom of Dreams and Importance of Well-being

[CEUs, 2.0]

Dreams are the ways that our deeper self speaks to us. They tell us things that our conscious mind does not know and where the ego has a too limited perspective. Our psyche is continually evolving and is oriented toward wholeness, balance, well-being and meaning. In this workshop, participants will have a firsthand experience of working with their dreams to understand how dreams are central to a balanced life and a sense of wellbeing.

Learning Objectives

1. To understand the concept of Jung's individuation as it pertains to the experience of well-being
2. To understand the language of dreams
3. To have a chance to work with dreams for greater awareness and understanding

D2: Pre-conference Workshop: AUG 6 2:00 pm – 3:50 pm

**Marie Dezelic, Ph.D., Psy.D.,
M.S., L.M.H.C., & Dr. Rev. Gabriel
Chanoum, Psy.D., M.Div.**

The Psychology of Covid-19 – Trauma, Grief & Wellness: Reboot, Recharge & Regain Control of Your Life

[CEUs, 2.0]

Clinicians and professionals seeking to understand the psychological impacts of the Covid-19 Pandemic, its multi-layered effects and the bio-psycho-social-spiritual imprint, spanning from healthcare providers to our individual homes, will benefit from The Psychology of Covid-19 Workshop. Pandemic responses, emotional exhaustion, complicated trauma, collective grief, moral distress, as well as thriving, resilience, a meaning mindset, and “The Wellness Prescription” will be some of the topics addressed. Whether you are a healthcare clinician, work in the human services field, or looking to gain deeper knowledge of the overwhelming effects of the Covid-19 Pandemic, new tools, strategies, and models of recovery will be presented in this two-hour workshop.

Learning Objectives

1. Identify Covid-19 Pandemic mental health responses
2. Illustrate the differences and similarities between trauma and grief symptomatology
3. Develop tools for addressing burnout, exhaustion, moral distress, and meaninglessness
4. Acquire skills for a daily wellbeing plan to promote meaningful living and compassion resilience during difficult times

E2: Pre-conference Workshop: AUG 6 2:00 pm – 3:50 pm

Louis Hoffman, Ph.D.

Strategies for Demonstrating the Evidence-based Foundations of Existential-Humanistic Therapy

[CEUs, 2.0]

Existential and humanistic therapy approaches often are believed to be inconsistent with evidence-based practice in psychology. This assumption is inaccurate and frequently rooted in misconceptions of evidence-based practice as well as misunderstandings of existential and humanistic therapies. This workshop provides an overview of how existential-humanistic therapists can demonstrate that they are practicing consistent with evidence-based practice in psychology. First, the workshop will clarify evidence-based practice, which is often confounded with the empirically supported treatments, which have fallen out of favor, and other epistemologically narrow understandings of “evidence.” Second, through returning to the original report of the APA Presidential Task Force on Evidence-Based Practice (2006), it will be demonstrated that existential-humanistic therapy can be practiced highly consistent with evidence-based. Indeed, they can even serve as a model for how to demonstrate one is practicing consistent with evidence-based practice principles. Third, the workshop will help participants develop strategies for demonstrating the evidence-based foundations of their practice, including the use of case formulation, treatment planning, and documentation in therapy notes.

Learning Objectives

Participants will learn:

1. What is “evidence-based practice”.
2. The misconceptions of existential and humanistic therapies.

3. How existential-humanistic therapies are consistent with evidence-based practices.
4. How to demonstrate evidence-based foundations in practice using various strategies.

A5: Keynote:

AUG 6 4:00 pm – 4:50 pm

Kirk J. Schneider, Ph.D.

Existential Psychology for Social Healing: From the Polarized Mind to the Awakening of Awe

[CEUs, 1.0]

This talk will consider some recent developments in existential applications to social conflicts--the “polarized mind” and “awakening to awe.” The polarized mind is the fixation on a single point of view to the utter exclusion of competing points of view and continues to be one of the chief scourges of humanity. The polarized mind has many forms of expression, from authoritarianism and fascism on the political front, to racism, xenophobia, and religious zealotry. The concept also applies to individual disturbances from depression and obsessive-compulsiveness to narcissism and substance abuse. The cultivation of the sense of awe--or humility and wonder, sense of adventure toward living, also has many individual and social forms, and can serve as a potent antidote to the polarized mind. In this talk, I will summarize the nature of these emerging conceptions, consider their implications for both human destructiveness and vitality respectively, and show how they play out in one of the critical challenges for our times--conflict mediation. In particular, I will describe the “Experiential Democracy Dialogue” which is a one-on-one format that draws from my experience as a trained moderator for the grass roots citizens movement called “Braver Angels.” Braver Angels, now over 10,000 strong, brings self-identified liberals and conservatives together for supportive, highly structured “living room” style dialogues. Finally, I will show the connection between awe-based consciousness and the need for Experiential Democracy style dialogues on a mass scale to

enhance the likelihood not only of civility but of socially enriching, potentially actionable common ground.

Learning Objectives

Participants will be able to:

1. Define the polarized mind
2. Describe two social implications of the polarized mind
3. Define the basis for both the polarized mind and the cultivation of awe toward life
4. List three phases of the Experiential Democracy Dialogue

A6: Keynote:

AUG 6 5:00 pm – 5:50 pm

Christine J. Becker, M.B.A., R.P.

Transforming Shadow to Well-Being and Meaning

[CEUs, 1.0]

In Jungian psychology and analysis, shadow work is fundamental on the path of transformation and well-being. In these challenging times it is especially important for us to do our inner work. As C.G. Jung wrote we need to come to know our own darkness for dealing with darkness in others. Yet at the same time, shadow work is especially the hardest to accomplish. This keynote presentation will take participants on a psychological journey from Jung's ethical confrontation with the unconscious, his concept of the shadow and individuation, to shadow work that is essential to finding meaning in our lives.

Learning Objectives

1. To understand what it means to have an ethical confrontation with the unconscious
2. To understand why it is so difficult to identify the shadow
3. To gain an appreciation for the connection between integrity and the process of integration of the unconscious

4. To identify the sources of meaning and well-being that lie in the experiencing of positive emotions

A7: Summit

AUG 6 6:00 pm – 7:00 pm

Organizer: Paul T. P. Wong, Ph.D.

Discussant: Gökmen Arslan, Ph.D.

Speakers: Gilda Scarfe, Ph.D.; Brendan W. Case, Th.D.; & Julia Yang Blagen, Ph.D.

Future of Positive Education

[CEUs, 1.0]

A series of disruptive events, such as the pandemic, political/social chaos, and mass killings, have raised concerns as to how we can best equip our children and young people for a harsh reality and an uncertain future (Chen et al., 2021). We need to re-imagine positive education, because skills for happiness (Seligman et al., 2009), and wellbeing through PERMA (Seligman, 2011) will not equip children with the necessary resilience skills to survive and thrive in a world full of cut-throat competition, dangers, and existential crises. Stress, competitive pressures, and insecurity are an inevitable part of human existence.

That is why Seligman's focus on positive affect needs to be complemented by such virtues and coping skills as courage, acceptance, and faith (Chen et al., 2021; Wong, 2019). A balanced approach will better prepare our children and young people for survival and flourishing in challenging times. This symposium will be chaired by Paul Wong with the following presenters: (1) Brendan Case on spirituality and flourishing, (2) Gilda Scarfe on mental toughness in education, (3) Julia Yang Blagen on social interests, and (4) Paul Wong on a developmental perspective of positive education. Gökmen Arslan is the discussant.

Learning Objectives

At the end of this symposium, participants will learn the importance of:

1. Nourishing the soul and recognizing the spiritual dimension of education
2. Replacing the mindset of seeking comfort and pleasures with that of training as an athlete or warrior
3. Delayed gratification and discipline in order to bear good fruits
4. Resolving the existential crisis in each stage of life development

END OF DAY 1

CONFERENCE DAY 2: Saturday August 7, 2021

A8: Qi Gong Session

AUG 7 7:30 am – 8:20 am

Mitch Hall, Ph.D.

D3: Workshop:

AUG 7 7:30 am – 8:20 am

Avraham Cohen, Ph.D., & Heesoon Bai, Ph.D.

Meaning, Inner Work, and Non-ordinary Consciousness

[CEUs, 1.0]

Our one-hour workshop presentation relates well to one of the themes for the conference: “the role of self-transcendence in flourishing.” We will offer theory and practice for seeing and experiencing the world, self, and life in such a way that we rediscover them as utterly meaningful. We will lead the participants through inner work for non-ordinary consciousness for an ever developing perception and experience of meaningfulness.

Certainly, it is not difficult to be cynical and negative about the state of the world and its apparent head-long plummet toward destruction of the biosphere and if not total elimination and extinction of the humans, at the very least substantial elimination and extinction. Many of us, young and old, are plunged into a sense of nihilism and state of meaninglessness: “Who cares? Why bother? All will go up in smoke, anyways!”

In our workshop, we will begin by acknowledging the dark and shadowy side of humanity. In keeping with the themes of PP 2.0, however, we will anchor our work in the fundamental non-duality of human beings, which will facilitate the alchemical or transcendental process of dark and light conversion and integration. In other words, the shadow side of humanity will be worked through, via inner work, from which will then emerge the authentic nature of the human being. The dark is fuel for the light, and

their integration becomes a hot flame of life energy. We all need to learn how to work with the dynamics.

The focus of our workshop will be inner work wherein the dark (negative, nihilistic) and the light (positive and meaningful) converge and combust, yielding light and energy. Central to the practice of inner work in the present context is non-ordinary evocation of consciousness. Here, “non-ordinary” is relative to the common and dominant culture. As well, the non-ordinary consciousness may be related to “right-brain” functionality. Scientific theorizing aside, meditation and contemplation have long been associated with arousal of non-ordinary consciousness. Our inner work will involve contemplative practices.

Lastly, we will introduce a practice that we have come to call, “micro-dosing.”

The terminology itself would be familiar to those who experiment with psychotropic substances and sacred plants. In our case, we will micro-dose spontaneous, in-the-moment, non-ordinary consciousness into the self, thereby changing the self-state. These practices are a powerful alternative to the use of plants and substances and are certainly more sustainable. Moreover, we will learn how to develop and micro-dose states of non-ordinary consciousness and how to cultivate these and eventually integrate them increasingly into one’s life and the world.

E3 Workshop: AUG 7 7:30 am – 8:20 am

David R. Stefan, Ph.D.

What Would You Do If You Had 12 Months to LIVE? Framing Life as Positive Psychology Projects to Deepen Meaning, Enhance Well-being, and Discover Purpose

[CEUs, 1.0]

This interactive workshop creates space for attendees to develop extended personal projects/interventions based on positive psychology research and my experience.

As a therapist and a professor of counseling and psychology, I have created several personal projects over the last couple of decades to help me figure out purpose for my life, focus on an area of well-being, and even find a job. Workshop attendees will craft their own meaning projects as they learn about relevant research through my journey.

In 2008, I resigned from college administration and a counseling practice to evaluate my life and discern a direction while pursuing interests in writing and documentary filmmaking. I set out on an extended global research expedition; working in 20 states and 12 countries on six continents, I fulfilled a vocation exploration project called “*12 Months to Live*.” I asked myself, “What would I do if I had 12 months to live?” to help me frame my project. Then each month for the year, I experimented with a personal passion or new career. I worked with the United Nations World Food Program in Nepal, walked alone into the Cascade Wilderness in the United States for a three day/three night solo fast vision quest, and shot an adventure film while trekking up Everest.

I have also created year-long projects to help me write a memoir and to increase a sense of happiness through writing and delivering letters of gratitude to family and friends. Another endeavor titled, *Project 46: Peace with God, Love in Life and A Job I Like*, helped me come out of a severe depression after a two year period of unemployment.

As I present positive psychology research and lessons from planning and completing my projects, participants will also identify their interests, dreams and lingering desires through exercises. Participants will then draft initial blueprints for extended positive psychology and personal meaning projects.

Relationship to Theme of the Conference

This workshop focuses on creating meaning through the development of personal projects (interventions)

related to positive psychology. Specifically, participants will:

- Review research on the effectiveness of extended personal projects
- Identify strengths, values, interests and dreams through inventories
- Create personalized positive psychology projects (interventions) to deepen meaning and well-being

The project-based positive psychology interventions and techniques highlighted in this interactive workshop can be utilized by practitioners for themselves and with clients to foster meaning in life and strengthen social ties, which are central themes of the 2020 International Meaning Conference.

F2: Workshop: AUG 7 7:30 am – 8:20 am

Jacky van de Goor, Ph.D.

Wonderful Life: The Power of Sharing Meaningful Moments

[CEUs, 1.0]

What if there is an afterlife? There, all your memories will be erased, except for one. Which memory do you choose to take with you to eternity?

It is this question that stands central in the Wonderful Life intervention, an intervention developed by researcher, leadership trainer and coach Jacky van de Goor during her PhD research at the StoryLab of the University of Twente (The Netherlands). Over the years, she collected hundreds of memories from people in answer to this question. She investigated the meaning embedded in these moments and developed the Wonderful Life intervention as a method to enhance a sense of meaning in life. Iterating between research and practice, the intervention continually developed over time. It has proven its value in establishing a sense of connection – to personal sources of meaning, to others with whom these memories are shared, and to humanity. Alongside this, the intervention may contribute to a sense of

self-transcendence, leading to a shift from self-orientation to the spiritual awareness of being part of a larger whole.

In the workshop, participants will experience the intervention in a nutshell. They are invited to take part in each of the different stages of the intervention:

- Choosing one memory in answer to the Wonderful Life Question
- Sharing their own memory and listening to the memories of others
- Reflecting on the meaning embedded in their memory
- Translating the insights from their memory into an advice for their future, i.e. 'what their memory calls them to do'

At the end of the workshop, participants are invited to share their thoughts and feelings, to discuss possible contexts in which the intervention may specifically be of value, and to bring in ideas about ways to embed the intervention within therapeutic practices.

Day 2 Opening Remarks 8:20 – 8:30 am

Lilian Wong, Ph.D., Conference Manager

A9: Keynote: AUG 7 8:30 am – 9:20 am

Todd Kashdan, Ph.D.

Well-being After Emotional Disturbances: Insights from Depression, Anxiety, and Suicide Attempts

[CEUs, 1.0]

If one struggles with depression, anxiety, or suicidal impulses what is the best outcome that one can hope for? Can psychopathology be a bridge to a

better place where people operate with autonomy and self-mastery, enjoy healthy relationships, experience frequent positive emotions, and view life as meaningful and purposeful? Across national samples, a substantial number of people with depression, panic disorder, and suicidal impulses go on to achieve high levels of psychological well-being. We consider the practical and theoretical implications of these findings and call for a transformational mental health agenda that focuses on good outcomes.

Learning Objectives

1. Prevalence of well-being in the aftermath of being diagnosed with mental disorders
2. Strategies to measure well-being with a normative comparison approach
3. Detailing research ideas for better understanding the pathways to high peaks after distressing periods

A10: Keynote: AUG 7 9:30 am – 10:20 am

Scott Barry Kaufman, Ph.D.

The New Hierarchy of Needs

[CEUs, 1.0]

Abraham Maslow is the 20th-century psychologist best-known for explaining human motivation through a hierarchy of needs. At a basic level, humans need food, water, warmth and rest, before moving onto more complex needs such as safety, love, and self-esteem. And it's only when all of those needs are met that we can begin striving towards our full potential, the theory states. Somewhat paradoxically, Maslow also believed that self-actualization—achieving one's full potential—is a necessary component to achieving transcendence, or the ability to look beyond ourselves and to the greater good of all humanity. On a quest to discover Maslow's unfinished theory, Scott Barry Kaufman revives the humanistic psychologist's seminal work with contemporary findings, including his own research on how self-actualization affects our health,

growth, creativity, and purpose, and how this can be applied to creating a human-centered society that treats all people as *human first*. In this talk, Dr. Kaufman presents a new hierarchy of needs for the 21st century where people don't have to choose either self-actualization or self-transcendence. The combination of both is essential to living a full and meaningful existence.

Learning Objectives

1. Learn fundamental misconceptions about Maslow's classic hierarchy of needs
2. Learn about the new hierarchy of needs
3. Learn about the importance of exploration, love and purpose for self-actualization
4. Learn about the latest science of transcendence

A11: Summit

AUG 7 10:30 am – 11:30 am

Organizer: Paul T. P. Wong, Ph.D.

Speakers: Piers Worth, Ph.D.; Blaine Fowers, Ph.D.; Darcia Narvaez, Ph.D.; Claude-Hélène Mayer, Ph.D.

Vulnerability to Resilience

[CEUs, 1.0]

The paradoxical truth is that vulnerability can save lives. For example, denying that one is vulnerable to the deadly coronavirus and refusing to be vaccinated has caused many unnecessary deaths.

Vulnerability is an existential reality. It becomes our weakness only when we deny or avoid it. But it can be our greatest courage when we (a) become fully aware of this inescapable fact, and (b) embrace and make the best use of our inherent vulnerability. This is one of the basic tenets of existential positive psychology (PP 2.0).

"Vulnerability" is derived from the Latin word *vulnerare* (to be wounded), implying the absence of adequate protection against all kinds of dangers. This term is often interpreted as weakness. However, Brené Brown (2012) challenges this cultural

myth when she says, "In our culture, we associate vulnerability with emotions we want to avoid such as fear, shame, and uncertainty. Yet we too often lose sight of the fact that vulnerability is also the birthplace of joy, belonging, creativity, authenticity, and love."

Recently, there is more empirical research demonstrating that shame can be transformed into strength (Mayer & Vanderheiden, 2019; Wong, 2017). According to PP 2.0, no human being is immune from the uncomfortable feelings of vulnerability from painful feelings of shame, guilt, and fear of dangers. Awareness of our inherent vulnerability is the first step towards resilience and flourishing (Wong, 2021).

We propose that such deeply rooted feelings may be part of our DNA and play an important part in our survival and resilience. The present symposium further investigates why awareness of vulnerability is adaptive and how we can transform vulnerability into resilience and wellbeing.

Learning Objectives

In the summit, participants will learn:

1. The importance of understanding vulnerability as an inherent aspect of being human
2. Vulnerability to shame, guilt, and fear is also part of human nature and can be regulated through acceptance and transformation of certain vulnerabilities
3. People from sharing cultures and early experiences of secure attachment, are better prepared to accept and cope with vulnerabilities
4. The lived experiences of vulnerability in different stages of development

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- Mayer, C. -H., & Vanderheiden, E. (Eds.). (2019). *The bright side of shame: Transforming and growing through practical applications in cultural contexts*. Springer.
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D4: Paper Session: AUG 7 10:30 am – 11:30 am

Honey Foundation Student Scholarship (Session 1)

First Place

Adeeba Hakkim, *Indian Institute of Technology Hyderabad* - “To Flourish in Catastrophic Times: The Covid-19 Pandemic as a Catalyst to Discovery of Meaning and Purpose”

Second Place

Florencio (Jun) Kabigting, Jr., *Claremont Graduate University* - “Responsibility: Enabling Human Consciousness and Flourishing Using Paradox Theory”

Third Place (tie)

P.F. Jonah Li, *Indiana University* - “Though Interpersonal Insignificance May Destroy You, Having Personal Meaning May Save You: Perceived Personal Meaning Moderates the Andi-Mattering-Suicide Ideation Link”

Third Place (tie)

Jessica Mead, *Swansea University*; et al. - “Pathways to Post-Traumatic Growth and Wellbeing during the COVID-19 Pandemic: Findings from a UK-based Sample”

E4: Paper Session: AUG 7 10:30 am – 11:30 am

Maddi Scholarship
Presented by Deborah Khoshaba,
Ph.D., in honour of the late

Dr. Salvatore Maddi, Ph.D.

First Place

Anam Khan, *Dalhousie University* - “The Paradox of Trauma: Can Experiencing Trauma in Childhood Strengthen One’s Ability to Endure Adversity in Young Adulthood?”

Honourable Mention

Siobhan Connolly-Hogan, *Buckinghamshire New University* - “The Positive Psychology of Sickness, Death and Dying”

Honourable Mention

Lia Naor, Ph.D., *Haifa University* - “Positive Transformation and the Laws of Nature: From Caterpillar to Butterfly”

Honourable Mention

Charlotte Evers Saleeby - “An Adaptive Grief Strategy for Early Mother Loss”

F3: Poster Session: Poster Session 1

AUG 7 10:30 am – 11:30 am

Atsushi Matsumoto & Satoshi Shimai, *Kansai University* - “The Relationship between Meaning of Life and Gaming Disorder”

Emily Gordon et al., *Sam Houston State University* - “Correlates of Wellbeing among Older Students in Senior Living Facilities in Pennsylvania and Texas: Pilot Data”

Frank Carr, Ph.D., *Marian University*; & **Jacob Chan, Ph.D.**, *Ball State University* - “Meaning, Attachment, Perceived Closeness and Complicated Grief in U.S. Military Service Members”

Lucia Záhorcová, *Trnava University*; et al. - “Forgiveness Intervention for the Promotion of Mental Health in Bereaved Parents – a Pilot Study”

Omid Alaei, *Buckinghamshire New University* - “Creating an Applied Tool for Meaning-based Coaching Model: “Success Circuit”

Satoshi Shimai, *Kansai University*; & **Yuko Yamamiya**, *Temple University Japan Campus* – “Multiplier and Offset Effects of Combination of Two Character Strengths”

Sukriti Drabu, *National University of Singapore*; et al. – “Assessing the Efficacy of a Single Session of Self-Compassion Training in an NSSI Ideator Sample”

Sukriti Drabu, *National University of Singapore* – “The Mediating Role of Self-criticism in the Relationship between Self-Construal and Non-Suicidal Self-Injury in an Asian Sample”

A12: Keynote:

AUG 7 11:30 am – 12:20 pm

Robert A. Emmons, Ph.D.

How Gratitude to God (and to Others) Shapes Suffering

[CEUs, 1.0]

Gratitude, the affirmation and recognition of the good, is valuable for the person who possesses it and valuable for society at large. Two decades of research has verified that gratitude generates a positive ripple effect through every area of our lives, potentially satisfying some of our deepest yearnings—our desire for happiness, our pursuit of better relationships, our ability to make meaning out of suffering, and flourishing more generally. Suffering is often taken to challenge God’s goodness and even existence. I will articulate ways in which gratitude to God shapes experiences of suffering and of God in one’s suffering.

Learning Objectives

After attending the keynote presentation, the learner will be able to:

1. Increase their awareness of how gratitude to God expands our vision of what we can be grateful for
2. Cite research studies examining how gratitude facilitates coping with minor and traumatic stress

3. Expand their spiritual resources for dealing with suffering intellectually, experientially, and interpersonally
4. Understand the difference between complaint and lament in response to suffering

Day 2 Lunch Hour Part 1

Musical Performance by Matt Weisberg

AUG 7 12:30 pm – 1:00 pm



I am a session pianist, multi-instrumentalist performer, and a composer/producer for film and television. This avails the opportunity to teach and utilize music production methods when it’s requested or beneficial

to the student.

I have a beautiful home studio in Los Angeles with all state-of-the-art equipment for recording and teaching.

Though I am a college professor, I enjoy and am competent teaching all levels (elementary school through nursing home). I spent several years at Harvard-Westlake High School coaching their jazz ensembles and teaching privately.

I am sought after for my professionalism, adaptability, musical depth, creativity, and technical expertise. As a skilled educator, I seek to seamlessly transfer these skills to my students in a fun and engaging way. Referrals available upon request.

As a performer, I’ve worked with some of the best; with from Latin pop star Estefano, REO Speedwagon, Engelbert Humperdinck, various American Idol stars, Matthew Morrison of “Glee”, all of the finalists from “The Voice” of 2012; a myriad of notable jazz all-stars including Ira Sullivan, Clare Fischer, Kamasi Washington, Bill Watrous, Eric Marienthal, Pete Christlieb, Ramon Banda and Zane

Musa, just to name a few. My music can be heard in a multitude of media platforms, from various tv commercials, feature films like *Big Momma's House III*, various movies on The Lifetime Network, and television shows such as “Bones”, “Young and the Restless” “Millionaire Matchmaker” and MTV’s “10 on top.”

Day 2 Lunch Hour Part 2

Musical Performance by Mark Braithwaite

AUG 7 1:00 pm – 1:30 pm



Mark Braithwaite is an artist, multi-instrumentalist, and producer. He has worked with Columbia Records Artist Coleman Hell, in addition to being featured on VH1 Soul and MTV for the music

videos “Sunrise” and “Rain” respectively. Notable performances include headlining for Canadian Music Week and TD Canada Jazz Fest. He opened for Bad Boy recording artist Machine Gun Kelly’s Canadian winter tour-date in Barrie, and interviewed Kid Ink in association with Skype / Live Nation. As a producer, major credits include French Montana and Kardinal Offishall (co-produced with Burd & Keyz). He is a passionate blend of r&b, hip-hop, and blues—think Hendrix meets Kanye meets Drake.

The release of his album “Phoenix” is a symbol of his own transformation and rebirth as an artist. The album itself speaks about a hustle to overcome the 9-5 grind, about spiritual growth, and paints vivid pictures about personal relationships & major achievements. For more information and links to social media, visit his official website: www.markbraithwaitemusic.com

A13: Paper Session: AUG 7 1:30 pm – 2:30 pm

Positive Psychology Interventions

Piers Worth, Ph.D., *Buckinghamshire New University* – “A Positive Psychology Response to the Psychological Impact of the Covid Pandemic”

Jeremy D.W. Clifton, Ph.D., *University of Pennsylvania* – “Parents Intuit—Incorrectly—that Teaching Their Children that the World is a Bad Place is Likely Best For Them”

Allison Parente, Ph.D., *Farleigh Dickinson University*; et al. – “Are Strength-based Positive Interventions Effective for Eliciting Positive Behavioral Outcomes? A Meta-Analysis Review”

B3: Paper Session: AUG 7 1:30 pm – 2:30 pm

Clinical Practice

Ewelina Kotowska, Psy.D. – “Expansion of Consciousness and the Reinterpretation of Healing in Psychotherapy”

Shaima Ahammed Thayyilayil, Ph.D. student, *University of Alberta* – “Transpersonal Meanings of Hope and Suffering: Implications for Cultural Sensitivity in Trauma Therapy”

Aleck Kwong Man-Kit – “Reengaging with the Four Modes of Existence During the Existential Crisis of COVID-19 through Tea-based Online Expressive Arts Therapy”

Christine Wykes Driver, M.A.P.P.C.P., M.B.Ps.S. – “‘A Gentle Underlying Flow to Life’: Spirituality in Women’s Stories of Recovery in Overeaters Anonymous”

C3: Paper Session: AUG 7 1:30 pm – 2:30 pm

Role of Meaning in Coping with the Pandemic

Bernadette Saunders, M.A.P.P. Student, *Buckingham New University* - “Finding Meaning beyond COVID -19”.

Anastasia Y. Klimochkina, *HSE University*; et al. - “Meaning and Support in Maintaining Well-being during a Pandemic”

Lea J. Seidel - “The Role of Meaning in Mental Health”

D5: Paper Session: AUG 7 1:30 pm – 2:30 pm

Meaning Research

Brian D. Ostafin, *University of Groningen* – “The Effects of an Awe Induction on Meaning-related Variables”

Adeeba Hakkim, *Indian Institute of Technology Hyderabad*; & **Amrita Deb, Ph.D.**, *Indian Institute of Technology Hyderabad* – “Courage in the Face of Personal Risk: Meaning-making Among Disaster Rescue Volunteers”

Lyndsay Kennedy, *University of Liverpool*; & **Alina Perez, Ph.D.**, *University of Liverpool* – “Personality’s influence on experiencing meaning: An analysis of the big five personality aspects and their relationship with purpose, comprehension, mattering and searching for meaning in life”

Frank Martela, *Aalto University* – “Crisis of Meaningfulness as Emerging from the Clash Between Religious and Scientific Worldview – A Historical Analysis of Key Transitions in the Western Culture”

E5: Paper Session: AUG 7 1:30 pm – 2:30 pm

Life Education

Baihua Jin, *University of Hong Kong* – “Facilitating Whole-Person Development of Chinese College Students: An Intervention Based on Existential Positive Psychology”

Mandy Chan – “Fostering Students’ Well-being Through Meaning Intervention Strategies”

Hul Lan Wang, Ph.D., *National Pingtung University* – “Reconceptualization of Self and Refreshment of Mind : Developing A Mindfulness Program for Educational Leaders”

Ruth Cooper-Dickson, *University of East London*; et al. – “Working on the Edge: Can Coaching Facilitate the Outcome of Posttraumatic Growth?”

F4: Symposium: AUG 7 1:30 pm – 2:30 pm

Organizer: Kenneth Hart, Ph.D.

Speakers: Shawn Sharkey, B.A., M.S.W.; Melanie Ryan, M.S.W., M.C.R., L.C.S.M.; & Charles Taylor, D. Div.

Paraprofessional Approaches to Self-Transcendence: Examples Involving Spirituality and Jungian Shadow Work

[CEUs, 1.0]

Continued growth and expansion within the area of scholarship known as Positive Psychology (PP) has resulted in a deeper recognition that optimal quality of life requires a balanced appreciation of light and dark. Paul Wong has described this new field as Existential PP. The current symposium provides three examples of community-based quality of life interventions that seek to promote thriving and flourishing within the general framework of applied existential PP.

In the first presentation, Hart and Sharkey will

describe a 12 week zoom-based psychoeducational intervention which they have entitled “Birthing Your Hidden Golden Shadow”. By developing a Facebook Group devoted to Jungian shadow work, Hart & Sharkey recruited 12 adults spanning Canada and the US (7 females, 5 males, mean age 54) to participate free of cost personal growth group. This group is centered around an integration of small principles of group ministry and experiential exercises contained in a workbook entitled, “The Golden Shadow Method” (Ryan, 2020). A detailed description of the internal dynamics for each of the 2 hour zoom meetings will be provided. Briefly, our meeting protocol includes the use of service jobs, leaderless groups, sharing of ‘homework exercises’, altruistic silent listening, enactment of spiritual stretch intentions, prayer and meditation, and the segmentation of breakout rooms in a manner that encourages active and fair participation of all group members.

In the second presentation, Melanie Ryan, the author of “The Golden Shadow Method” (Ryan, 2020) will describe how her workbook assists people in identifying and integrating unconscious shadow energies of their psyche. Following in the footsteps of Dr. Carl Jung, Ryan (2020) describes how these disowned energies, (both dark and light) function to either sabotage or limit people’s best efforts at personal growth and self-transcendence. She also describes the buried reservoir of virtues that resides in the unconscious, hidden from everyday awareness. Ryan will describe how her book engages readers in experiential growth exercises involving Jungian principles of projection, archetypal analysis and active imagination. Finally, her presentation will also integrate Buddhist and Shamanistic approaches to befriending and owning Shadow energies in an effort to liberate untapped potential for human flourishing.

In the third presentation, Reverend Charles Taylor (Senior Minister, Universal Truth Center, Miami Gardens, Florida) will give an address entitled, “Pitfalls of Pollyanna New Thought Spiritual Groups”. In his talk he will discuss themes that include spiritual bypass, toxic positivity, and unconscious beliefs and processes that serve as obstacles to spiritual growth. Finally Reverend Taylor will present an alternative approach to

ego-transcendence. This alternative incorporates principles of New Thought metaphysics, applied existential positive psychology, Eastern wisdom traditions, Perennial philosophy and Jungian depth psychology.

A14: Keynote: **AUG 7 2:30 pm – 3:20 pm**

Scott D. Churchill, Ph.D.

On the Possibility of an Existential Positive Psychology

[CEUs, 1.0]

Contrasting perspectives (belonging to humanistic psychologists and positive psychologists) with regard to “the humanistic psychology - positive psychology divide” will be presented, using Waterman’s (2013) feature article in the American Psychologist as a point reference. Heidegger’s (1927/1962) existential framework - in which human possibility and “potentiality-for-Being” is always already situated within the context of what he calls “factual life” and human “fallenness” - will be presented as a way of placing positive psychology’s central focus on the striving for happiness more firmly anchored within the broader context of human suffering and strife. Wong’s (2021) proposal for an “existential positive psychology” combining the best elements from both approaches will be considered.

Learning Objectives

Participants will learn:

1. The historical divide between humanistic psychology and positive psychology
2. A humanistic perspective of this unfortunate divide
3. The hopeful signs of recent trends towards rapprochement
4. A promising way to achieve human flourishing is to combine the best elements from both approaches

A15: Keynote:**AUG 7 3:30 pm – 4:20 pm****Darcia Narvaez, Ph.D.*****Returning to Indigenous, Wellness-informed Practices***

[CEUs, 1.0]

Industrialized humans have pulled away from natural processes in all sorts of ways, often believing themselves above or apart from nature, a worldview that contrasts with that of indigenous sustainable societies. The Indigenous worldview is one of partnership, apprehending the world as interconnected, sentient, sacred and moral. In contrast, the dominating worldview is that humanity is the pinnacle of development and should manipulate and extort for its own ends the rest of the world which is relatively “dumb,” fragmented, and amoral.

Differences in developmental experiences may be key to the loss of holistic sense and flexible attunement in industrialized peoples. Industrialization has moved to treat living things like commodities or even machines, including babies, who are highly immature at birth and require nurturing care to develop well. One of their most critical needs is the provision of the species typical nest. Every animal has a nest for optimizing development, including humans. But most industrialized societies do not provide humanity’s evolved nest. Instead, children have been increasingly deprived of what optimizes psychosocial neurobiological development and pushed to excel in only one human capacity, thinking, which is considered by many traditions to be dangerous without “heart.” A return to the wellness-informed and wellness-promoting of Indigenous wisdom is needed. Complex life may depend on it.

Learning Objectives

1. Participants will be able to identify several of the nine components of our species’ evolved nest
2. Participants will be able to identify how providing those several evolved nest components promote wellbeing

3. Participants will be able to name several characteristics of intrapersonal and intrapersonal thriving seen in our Indigenous cousins
4. Participants will be able to contrast our species’ wellness-promoting pathway with the trauma-inducing pathway of the dominant culture

A16: Summit:**AUG 7 4:30 pm – 5:30 pm****Organizer: Paul T. P. Wong, Ph.D.****Discussant: Claude-Hélène Mayer, Ph.D.**

Speakers: Scott Barry Kaufman, Ph.D., David Yaden, Ph.D., José I. Rodríguez, Ph.D., Richard Cowden, Ph.D., & Andrew Kemp, Ph.D.

Flourishing through Suffering (Self-transcendence)

[CEUs, 1.0]

How can we flourish in times of suffering? This is the key question raised by existential positive psychology (PP 2.0). The answer may surprise many people – self-transcendence (ST).

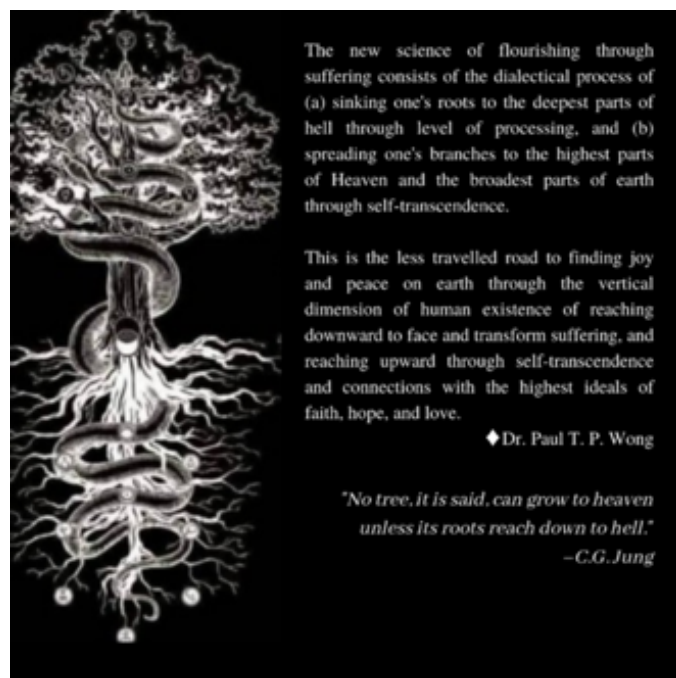
The simplest way to define ST is that it is the pathway of personal development and spiritual practice that can help free us from our ego and enables us to flourish in spite of suffering and human limitations. Perhaps, this is the least understood, but most important breakthrough in psychology in the 21st century.

At least one good thing has come out of the pandemic – it has destroyed all our positive illusions, such as the world is a sweet and safe place, and we can expect only good things to happen. It has forced us to face the undeniable reality that life is indeed full of dangers and suffering, but life is also full of opportunities of flourishing for those who learn how to transcend and transform all their sufferings into positive energy and triumph.

“The silver lining is that in spite of all the gloomy predictions about the mental health crisis and economic fallout, something beautiful and good could emerge out of the devastation.” (Wong, 2020). From this perspective, it is the worst of times; it is also the best of times. But we cannot celebrate the best without overcoming and transcending the worst. This is the main message of this symposium.

Indeed, we don't know how strong we are until we have to be strong in order to survive. Adversity either breaks us and makes us bitter or makes us strong and better. The new science of self-transcendence breaks new ground by shifting the focus from the horizontal to the vertical dimension. We can enrich human life both individually and collectively, even in the worst circumstances by losing ourselves in the vertical dimension of moving upward as shown in Figure 1.

Figure 1



The New Science of Flourishing Through Suffering

Wong's self-transcendence model is based on extension of Viktor Frankl's ideas (Wong, 2014, 2021). Scott Barry Kaufman's approach (2020) is based on an extension of Maslow's model. José I. Rodríguez (2019) examines ethical self-cognizance as means of transcendence. David B. Yaden's approach to the umbrella term of self-transcendent

experiences (2017) is grounded in William James's foundational work. Richard Cowden will focus on emerging empirical evidence linking suffering with dimensions of flourishing (and languishing). Andrew Kemp discusses multiple pathways towards transcending suffering and achieving flourishing.

Learning Objectives

In the symposium, you will learn:

1. Why suffering is necessary for flourishing, especially in times of suffering
2. How self-transcendence plays an important role in transforming suffering through the motivation or value to sacrifice for the common good
3. When and how the emotion of awe contributes to flourishing
4. The important role of forgiveness in transcending interpersonal conflict and suffering
5. The different pathways towards flourishing

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D6: Workshop: Aug 7 4:30 – 5:30 pm

Janeta Tansey, Ph.D., M.D.

M&M Rounds 2.0 for Distress Management, Resilience, and Professionalism: From Morbidity and Mortality to Meaning and Mindfulness in Professional Practices

[CEUs, 1.0]

Morbidity and Mortality Rounds (M&M Rounds) is a long-standing intra-professional practice in Medicine in which an unflinching communal review of a patient case is undertaken for both empirical and existential growth. These medical case conferences ask participants to have the courage to confront not only the mistakes, morbidity and mortality of a patient's course of care, but also the suffering (and sometimes shaming) of the providers themselves as human limitations and fallibility are exposed for the sake of medical integrity, excellence, and professionalism.

A physician and ethicist, the author developed **M&M Rounds 2.0: Meaning and Mindfulness** in 2017 as an intervention that invites a similar courage to look at a professional's own life, with attention to the "morbidity and mortality" of attitudes, choices, and habits towards greater existential and ethical responsibility for self and others. An approach integrating Virtue Ethics and Logotherapy/ Existential Analysis with Positive Psychology and Mindfulness, Dr. Viktor Frankl's hope is in mind: *"I wanted to be a good doctor. I hope I was not a bad doctor. But finally, I wanted to remain a human being. I still try."*

While first developed for health care providers, M&M Rounds 2.0 has now been piloted for other service-oriented professions, including a range of first responders during the coronavirus pandemic. It has ongoing use in ethics/professionalism-remediation and leadership training, including not only health care fields, but also in and for the professions of Ministry, Social Work, Engineering, Education, and Coaching, with additional adaptations foreseeable. This 2-hour workshop is a

snapshot of the author's M&M Rounds 2.0 Teacher Training and its 6 core modules, in which a right-mindfulness of human fear, shame, alienation, anger, despair, and apathy are paired with a corresponding call to Courage, Temperance, Humanity, Justice, Transcendence, and Wisdom. It is a deliberate expansion to Mindfulness-Based Interventions, as "being in the moment" is no guarantee of virtue - for example, when a professional's "courage" is actually bold hubris without wisdom. The workshop will also explore use of VIA and mindfulness exercises in existential analysis, supporting a flexible and eclectic use of therapeutic tools for what Viktor Frankl held dear as maieutic responsiveness: *"[Y]ou not only have to modify the method from person to person but also from situation to situation, that is to say, you not only have to individualize but also to improvise. [Logotherapy's] combination with other techniques should be encouraged and welcomed. If 'shrink' is the slang term for the Freudian analyst, the logotherapist ought to be called 'stretch.'"*

This workshop invites participants to creatively "stretch" and "improvise" together, with experiential engagement of abbreviated module topics and discussion of application in the participants' areas of interest. The workshop is committed to engage the phenomenology of individual lives and standpoints, including the problems of privilege and power, and the opportunities afforded by human diversity and its sufferings. The author will share pilot data and observations, alongside the joy of helping others discover what Frankl calls "the defiant power of the human spirit" in contemporary varieties of "morbidity and mortality."

Learning Objectives

Following the workshop, participants will be able to:

1. Identify the core features of Viktor Frankl's logotherapy and existential analysis as applicable to a right-mindfulness of painful emotions and a corresponding attitudinal commitment to habits of virtue
2. Appreciate and apply the use of the Values-in-Action assessment and guided mindfulness exercises as an existential analysis approach to meaning-discovery and responsibility in either individual or group settings

3. Understand and creatively apply an integrated conceptual and experiential approach using existential analysis and positive psychology to the challenges of professionalism, resilience, and well-being in a variety of helping professions and their areas of distress

E6: Workshop:

Aug 7 4:30 – 5:30 pm

David R. Stefan, Ph.D.

***The Girl Who Couldn't Laugh:
A Breadcrumb Quest for Joy***

[CEUs, 1.0]

This presentation includes a viewing of the original documentary film, “Dr. Dave and the Girl Who Couldn't Laugh: A Breadcrumb Quest for Joy”, and discussion of its major themes related to integrating the darkness in life into our personal journeys.

In the midst of filming a global research expedition project called “12 Months to Live”, I met a girl who couldn't laugh. She didn't know how to laugh and had to try on other people's styles of laughter to find her own. Her path to acquire a laugh paralleled my journey to rediscover joy.

In 2008, I created a mid-life gap year to evaluate my life, manage depression, and discern a direction while pursuing interests in writing and documentary filmmaking. I set out on an extended personal well-being and research adventure around the world. To help me frame my project, I asked myself, “What would I do if I had 12 months to live?” Then each month for the year, I experimented with a personal passion or new career.

I filmed my journey, the people and landscapes from around the globe; I hiked up Everest in Nepal, walked into Washington State's Cascade Wilderness on a 3-day solo vision quest, and sat with silence in a monastery in Kentucky. As the girl who couldn't laugh's story unfolds throughout the film, the documentary also follows my expedition and reveals research and secrets that helped me find my way to greater understanding, meaning, and well-being.

This creative presentation includes the 75-minute viewing of the original documentary, “The Girl Who Couldn't Laugh”, that I produced, and a follow up guided discussion with questions and answers.

Please see link here for a preview of the first five minutes of the documentary: <https://www.youtube.com/watch?v=sp4BhPLU6X8&feature=youtu.be>

F5: Workshop: Aug 7 4:30 – 5:30 pm

Pooja V. Anand, Ph.D.

Emotional Intelligence

[CEUs, 1.0]

The present-day world is full of challenges of various kinds. There is an increase in cases of violence, bullying, road rage, suicide, and depression worldwide. These issues and challenges have become even more aggravated during the Covid-19 pandemic. A detailed analysis of these problems reveals that the root cause of all these problems is a lack of emotional skills in individuals. “Emotional intelligence involves competencies related to understanding and managing one's own emotions, understanding others' emotions, developing and maintaining satisfying relationships with others and channelling one's emotional energy to create a positive self” (Anand, 2017). According to the 3S model of emotional intelligence, the four main components of emotional intelligence are emotional self-awareness, emotional self-management, empathy, and developing and maintaining relationships. In addition to these four components, the model specifies another important dimension of emotional intelligence namely Self-positive (Anand, 2017). Emotional intelligence is emerging as a crucial skill in today's world and more so during the prevailing pandemic. Many studies have been conducted on emotional intelligence and they show its positive and significant implications in various domains of life such as academics, workplace, leadership, mental and physical health and well-being, increasing prosocial behaviour, and reducing deviant behaviour. Research has shown that emotional intelligence is a learnable skill

and hence can be enhanced through intervention and training. Hence, in this workshop through various experiential exercises based on the four key components of emotional intelligence namely emotional self-awareness, emotional self-management, empathy and interpersonal skills, emotional intelligence can be developed in the participants. The experiential exercises include aspects of self-reflection, journal writing for intrapersonal understanding as well as sharing circles, group discussion and other interpersonal exercises for sharing one's emotions and experiences with others to develop one's interpersonal skills. In addition to various experiential exercises more strategies will be shared with participants as well as a range of homework assignments will be given so as to help them in inculcating skills related to emotional intelligence. Hence, if more and more individuals are given training in emotional intelligence it will help in coping with challenges presented by the world as well as develop a positive self. The workshop will be relevant for scientists, practitioners, students, teachers, coaches, human resources specialists, organizational leaders as well as individuals from any walk of life.

Learning Objectives

1. Participants will learn various techniques to become more aware of their own emotions, enhance their emotion related vocabulary, and become more aware about their strengths, weaknesses, opportunities and challenges
2. Participants will learn various techniques to become more aware of others' emotions and understand their perspective
3. Participants will learn various strategies to manage their emotions, practice self-motivation through goal setting and enhance their self-motivation
4. Participants will learn various techniques to develop and maintain satisfying and meaningful relationships with others

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END OF DAY 2

CONFERENCE DAY 3: Sunday August 8, 2021

A17: Qi Gong Session

AUG 8 7:30 am – 8:20 am

Mitch Hall, Ph.D.

E7: Workshop:

AUG 8 7:30 am – 8:20 am

Lia Naor, Ph.D.

When the Going Gets Tough the Tough Go Into Nature

[CEUs, 1.0]

Human connection with the natural environment has been described as a basic psychological need in gaining complete wellbeing (Baxter & Pelletier, 2019; Hurly & Walker, 2019). Indeed, a growing and well established body of research points to the importance of nature in maintaining and enhancing our mental health and wellbeing (see reviews, Capaldi et al., 2015; Frumkin, 2001; Gatersleben, 2008). While nature connectedness predicts greater levels of happiness, feeling that life is worthwhile, and lower prevalence of depression and anxiety, in addition to feeling more control over life and relationships (Richardson et al., 2021). These findings are especially relevant to psychological health today as coronavirus is the new reality for almost every human being (Perlman, 2020). COVID 19 has led to the lockdown of institutions and clinics, and many people are dealing with the aftermath of being confined to closed areas for long periods of time. The outcome of these conditions has led to research specifically focusing on nature connection as a resource for well-being, during and after Covid-19 (Haasova et al., 2020; Lemmey, 2020; O'Brien and Forster, 2020).

As mental health disciplines begin to wrestle with the implications of nature connectedness and ecological trauma, practitioners have an opportunity to help clients with emotions surrounding ecological anxiety and disaster by helping them to deepen their relationship with the natural world. This

workshop is an important step toward gaining a better understanding of the value of working in nature and how these can be implemented in practice toward human health, specifically in relation to the psychological issues that are surfacing in face of the current pandemic. The rising crises in mental health and in the health of our planet and its non-human inhabitants are interrelated. As such, cultivating a more reciprocal and healthy relationship with nature is important in maintaining meaningful relationships with others and nature to live a meaningful and sustainable life. We hope these understandings contribute to current expressions in the field of psychology aimed at understanding the interdependence between human and natural well-being, based on academic research and relevant to practical environmental issues (Clayton & Saunders, 2012).

This interactive workshop will uncover the mechanisms of change linked to the therapeutic outcome of working within the natural environment based on empirical and theoretical evidence from recent cutting edge empirical evidence (Naor & Mayseless, 2021). Through this workshop participants will gain a better understanding regarding the therapeutic value of human nature connection by actual experience of various interactive interventions. This workshop will provide practitioners with practical tools for integrating nature in therapeutic intervention in indoor or outdoor settings. By focusing on the importance of nature connection for well-being, this workshop is a response to the growing interest among practitioners seeking ways to integrate nature in practice toward human health and flourishing.

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F6: Workshop:

AUG 8 7:30 am – 8:20 am

John L. (Larry) Green, Ph.D.

Innocence, Suffering and Soul Work

[CEUs, 1.0]

In this workshop I will sketch out a system of relations between the condition of innocence, the experience of suffering, and the withdrawal of the soul. Then I will offer an exercise for workshop participants to experience having their suffering acknowledged without the hidden agenda of “fixing.”

Fixing implies that there is something broken or “wrong” in the individual being addressed. Both the client and therapist share this action logic for different reasons. The client prefers to think that

it is an individual problem that can be reversed, rather than the human condition, which must be faced. The counsellor, on the other hand, needs to be helpful, with their self-esteem tethered to, and conditional on, the client’s “improvement.” This overlooks the critical step in the healing process: acknowledgement of the suffering. That acknowledgment is the shortest route to contact with the soul...because it is the soul that suffers.

I will argue that the experience of innocence belongs to the soul (pre-personal consciousness), whereas the experience of jadedness belongs to the ego. When we’re young we come into the world “trailing clouds of glory” and expecting the good. Then the soul experiences suffering as it encounters neglect (both benign and intentional), cruelty and absurdity. These events shock and dismay and become the grand motivator for constructing an ego that is capable of dealing with and shielding the soul from such threats.

However, the ego erroneously applies the simple strategies, developed during childhood, to the complexities of adult life. Anything remotely resembling the events that were suffered earlier become the activator of those context limited strategies. In order to transcend that condition, the soul must be engaged. The soul can contact the particularities of its existence; that is, it can reality check. In addition, it is the agent that is capable of constructing new, more adaptive strategies. One portal to the soul is through its suffering. If one returns to “the scene of the crime” you can be sure that the soul will be observing how it’s being witnessed in its distress.

Day 3 Opening Remarks

AUG 8 8:20 – 8:30 am

Lilian Wong, Ph.D., Conference Manager

A18: Keynote:**AUG 8 8:30 am – 9:20 am****Blaine Fowers, Ph.D.*****The Deep and Necessary Relations Among Human Frailties and Virtues or How to Flourish as a Dependent, Vulnerable Creature***

[CEUs, 1.0]

The idea of human flourishing has generated great and welcome enthusiasm. The immediate difficulty is understanding how flourishing is possible for humans, given our obvious and persistent frailties and limitations. I offer a neo-Aristotelian account of the necessary relationship between specific human frailties and particular virtues. The key relation is that virtues are not simply a grab bag of generic human excellences; virtues are the specific excellences necessary for humans to live well, given our limitations. I illustrate this relation with friendship and loyalty as the excellences of dependency and with compassion, courage, and wisdom as the excellences of vulnerability. This means that characteristic human frailties are pathways to flourishing rather than impediments to a good life.

Learning Objectives

Participants will learn:

1. How virtues are inherently related to human frailties
2. How humans are unavoidably dependent
3. How good dependency is central to human flourishing
4. How human life inevitably involves vulnerability
5. How compassion, courage, and practical wisdom make vulnerability meaningful

A19: Keynote:**AUG 8 9:30 am – 10:20 am****Tim Lomas, Ph.D.*****The Evolution of Wellbeing Scholarship***

[CEUs, 1.0]

This talk will aim to put wellbeing scholarship in a historical perspective by identifying four main waves to date, spanning the past 200 years. It will begin by situating these waves within a Western cultural 'ocean,' and discuss some of the enduring currents which have shaped this, as well as commenting on the wave metaphor generally. It will then introduce the four main waves, which can be seen as culminating in a fourth wave of global scholarship. The talk will finish by looking ahead to the future and the possibilities for future waves, including the potential for a new 'cosmic' wave focusing on non-human forms of wellbeing.

Learning Objectives

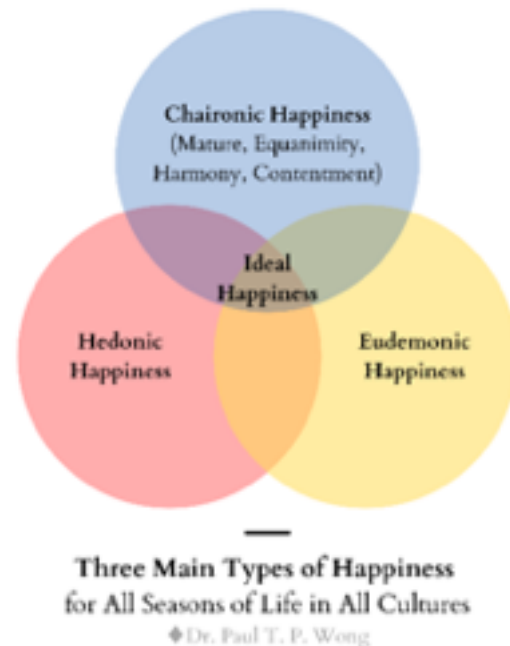
1. An appreciation of how a wave metaphor can illuminate the evolving dynamics of positive psychology and wellbeing scholarship more generally
2. An understanding of the three waves of positive psychology, and how these relate to four current waves of wellbeing scholarship
3. An insight into the latest fourth developmental wave of wellbeing scholarship, which embraces a more globally inclusive and nuanced perspective
4. An introduction to a potential future new fifth wave, focusing on non-human forms of wellbeing

A20: Summit:**AUG 8 10:30 am – 11:30 am****Organizer: Paul T. P. Wong, Ph.D.****Discussant: Aaron Jarden, Ph.D.****Speakers: Todd Kashdan, Ph.D.; Tim Lomas, Ph.D.; Robert A. Emmons, Ph.D.; Matthew Lee, Ph.D.*****Global Wellbeing During the Pandemic: Honouring Ed Diener***

[CEUs, 1.0]

We want to honour the late Dr. Edward Diener, who laid the foundation for happiness and wellbeing research. No research on wellbeing can get away from his theory and measurement of subjective wellbeing (Diener, 1984; Diener et al., 1985). The lesser-known aspect of Diener's research on cross-cultural differences and happiness in difficult life circumstances may be even more important in the research on global wellbeing.

In this summit, we will present new developments on different types of happiness and wellbeing as illustrated in Figures 1 and 2. We are grateful that Robert Emmons, one of the co-authors of the Satisfaction With Life Scale, will talk about Dr. Diener and provide some insight into its development. Todd Kashdan will talk about psychological flexibility and well-being. Tim Lomas will focus on eco-connection and environmental wellbeing. Matthew Lee will discuss flourishing in a time of suffering. As an Asian, growing up in a collectivist society and schooled in teachings from Confucianism, Taoism, and Buddhism, I (Paul Wong) will present my vision of mature or noetic happiness (Wong & Bower, 2018), focusing on living in harmony with the self, others, and Heaven and Earth. It is based on the integration between East and West. Aaron Jarden will discuss and synthesize the various presentations.

Figure 1 Three Main Types of Happiness*Figure 2 Different Types of Wellbeing (WB)****Learning Objectives***

Participants will learn:

1. Ed Diener's contribution to the fundamental concept and research of subjective wellbeing (SWB)

2. The need for a global perspective and include Asian conceptions of inner peace and harmony
3. The need to understand the different pathways to wellbeing, depending on the culture and context
4. The importance of virtue and spirituality as one of the pillars of wellbeing

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E8: Paper Session: AUG 8 10:30 am – 11:30 am

Honey Foundation Student Scholarship (Session 2)

Honourable Mention

Arthur Braaten, *University of Ottawa*; & **Veronika Huta**, *Ph.D., University of Ottawa* – “Why People React Differently to the Vastness of the Universe: The Moderating Role of Self-Esteem, Meaning in Life, and Spirituality”

Honourable Mention

Marianne Ingheim, *California Institute of Integral Studies* – “Existential Positive Psychology and the Journey from Crisis to Meaning”

Honourable Mention

Adam Mars, *Lancaster University* – “Adding Meaning to Medicine? A Preliminary Exploration Into How Men Seek Wellbeing Through Social Prescribing”

Honourable Mention

P.F. Jonah Li, *Indiana University*; & **Y. Joel Wong**,

Indiana University – “Laypeople Versus the Tripartite Perspective: A Latent Profile Analysis of Laypeople’s Beliefs about Meaning in Life”

F7: Poster Session 2, AUG 8 10:30 am – 11:30 am

Bina Westrich, *Farleigh Dickinson University*; & **Robert E. McGrath**, *Farleigh Dickinson University* – “Character Strengths as Personal and National Variables: Prediction of Flourishing”

Carmen Arth, Ph.D., *Concordia University of Edmonton*; & **Dorothy Steffler, Ph.D.**, *Concordia University of Edmonton* – “An Exploration of Ways People Thrive during a Pandemic”

Chih-Hong Chen, Ph.D. student, *National Kaohsiung Normal University*, & **Shu-Mei Chang, Ph.D.**, *National Kaohsiung Normal University* – “Conversations with Meanings in Life: A Study to Integrate Existential Positive Psychology (PP 2.0) to an English-speaking Class”

Dorothy Steffler, Ph.D., *Concordia University of Edmonton* – “Self-Transcendence and Meaningful Life”

Julia Martin, M.A., *Trinity Western University* – “The Embodied Experience of Meaning for Women with Chronic Pain”

Lea J. Seidel – “Mental Health During the Covid-19 Pandemic in Germany - A Meaning and Purpose Framework Perspective”

Mihaela Zaharia, *James Cook University*; & **Nerina Caltabiano**, *James Cook University* – “Moderating Role of the Search for Meaning in Self-Reported Life Satisfaction”

Nadia Maria, M. Psi., *Garwita Institute* – “I’m Devastated. Why Life is so Unfair?”

Tatiana Fupšová, *Trnava University*; & **Lucia Záhorecová**, *Trnava University* – “Empathy and Humility as Predictors of Forgiveness and Relationship Satisfaction in Young Adults’ Romantic Relationships”

Wan-Ling Kuan, Ph.D., *Bliss and Wisdom Buddhist College*; et al. – “Focusing on the Ultimate Meaning in Life and Connecting with True Happiness: The Teaching Practices of an Award-winning University Teacher of Life Education in Taiwan”

Wen-Yen Chang, *Kaohsiung Armed Forces General Hospital*; & **Shu-Mei Chang**, *National Kaohsiung Normal University* – “A Good Death with a Meaningful Life: The Views of Medical Staff on the Terminal Patients Receiving Palliative Care and its Implications on Life Education”

A21: Keynote:

AUG 8 11:30 am – 12:20 pm

Paul T. P. Wong, Ph.D.

Beyond Happiness and Success: The New Science of Self-Transcendence

[CEUs, 1.0]

This keynote will provide a framework for existential positive psychology (PP 2.0) which embraces suffering as the foundation for flourishing. According to this perspective, the worst thing that can happen after the COVID-19 pandemic is a return to normal without learning anything from COVID-19 suffering, whereas the best thing that can happen is to become awakened to the need to transform suffering into blessings.

Traditionally, the broad way towards the most desirable life goal of happiness and success is littered with countless wounded losers because only a few can claim a victor's crown. This keynote proposes the alternative way of self-transcendence, which may be defined as a narrow path of pursuing the highest ideal and spiritual practices which can free us from the ego and human bondage so that we can become fully functioning decent human beings.

More specifically, this presentation will explain (a) why optimal human development entails overcoming different existential crisis associated with various developments stages through the dialectical process of Yin-Yang; and (b) how the inverted pyramid (or diamond) symbolizes the 12 rules of self-transcendence based on Victor Frankl,

Abram Maslow, Carl Jung, and Taoism. Finally, it will introduce empirical findings of the new science of self-transcendence to complete the circle of wholeness and flourishing.

Learning Objectives

1. The definition of existential positive psychology (PP 2.0)
2. The definition of self-transcendence
3. The need to transcend existential crises associated with different developmental stages
4. The function of the 12 rules of self-transcendence

Day 3 Lunch Hour Part 1

Musical Performance by Francine Honey

AUG 8 12:30 pm – 1:00 pm



Hard-luck stories can have happy endings. Especially in Francine Honey's world. The bilingual Ontario singer-songwriter's third album *To Be Continued...* features tales of heartache and struggle, loss and crisis — many drawn

from her own life. Along the way, the down-to-earth performer also shares two fundamental lessons: You are not alone, and hope is always around the corner. A songwriter since childhood, and a former civil servant, Francine packs a lifetime of emotion into every song. Her music has taken her across Canada and the U.S., and on to the U.K., Switzerland and Italy.

Day 3 Lunch Hour Part 2

Musical Performance by Lara Wong & Melón Jiménez

AUG 8 1:00 pm – 1:30 pm



Lara Wong is a flautist who is originally from Vancouver, B.C. but now resides in Madrid, Spain. She is an in demand flamenco flautist in Spain, and has played all over the country. In Canada,

Lara is a recipient of

various grants from the Canada Arts Council for her dedication to the development of the “flamenco flute” and for being a pioneer of the flamenco jazz genre in Canada.

Lara’s musical journey began in the classical world and she earned her Bachelor’s of Music in classical and jazz flute at McGill University in Montreal. During her university years she began to dedicate herself to flamenco and in 2012 she decided to go to Seville to study flamenco flute and singing at the Fundación Cristina Heeren where she studied with flamenco legends such as Pedro Sierra, Maria Jose Perez, and Calixto Sanchez.

Lara has played in festivals such as: Festival Arte Flamenco Mont-de-Marsan, Vancouver International Flamenco Festival, and Festival du Monde Arabe, to name a few. In Spain, she plays in emblematic flamenco venues like Cueva la Rocio and Cafe Berlin, alongside artists such as Tino di Geraldo, Tomasito, Ivan Vargas Heredia, and Bandolero. Lara tours with various ensembles such as “A Kali Canto”, “Fin de Fiesta”, and La Caramelita Flamenco Company” and has performed in countries like France, Japan, Armenia, and Mexico.

Melón Jiménez is a flamenco guitarist, musician and composer.

Settled between Madrid and Jerez de la Frontera, he began to play the guitar at the age of 2, stimulated by

his father Miguel Jiménez, a flamenco guitarist from Jerez and disciple of master Rafael del Águila, who also taught guitarists such as Moraíto Chico or Paco Cepero.

Melón Jiménez, was born as a real flamenco and he proves it with his guitar, which sounds original and different, walking between tradition and avant-garde. Melón Jiménez’s professional career started very soon. With only 15 years old, from the hand of Niña Pastori he becomes part of his band as official guitarist. This is the beginning of some fundamental years for him, touring great stages all over the world.

In 2009 he accompanied Enrique Morente in his last concerts, as can be seen in the recording of the live concert in Buitrago de Lozoya for the soundtrack of Enrique Morente’s documentary.

In 2011 he takes over from guitar master Pepe Habichuela to embark on an international tour with sitarist and grammy winner Anoushka Shankar, daughter of the great sitar master Ravi Shankar. With her, Melón Jiménez tours the stages of the main music festivals around the world interpreting the pieces of her album ‘Traveller’ published by the prestigious record company Deutsche Grammophon.

There are countless collaborations of Melón Jiménez with prestigious music stars such as Pitingo, Robi Draco Rosa, Mulatu Astatke, Estrella Morente, Armando Manzanero, Ketama, Javier Colina, Tino di Geraldo, Richard Bona, among others.

‘El sonido de los colores’ (The Sound of Colors) is his first album as a flamenco guitarist paying tribute to great painters such as Juan Gris, Picasso, Dalí or Bonifacio. Indeed, an album full of strength, passion and colors.

www.larawong.com | www.melonjimenez.com

Link to Melons album on AppleMusic:

<https://music.apple.com/gt/album/el-sonido-de-los-colores/1485616414>

My AppleMusic: <https://music.apple.com/gt/artist/lara-wong/1507262487>

Bandcamp: <https://larawong.bandcamp.com/>

Instagram: @larawong.music | @melon_jimenez_guitarrista

A22: Paper Session: AUG 8 1:30 pm – 2:30 pm

Happiness and Wellbeing.

Robert Fabes, *University of Ottawa* – “Meaning Exploration and Well-Being for People Experiencing Homelessness: Program Development, Implementation, and Evaluation with and for Clients of The Ottawa Mission”

Anita Kasabova, *City Literary Institute* – “Aristotle’s negative and positive notions of shame and their relevance for analysing social media culture”

Michael Honey – “The role of faith and spirituality in positive mental health”

B4: Paper Session: AUG 8 1:30 pm – 2:30 pm

Work

Angel Lopez – “How People Maneuver Through Work, Life, and the Self to Find Spaces for Life-Meaning”

Claude-Hélène Mayer, Ph.D., *University of Johannesburg*; & **Lolo Jacques Mayer, Ph.D.**, *Courtney College International* – “Humour as a Coping Strategy: Employees’s Social Media Communication in Remote Workspaces during Covid-19”

Benjamin Hunnicutt, Ph.D., *University of Iowa* – “*Caveat et Adspiret Emptor* (Let the Buyer Beware and Aspire)”

Shannon Eastman – “We Interrupt BAU (Business as Usual) for a Moment of Existential Reflection”

C4: Paper Session: AUG 8 1:30 pm – 2:30 pm

Meaning in Clinical Practice

Roslyn Francis, *CQ University*; **Lauren Miller-Lewis**, *Flinders University*; **Deb Rawlings**, *Flinders University*; & **Jennifer Tieman**, *Flinders University* – “Is There a Relationship between Meaning-in-Life, Valued-Living, Social Support, Bereavement Experience and Death Competence?”

Jacky van de Goor, Ph.D., *University of Twente*; et. al - “The Power of Sharing Meaningful Moments - A Buberian Analysis of a Counseling Intervention”

Mandy Chan, Ph.D. (cand.), & **Andy Sham** - “Helping Adolescents in Search of Meaning and Purpose Through Promoting Their Existential Well-being with Narrative Practice”

D7: Paper Session: AUG 8 1:30 pm – 2:30 pm

Positive and Humanistic Psychology

Roger Tweed, Ph.D., *Kwantlen Polytechnic University* - “Is It Foolish to Habitually Perceive Good in Bad People? Nuanced Perception”

Severin Hornung, Ph.D., *University of Innsbruck*; & **Thomas Höge, Ph.D.**, *University of Innsbruck* - “Humanistic Ideals, Social Values, and Personal Meaning: Dialectically Constructing Positive Normative Foundations for Work and Organizational Psychology”

Pooja V. Anand, Ph.D., *University of Delhi* - “Coping with Suffering Through Emotional Intelligence”

E9: Paper Session: AUG 8 1:30 pm – 2:30 pm

Leadership

Claude-Hélène Mayer, Ph.D., *University of Johannesburg* - “Angela Merkel’s Faith: Its Implications for Political Leadership and Coping with Covid-19”

Angela Elfrida Hald, Ph.D., *Center for Meaning* - “Meaning-based Leadership - Breakthrough in Business”

Claude-Hélène Mayer, Ph.D., *University of Johannesburg*; & **Elisabeth Vanderheiden, Ph.D.** - “Transforming Shame in Industry 4.0 through Compassionate Leadership”

F8: Symposium: AUG 8 1:30 pm – 2:30 pm

Organizer: Cynthia Wimberly Ph.D.

Speakers: Janeta Tansey, M.D., Ph.D.; Gail DeMasi, M.S.W.; & Jared Bishop, Ph.D.

Logotherapy for the Suffering of Cradle to Grave: Birthing, Disability, Trauma, Loss

[CEUs, 1.0]

As certainly as we will all face suffering with its many challenges, personally and collectively, we will all grieve. Grief is a part of the cycle of life; however, we often lose our way in the process. There are no guideposts, no steps, no one size fits all; we all grieve. However, it is in spite of the suffering, not because of it, we are challenged to find meaning. This unique human ability, to find meaning in all the challenges we face, will be explored through the lens of Viktor Frankl’s teachings, Logotherapy.

Logotherapy, a meaning-centered approach, provides insight into ways to find meaning in the challenges of life though engaging the defiant power of the human spirit. It is within the uniqueness of each individual that resources can be utilized to confront human

suffering through the discovery of meaning to lay the foundation for wellbeing and growth.

Learning Objectives

1. To identify three foundations principles of Logotherapy
2. To identify three areas of the Meaning Triangle in Logotherapy
3. To identify three areas of the Tragic Triad in Logotherapy
4. To explore ways to find meaning from suffering and pain through the concept of healthy grieving

A23: Keynote: AUG 8 2:30 pm – 3:20 pm

Louis Hoffman, Ph.D.

Activism as Meaning

[CEUs, 1.0]

Activism can be a powerful form of meaning for individuals who have experienced suffering or trauma related to various forms of oppression. Therapists, often with good intentions, focus on helping clients adjust to their oppression without consideration of alternative paths, such as activism, advocacy, and other ways of seeking to promote positive changes in the social structures and systems that contributed to the traumatic experience. Through focusing on meaning, therapists can help clients consider and seek out these alternative paths. The engagement with meaning that is often part of activism can help individuals utilize painful emotions through harnessing their energy and directing them toward personal, social, and systemic change. Activism can also be a painful engagement. It is important that therapists help clients make informed decisions about their activism and prepare for the challenges that they are likely to face. Not all activism is effective, and it is not necessarily healing either. Therapists familiar with strategies for social change can help clients consider their engagement and approach to activism to help assure effectiveness and maximize the potential for meaning that can transform suffering. Consideration of contemporary

protest movements will be utilized to explore the meaning potential of activism.

Learning Objectives

Participants will be able to:

1. Identify the three primary components of Evidence-Based Practice
2. Describe how Evidence-Based Practice fits with Existential-Humanistic Therapy
3. Identify 2 core aspects of Existential-Humanistic Therapy that have empirical support consistent with the standards of Evidence-Based Practice
4. Participants will be able to identify 1 strategy for demonstrating how Existential-Humanistic Therapy can be practiced consistent with Evidence-Based Practice.

A24: Keynote:

AUG 8 3:30 pm – 4:20 pm

Farooq Naeem, Ph.D., M.D.

Cultural Adaptation of Cognitive Therapy: Historical Perspectives

[CEUs, 1.0]

CBT is underpinned by specific cultural values and for it to be effective for clients from diverse backgrounds it should be culturally adapted. Individual therapists have developed guidelines for adaptation of therapy. Our group has adapted CBT for clients from various backgrounds including Afrio-Caribbeans, South Asians, Middle Eastern and the Chinese. We are now adapting CBT for south Asians in Canada. We used a mixed methods approach to adapt CBT. We have conducted more than 25 RCTs to test this method with positive outcomes. This presentation will focus on historical perspectives on cultural differences that underpin the model and then describe the model of adaptation.

Learning Objectives

At the conclusion of this session participants will be able to:

1. Recognize and understand the need to culturally adapt CBT especially in ethnic minority communities
2. Identify necessary steps to culturally adapt CBT
3. Identify cultural assumptions underlying CBT and their implications

A25: Summit:

AUG 8 4:30 pm – 5:20 pm

Organizer: Paul T. P. Wong, Ph.D.

Speakers: Kirk J. Schneider, Ph.D.; Farooq Naeem, Ph.D., M.D.; Brent Dean Robbins, Ph.D.; & Martin Wong, B.Med.Sc. (Hons.), M.Sc. (Hons.)

Mental Health

[CEUs, 1.0]

The pandemic has drastically disrupted all aspects of life, such as education, the family, and social life. As a result, anxiety, depression, and emergency department visits for drug overdoses and suicide attempts all rose, according to the data from the Centers for Disease Control and Prevention between April 2020 and February 2021 compared with 2019 (Powell, 2021). In addition, mental health services in most countries were disrupted according to the WHO (2020).

From my own clinical practice, most of my cases can be attributed to failure to cope with increased stress, death of a loved one or good friend, and the classic existential anxieties from meaninglessness, loneliness, fear of making the wrong decision, and fear of death (Yalom, 1980). Some of my clients came to me for integrative meaning therapy (Wong, 2020) only after consulting psychiatrists and cognitive-behavioral oriented psychologists because they did not get the needed help for their existential dread.

What can we do to meet the unprecedented mental health needs in the era of COVID-19? One thing is clear – we have to expand out mental health services beyond the medical model to include less

costly services. Some of the examples include mental health aid courses (Mental Health Commission of Canada, n.d.), mental health support group (Mood Disorders Society of Canada, n.d.) and community-based meetups for meaningful living (Wong, 2012). Moreover, government mental health funding policies need to recognize the important contributions from psychologists, psychotherapists, and counsellors.

Learning Objectives

In this symposium, participants will learn:

1. The need for an alternative to the medical model in view of the mental health challenges of the pandemic
2. The importance of preventive measures, such as cultivating resilience and joy
3. The need to understand cultural differences, such as the different approaches to mental health in Asia
4. The need to involve government policies at the highest level

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F9: Workshop:

Aug 8 4:30 – 5:30 pm

Victoria L. Bowers, Ph.D.; & Constance Kellogg, Ph.D.

Trauma and the Integration of Self-Transcendence for Psychological Well-Being

[CEUs, 1.0]

This presentation will focus on integrating self-transcendence in healing from trauma and will focus on the perspectives of Positive Psychology and Transpersonal Psychology using the work of Paul T. P. Wong, Lillian Wong, Kenneth Pargament, Viktor Frankl, and Carl Jung, among others. Trauma is defined in clinical work as any harm, abuse, or loss that occurs causing a mental or physical injury that is distressing to an individual (Herman, 1997). Many researchers view spirituality and spiritual experiences as essential to the healing process (Wong, 2017). Spiritual experiences and spiritual states of being such as self-transcendence are universal across cultures throughout the world. The aspects of faith, hope, and spirituality in connection to self-transcendence will be explored alongside with finding meaning through suffering. Spirituality helps people to heal and transcend life's hardships. A key component to healing is meaning-making and self-transcendence (Wong & Bowers, 2018). Finding meaning during suffering and experiencing self-transcendence helps people to overcome past traumatic experiences and gives people a brighter future. Transcending life's difficulties helps people to live a joyful life. The aspect of well-being includes elements of community, connectedness, understanding, meaning, physical health, psychological health, giving service, and spirituality.

This presentation of self-transcendence will

integrate the work of Paul T. P. Wong and Victoria L. Bowers' work around Positive Psychology, Transpersonal Psychology, mature happiness, and self-transcendence. Along with this research, this presentation will include the conceptualization of self-transcendence based on Western and Eastern Traditions to give a well-rounded view of how self-transcendence can be a main source of well-being. This presentation will be psychoeducational with an experiential activity about self-transcendence through mindfulness and compassion towards self and others. People who experience spiritual transformation and self-transcendence may find meaning within their hardships and incorporate that meaning into their identity (Pargament, Exline, & Wilt, 2019). Self-transcendence and spiritual growth help people to overcome negative emotions and enjoy positive experiences in their life. Those who consistently seek out transcendent experiences continually evolve and transform leading to mature happiness.

Learning Objectives

Participants will:

1. Differentiate the similarities and differences held within several theoretical perspectives related to self-transcendence
2. Differentiate between expected outcomes of different concepts of self-transcendence, happiness, and psychological well-beings
3. Integrate concepts of self-transcendence when working with clients
4. Demonstrate understanding of the various aspects of meaning-making
5. Summarize the nascent aspects of finding personal meaning and self-transcendence

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A26: Awards Presentation & Closing Remarks

AUG 8 5:30 – 6:00 pm

Awards: Robert A. Emmons, Ph.D.; Farooq Naeem, Ph.D., M.D.; Kristján Kristjánsson, Ph.D.; & Lilian C. J. Wong, Ph.D.

**Closing Remarks:
Paul T. P. Wong, Ph.D.**

Conference Schedule

FRIDAY AUGUST 6						
Time (PT)	Stream A	Stream B	Stream C	Stream D	Stream E	Stream F
8:00am	A0: Mitch Hall-Qigong					
8:50am	BREAK					
9:00am	Opening remarks (Lilian Wong)					
9:10am	A1: Robert A. Neimeyer (Keynote) "When Grief Goes Viral: Mourning and Meaning in the COVID Pandemic" 1.0 CEU					
10:00am	BREAK					
10:10am	A2: Kristján Kristjánsson (Keynote) "Four Accounts of Flourishing as the Aim of Education: A Synthesis and Ten Remaining Problems" 1.0 CEU					
11:00am	A3: Blaine Fowers (Preconference Workshop) "Helping Couples Prepare for Excellent Long-term Loving Relationships" 2.0 CEUs	B1: Paul Wong (Preconference Workshop) "Integrative Meaning Therapy" 2.0 CEUs	C1: Kirk Schneider (Preconference Workshop) "The Experiential Democracy Dialogue: Existentialism for Social Healing" 2.0 CEUs	D1: Robert A. Neimeyer (Preconference Workshop) "The Shadow Pandemic: Psychological Assessment and Intervention in the COVID Crisis" 2.0 CEUs	E1: Deb Lindh (Preconference Workshop) "Post-traumatic Stress in The Workplace: Peer-Led Leadership for Growth and Beyond" 2.0 CEUs	F1: Robert A. Emmons (Preconference Workshop) "Gratitude Works! How Gratitude Heals, Energizes, and Transforms Lives" 2.0 CEUs
1:00pm	Lunch Hour Part 1 Musician: Francine Honey					
1:30pm	Lunch Hour Part 2 Musician: Tim Yu					
2:00pm	A4: Yannick Jacob (Preconference Workshop) "Bouncing Back from the Inevitable: A workshop on Existential Resilience" 2.0 CEUs	B2: Farooq Naeem (Preconference Workshop) "CBT for resilience" 2.0 CEUs	C2: Christina Becker (Preconference Workshop) "The Wisdom of Dreams and Importance of Well-being" 2.0 CEUs	D2: Marie Dezelic & Rev. Gabriel Ghanoum (Preconference Workshop) "The Psychology of Covid-19—Trauma, Grief & Wellness: Reboot, Recharge & Regain Control of Your Life" 2.0 CEUs	E2: Louis Hoffman (Preconference Workshop) "Strategies for Demonstrating the Evidence-Based Foundations of Existential-Humanistic Therapy" 2.0 CEUs	
3:50pm	BREAK					
4:00pm	A5: Kirk J. Schneider (Keynote) "Existential Psychology for Social Healing: From the Polarized Mind to the Awakening of Awe" 1.0 CEU					
4:50pm	BREAK					
5:00pm	A6: Christina J. Becker (Keynote) "Transforming Shadow to Well-Being and Meaning" 1.0 CEU					
5:50pm	BREAK					
6:00pm	A7: Summit: "Future of Positive Education" Organizer: Paul T. P. Wong Discussant: Gokmen Arslan Speakers: Gilda Scarfe, Brendan W. Case, Julia Yang 1.0 CEU					

Legend: PT = Pacific Time

11TH BIENNIAL INTERNATIONAL MEANING CONFERENCE

SATURDAY AUGUST 7						
Time (PT)	Stream A	Stream B	Stream C	Stream D	Stream E	Stream F
7:30am	A8: Mitch Hall-Qigong			D3: Avraham Cohen & Heesoon Bai (Workshop) “Meaning, Inner Work, and Non-ordinary Consciousness” 1.0 CEU	E3: David R. Stefan 1 (Workshop) “What would you do if you had 12 Months to LIVE? Framing Life as Positive Psychology Projects to Deepen Meaning, Enhance Well-being, and Discover Purpose” 1.0 CEU	F2: Jacky van de Goor (Workshop) “Wonderful Life: the Power of Sharing Meaningful Moments” 1.0 CEU
8:20am	Opening remarks (Lilian Wong)					
8:30am	A9: Todd Kashdan (Keynote) “Well-Being After Emotional Disturbances: Insights from Depression, Anxiety, and Suicide Attempts” 1.0 CEU					
9:20am	BREAK					
9:30am	A10: Scott Barry Kaufman (Keynote) “The New Hierarchy of Needs” 1.0 CEU					
10:20am	BREAK					
10:30am	A11: Summit: “Vulnerability to resilience” Organizer: Paul T.P. Wong Speakers: Piers Worth, Blaine Fowers, Darcia Narvaez, Claude-Helene Mayer 1.0 CEU			D4: Honey scholarship paper session1 A. Hakkim F. Kabigting P.F.J. Li J. Mead et al.	E4: Maddi scholarship paper session A. Khan S. Connolly-Hogan L. Naor C.E. Saleeby	F3: Poster Session 1
11:30am	A12: Robert Emmons (Keynote) “How Gratitude to God (and to Others) Shapes Suffering” 1.0 CEU					
12:20pm	BREAK					
12:30pm	Lunch Hour Part 1 Musicians: Matt Weisberg					
1:00pm	Lunch Hour Part 2 Musicians: Mark Braithwaite					
1:30pm	A13: Positive Psychology Interventions (Paper session) P.Worth J. Clifton A. Parenteetal	B3: Clinical Practice (Paper session) E. Kotowska S.A. Thayyilayill A.K. Man-Kit C.W. Driver	C3: Role of Meaning in Coping with the Pandemic (Paper session) B. Saunders A.Y. Klimochkina et al. L.J. Seidel	D5: Meaning research (Paper session) B.D. Ostafin A. Hakkim A. Deb L. Kennedy A.Perez F. Martela	E5: Life Education (Paper session) B. Jin M. Chan H.L. Wang R. Cooper-Dickson H. Kampman J. Papworth	F4: “Paraprofessional Approaches to Self-Transcendence: Examples Involving Spirituality and Jungian Shadow Work” Symposium Organizer: K.Hart Speakers: S. Sharkey M. Ryan C. Taylor 1.0CEU

Legend: PT = Pacific Time

11TH BIENNIAL INTERNATIONAL MEANING CONFERENCE

SATURDAY AUGUST 7						
Time (PT)	Stream A	Stream B	Stream C	Stream D	Stream E	Stream F
2:30pm	A14: Scott Churchill (Keynote) "On the possibility of an existential positive psychology" 1.0 CEU					
3:20pm	BREAK					
3:30pm	A15: Darcia Narvaez (Keynote) "Returning to Indigenous, Wellness-Informed Practices" 1.0 CEU					
4:20pm	BREAK					
4:30pm	A16: Summit: "Flourishing through Suffering (Self-transcendence)" Organizer: Paul T.P. Wong Discussant: Claude-Helene Mayer Scott Barry Kaufman, David Yaden, José Rodríguez, Richard Cowden, ; Andrew Kemp) 1.0 CEU		D6: Janeta Tansey Workshop "M&M Rounds 2.0 for Distress-Management, Resilience, and Professionalism: From Morbidity and Mortality to Meaning and Mindfulness in Professional Practices" 1.0 CEU		E6: David R. Stefan Workshop "The Girl Who Couldn't Laugh: A Breadcrumb Quest for Joy" 1.0 CEU	
					F5: Pooja V. Anand Workshop "Emotional Intelligence" 1.0 CEU	

Legend: PT = Pacific Time

11TH BIENNIAL INTERNATIONAL MEANING CONFERENCE

SUNDAY AUGUST 8						
Time (PT)	Stream A	Stream B	Stream C	Stream D	Stream E	Stream F
7:30am	A17: Mitch Hall-Qigong				E7: Lia Naor (Workshop) "When the Going Gets Tough the Tough Go Into nature" 1.0 CEU	F6: John L. (Larry) Green (Workshop) "Innocence, Suffering and Soul Work" 1.0 CEU
8:20am	Opening remarks (Lilian Wong)					
8:30am	A18: Blaine Fowers (Keynote) "The Deep and Necessary Relations among Human Frailties and Virtues Or How to Flourish as a Dependent, Vulnerable Creature" 1.0 CEU					
9:20am	BREAK					
9:30am	A19: Tim Lomas (Keynote) "The Evolution of Wellbeing Scholarship" 1.0 CEU					
10:20am	BREAK					
10:30am	A20: Summit: "Global wellbeing during the pandemic: Honouring Ed Diener" Organizer: Paul T.P. Wong Discussant: Aaron Jarden Speakers: Todd Kashdan, Tim Lomas, Robert Emmons, Matthew Lee 1.0 CEU				E8: Honey scholarship paper session 2 A. Braaten & V. Huta M. Ingheim A. Mars P.F.J. Li & Y.J. Wong	F7: Poster Session 2
11:30am	A21: Paul Wong (Keynote) "Beyond Happiness and SuCEUs: The New Science of Self-transcendence" 1.0 CEU					
12:20pm	BREAK					
12:30pm	Lunch Hour Part 1 Musicians: Francine Honey					
1:00pm	Lunch Hour Part 2 Musicians: Lara Wong & Melón Jiménez					
1:30pm	A22: Happiness and Well being (Paper session) R. Fabes A. Kasabova M. Honey	B4: Work (Paper session) A. Lopez C.-H. Mayer & L.J. Mayer A. Hunnicutt S. Eastman	C4: Meaning in Clinical practice (Paper session) R. Francis et al. J. van de Goor M. Chan & A. Sham	D7: Positive and humanistic psychology (Paper session) R.T weed S. Hornung & T. Höge P.V. Anand	E9: Leadership (Paper session) C.-H. Mayer A.E. Hald C.-H. Mayer & E. Vanderheiden	F8: "Logotherapy for the Suffering of Cradle to Grave: Birthing, Disability, Trauma, Loss" Symposium Organizer: C. Wimberly Speakers: J. Tansey G. DeMasi J. Bishop 1.0 CEU
2:30pm	A23: Louis Hoffman (Keynote) "Activism as Meaning" 1.0 CEU					
3:20pm	BREAK					
3:30pm	A24: Farooq Naeem (Keynote) "Cultural adaptation of Cognitive Therapy: Historical perspectives" 1.0 CEU					
4:20pm	BREAK					

Legend: PT = Pacific Time

11TH BIENNIAL INTERNATIONAL MEANING CONFERENCE

SUNDAY AUGUST 8

Time (PT)	Stream A	Stream B	Stream C	Stream D	Stream E	Stream F
4:30pm	A25:Summit: "Mental health" Organizer: Paul T.P. Wong Speakers: Kirk Schneider, Farooq Naeem, Brent Dean Robbins, & Martin Wong 1.0 CEU					F9: Victoria L. Bowers & Constance Kellogg Workshop "Trauma and the Integration of Self-Transcendence for Psychological Well-Being." 1.0 CEU
5:30pm	A26: Awards presentation Lifetime Achievement Awards: Robert Emmons, Farooq Naeem, Kristján Kristjánsson, & Lilian Wong Student Scholarship Awards: Adeeba Hakkim, Florencio Kabigting, P.F.J onah Li, Jessica Mead et al., & Anam Khan Closing Remarks (Paul Wong)					

Legend: PT = Pacific Time

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