I am pleased to extend my warmest greetings to everyone attending the 7th Biennial International Conference on Personal Meaning, hosted by the International Network of Personal Meaning (INPM).

Founded in 1998, INPM advances health, spirituality and human fulfilment through education, research and applied psychology. This year’s conference—with its theme A Positive Global Vision of Healing and Flourishing through Meaning—brings together leading researchers and practitioners from around the world to exchange ideas on the important role positive thinking plays in today’s challenging global society.

I would like to commend the organizers of this event for putting together a stimulating and rewarding program. I am certain that delegates will benefit from the many educational and networking opportunities available over the next four days, and will come away inspired by the ideas presented here.

Please accept my best wishes for an enjoyable and productive meeting in Toronto.


OTTAWA
2012
July 26 – 29, 2012

A PERSONAL MESSAGE FROM THE PREMIER

On behalf of the Government of Ontario, I am pleased to extend a warm welcome to all those attending the 7th Biennial International Meaning Conference.

I have always believed that community does not stop at our borders. Because while we are citizens of Canada, we are also citizens of the world. As Canada’s most diverse province, Ontario has ties to every part of the globe. As part of this big international community, it is our collective responsibility to find solutions to the challenges before us.

Positive social change begins within us — in our attitudes, and in the ideas and actions we share with the world. That is why I wish to commend the organizers of this conference for providing a forum where ideas can be generated on finding new ways to make a meaningful difference in the world.

Please accept my best wishes for a productive conference.

Dalton McGuinty
Premier
A Message from the President

A warm welcome to all the attendees of Meaning Conference 2012. I hope that I will have the opportunity to meet each of you personally during the conference.

There are several innovations for this conference.

First of all, we have panel discussions involving leaders from different theoretical camps sitting around the same table. Since meaning is a holistic construct and central to both resilience and well-being, collaborative research is all the more important. The only way we can find real solutions to global challenge of making life better for all is to put aside our tribal mentality and work collaboratively. I do hope that this experimental format will yield long-term benefits in advancing both research and applications.

Secondly, we are privileged to have two award-winning film-makers in our midst. Alex Vesely from Vienna will give a premiere screening of "Viktor and I" on Friday evening. Aparna Sanyal will premiere the screening of "A Drop of Sunshine" on Thursday evening. Aparna will be at the Conference site doing a documentary on "What Makes Life Worth Living." This film is designed to bridge between research and everyday living. She will interview both speakers and participants. Your cooperation is greatly appreciated.

Thirdly, we will hold a Celebration Banquet on Sunday Evening. This banquet is intended to celebrate the conclusion of seven successful conferences, the milestones and achievements of members of the International Network on Personal Meaning. This conference happens to coincide with my 75th birthday. So I will use this occasion to share with attendees my discoveries of what it means to live a meaningful life.

Thousands of hours have been put into making this conference a success. I am grateful to all the members of the Planning Committee, INPM staffs and volunteers for their contributions.

Paul T. P. Wong, PhD,
President
Conference Committee.

A message board is located at the conference foyer. Notices may be posted and will be removed at the discretion of the conference committee.

July 29, 2012. Tickets may be purchased at the registration desk. You may wish to register for additional events at this desk. The booth will be open from 8:00 AM to 10:00 AM, 12 PM to 12:30 PM, and 5:30 PM – 7:00 PM on Thursday, Friday, Saturday, and Sunday.

General Information

When you arrive at the hotel, please register for the conference at the registration desk. You may wish to register for additional events at this desk. The booth will be open from 8:00 AM to 10:00 AM, 12 PM to 12:30 PM, and 5:30 PM – 7:00 PM on Thursday, Friday, Saturday, and Sunday.

Identification Badges
All conference attendees are issued an identification badge. Please wear your badge at all times. Only persons who wear identification badges will be admitted to the sessions.

Meal Tickets
Meal tickets are required to attend the Awards Dinner on Saturday, July 28, 2012 and the Celebration Dinner on Sunday, July 29, 2012. Tickets may be purchased at the registration desk.

Message Board
A message board is located at the conference foyer. Notices may be posted and will be removed at the discretion of the conference committee.

Bookstore
Books by conference presenters and selected additional items are available at the Caversham Bookellers and INPM book booth.

Recording & Photography
No audio-video recording or flash photography will be permitted throughout the conference sessions, excepting those who have a media pass.

Session Courtesy
Smoking is not allowed in the hotel. Please mute or turn off the ringer on your cell phones during sessions. Please take any calls outside of the session area. At all times, please respect session chairs, facilitators, presenters, and the audience.

Conference Evaluation
Your registration package contains a conference evaluation form. Please fill it out and return it to Jessica Nee or the registration table.

Eligibility for Continuing Education Credit
The 7th Biennial International Meaning Conference provides CE credits for professionals with a master’s degree and above in health-related fields from accredited institutions.

Accreditation
C.P.A. INPM is approved by the Canadian Psychological Association to offer continuing education for psychologists. INPM maintains responsibility for the program.

Conference Award Winners

Lifetime Achievement Award in Research
Christopher Peterson, Ph.D., University of Michigan

Lifetime Achievement Award in Psychotherapy
Emmy van Deurzen, Ph.D., New School of Psychotherapy and Counselling

Lifetime Achievement Award in both Research and Psychotherapy
Richard M. Ryan, Ph.D., University of Michigan

Student Competition Honourable Mention
- Hoili-Anne Passmore, Grant MacEwan University
- Natasha Lekes, McGill University

Student Competition Winners
1st Place: H’Sien Hayward, Harvard University. Adaptation to adversity: Does money or meaning matter more?
2nd Place: Ye Rin Shim, Colorado State University. Understanding sources of meaning in life through auto-photography
3rd Place: Eric Kim, University of Michigan. Purpose in life and reduced stroke in older adults

INPM maintains responsibility for the program.
Keynote Speakers

Harris Friedman, Ph.D
Harris L. Friedman, Ph.D. is Research Professor of Psychology (Retired) at University of Florida and Professor Emeritus at Saybrook University, as well as a Florida licensed psychologist. He received his PhD in Clinical Psychology at Georgia State University, holds the Diploma in Clinical Psychology, as well as in Organizational and Business Consulting Psychology, from the American Board of Professional Psychology, and is a Fellow of the American Psychological Association. He is past President of the International Transpersonal Association, and serves as the Senior Editor of the International Journal of Transpersonal Studies and the Associate Editor of The Humanistic Psychologist. He chairs the Transpersonal Psychology Interest Group and co-chairs the Positive Psychology Interest Group of the American Psychological Association’s Society for Humanistic Psychology (Division 32). He has more than 200 scholarly publications, and is currently co-editing The Praeger Series on Social Justice and Psychology (2 volumes) and The Wiley-Blackwell Handbook of Transpersonal Psychology. He is also currently consulting in the area of assessing and training in cross-cultural competence, as well as in the area of criminal justice, and is designing a program for youth using neurofeedback to treat attention deficit disorder.

Richard Ryan Ph.D
Richard M. Ryan, Ph.D. is Professor of Psychology, Psychiatry and Education at the University of Rochester. He is a widely published researcher and theorist with over 250 articles, chapters, and books, and the co-developer (with Edward Deci) of Self-Determination Theory. Ryan has given addresses in over 70 universities worldwide and is a Fellow of several professional organizations, including the American Psychological Association, the American Educational Research Association, the Society for Self and Identity, and the Society for Experimental Social Psychology, and he is an Honorary Membership in the German Psychological Society. Ryan has received James McKeen Cattell and Leverhulme Fellowships, as well as numerous other research and teaching awards. Dr. Ryan is also a practicing therapist, and is currently the Director of Clinical Training at Rochester.

Alan Waterman, Ph.D
Alan Waterman, Ph. D. is a Professor Emeritus at The College of New Jersey. He is also the Editor of Identity: An International Journal of Theory and Research and a Consulting Editor of Journal of Adolescence. Waterman has published over 70 articles, including:


Stanley Krippner, Ph.D
Stanley Krippner (www.stanleykrippner, weekly.com), Ph.D., professor of psychology at Saybrook University, San Francisco, is a Fellow in four APA divisions, and past-president of two divisions (30 and 32). Formerly, he was director of the Kent State University Child Study Center, Kent OH, and the Maimonides Medical Center Dream Research Laboratory, in Brooklyn NY. He is co-author of Extraordinary Dreams (SUNY, 2002), The Mythic Path, 3rd ed. (Energy Psychology Press, 2006), and Haunted by Combat: Understanding PTSD in War Veterans (Greenwood, 2007), and co-editor of Healing Tales (Puente, 2007), Healing Stories (Puente, 2007), The Psychological Impact of War on Civilians: An International Perspective (Greenwood, 2001), Varieties of Anomalous Experience: Examining the Scientific Evidence (APA, 2000), and many other books.

7th Biennial International Meaning Conference

A Positive Global Vision of Healing and Flourishing Through Meaning

Invited Speakers

Todd Kashdan, PhD
Todd B. Kashdan, Ph.D., is Associate Professor of Psychology at George Mason University. As a scientist, teacher, therapist, husband, father, and twin, he offers a unique perspective on the ingredients for creating and sustaining a life that matters.


He is the recipient of the 2010 Distinguished Faculty Member of the Year. Receiving his Ph.D. in 2004 from the University at Buffalo, State University of New York, Dr. Kashdan has published over 100 articles in peer-reviewed journals and given over 200 presentations at national and international conferences. He serves as associate editor of the Journal of Positive Psychology, Journal of Personality, and Journal of Personality and Social Psychology. For the past 10 years, he has been teaching college courses on the science of well-being. He regularly gives talks and workshops to business executives, schools, parents, retirees, scholars, and health professionals. His research has been featured in several popular media outlets including a feature article in the New York Times Magazine, The Washington Post, The Wall Street Journal, Oprah Magazine, CBS, PBS, and National Public Radio, among others. More information can be found at: http://psychfaculty.gmu.edu/kashdan and www.toddkashdan.com

Mark Kingwell, PhD
Professor Kingwell teaches in the Department of Philosophy. He specializes in political and cultural theory, especially justice and citizenship, and related topics in the philosophy of art, architecture, and design. His recent graduate courses have included seminars on political and cultural theory as well as contemporary continental philosophy. For almost a decade he has taught a large introductory philosophy course as well as upper-level undergraduate courses in ethics, political theory, and philosophy of art. As part of the Trinity One program at the University of Toronto, he also teaches a limited-enrollment first-year seminar called Ethics and the Creative Imagination.

Jordan Peterson, PhD
Jordan B. Peterson is a tenured research and clinical PhD psychologist who currently teaches at the University of Toronto. He frequently appears on TVO on various topics. His research interests include self-deception, mythology, religion, narrative, neuroscience, personality, deception, creativity, intelligence and motivation. He is one of the two professors listed in the Arts & Science Students Union’s Anti-Calendar rated as life-changing by students.

Robert Neimeyer, Ph.D
Robert Neimeyer, Ph.D., is a professor in the Department of Psychology at the University of Memphis and is the editor of the international journal, Death Studies. Neimeyer has published 24 books, including Lessons in Loss and The Art of Lending, as well as over 350 articles and chapters, many of which explore grieving as a process of reconstruction of a world of meaning that has been challenged by loss. He has served as past president of the Association for Death Education and Counseling, which has presented him with both its Research Recognition and Clinical Practice Awards, as well as served as chair of the International Work Group on Death, Dying and Bereavement.

Laura King, PhD
My research is broadly concerned with the human experience of meaning in life and well-being. My primary interests include happiness, meaning in life, the narrative construction of identity, and personality development in adulthood. I am also interested in ways that writing about life experiences influences psychological and physical health. I am currently serving as the editor of the Personality and Individual Differences section of JPSP.

Christopher Peterson, PhD
Christopher Peterson has been at the University of Michigan since 1986, where he is professor of psychology and organizational studies and former director of clinical training. He also holds an appointment as an Arthur E. Thurnaus Professor, in recognition of his contributions to teaching. Peterson is among the 100 most widely cited psychologists in the world. He is a member of the Positive Psychology Steering Committee, a consulting editor to the Journal of Positive Psychology, Perspectives on Psychological Science, and Journal of Personality and Social Psychology, and the Positive Psychology Book Series Editor for Oxford University Press. He is the author of A Primer in Positive Psychology, published in 2006 by Oxford University Press.

Jingping Xu, Ph.D, MPH
Leo Michel Abrami, MAHL, Arizona Institute of Logotherapy
Charles P. Chen, Ph.D, Professor of Counselling Psychology and a Canada Research Chair at the University of Toronto
Dmitry Leoniev, Ph.D, Dr.Sc., Professor of Psychology, Moscow State University, Russia.
Thursday, July 26, 2012

Pre-Conference Workshops: 9:00 AM – 12:00 PM

York
George Bonanno, Ph.D. (Note: Starts at 10:00am) W

Loss, Trauma, and Human Resilience

We tend to assume that meaning making is essential after potentially traumatic events (PTEs). However, understanding the way we make sense of such events requires that we first understand what PTEs are. In this workshop I will review research studies on natural disaster, loss, combat, traumatic injury and medical emergency. These studies consistently show that not only are PTEs more common than is usually assumed, most people also typically cope much better than is usually assumed. We will consider traditional approaches to PTE and then more recent approaches that have identified the most common responses. These studies show that outcome following PTEs is neither random nor the same for everyone. Rather there is small set of prototypical patterns or trajectories. The most common trajectory is almost always one of minimal impact and consistent positive adjustment or resilience. I will present video clips of some of the typical responses to PTEs and review some many factors that predict resilient outcomes.

This workshop is designed to help you:

1. Gain comparative knowledge about and critique different approaches to the study of loss and potentially traumatic life events (PTEs).
2. Recognize and categorize variations in responses to PTEs.
3. Apply knowledge of divergent response patterns to clinical practice or in mental health settings.
4. Distinguish different forms of resilient outcomes.
5. Assess and explain variations in meaning making among survivors of aversive life events.

Markham
Stanley Krippner, Ph.D. W

Finding Meaning in Dreams: The Use of Dream Reports in Counselling and Psychotherapy

Dreams can be understood as inner experiences occurring during sleep in which a narrative is created from images. These experiences sometimes are kept private and sometimes are shared. Dreams also are associated with physiological indicators that occur during sleep, such as rapid eye movements and brainwave patterns similar to those found in the waking state. Dreams can be used in psychotherapy by engaging with dream content and process within a healing context. This can include dream interpretation and other ways of working with dreams. It can be performed individually (e.g., using self-analysis via keeping a dream journal), by a client working with an individual therapist, or by sharing dreams in a group setting. Throughout history and across cultures, dreams have been used in therapeutic ways. Contemporary Western culture increasingly ascribes to rationality, emphasizing observable facts and consequently many Westerners pay little attention to dreams, believing they have no practical value. But within the modern Western world, there still are people who value dreams, including some Western mental health professionals who use what can be called “dream therapy” for healing. Psychotherapy is a broad collection of methods used to address psychological difficulties in life. These may include distress while adjusting to relationships or work, as well as dealing with specific psychological problems, such as anxiety and depression. Most psychotherapy involves a verbal dialogue between a client (or patient) and a mental health practitioner. Some psychotherapists occasionally address dreams, but there are a few specific therapeutic approaches focusing primarily or even exclusively on dreams; both fit the term dream therapy. Freud, Jung, Adler, and other pioneering psychanalysts made extensive use of dream reports in their therapis. There are other traditions of psychotherapy that incorporate dream reports, such as cognitive approaches in which dreams are used to identify errors in thinking and maladaptive beliefs. One main concern regarding dream therapy focuses on how to interpret symbols in dreams. Many systems propose that a specific symbol has a true meaning (e.g., assuming that a snake always represents a phallic), whereas others look more flexibly in a constructivist way (e.g., that a dream’s meaning is co-constructed by clients interacting with therapists) for creating meanings useful to the client. We urge the rejection of simplistic works on dream interpretation that proclaim any symbol be treated with one meaning. A symbol is an image that has a deeper meaning, and dream symbols may have more than one meaning. In addition to working with dreams in a general way, sometimes an unpleasant dream itself can indicate the need for psychotherapy, especially if it is a recurrent nightmare. Such dreams may or may not be related to a psychological problem, like trauma or stress, but could also be triggered by other factors, such as an undiagnosed physical illness or even medication side effects. However, “posttraumatic nightmares” or other problematic dreams may not disappear without professional help. It is important to consider multiple variables before concluding that unpleasant dreams indicate a need for dream therapy. One of the functions of dreams is the downloading and working through of emotions experienced during the day. As a result it is not surprising that many of our dreams are unhappy, confusing, or even terrifying. Although few contemporary psychtherapists use dream therapy, it is an area that remains of great interest to some. The research literature on the effectiveness of various studies on dream therapy notes that Clara Hill’s cognitive-experiential method demonstrated its utility in several studies, such as providing increased client satisfaction, especially for those who were highly motivated to work with their dreams. One reason for the success of Hill’s method may be its incorporation of insights gained in dream therapy into a client’s daily behavior. The research data as a whole suggest that dream therapy can increase clients’ self-insights about central issues in their lives and facilitate their productive involvement in therapy, as well enriching clinicians’ understanding of their clients. In other words a case could be made that exploring dreams within therapeutic contexts can be both meaningful and useful.

Learning Objectives

1. To summarize the biological mechanisms underlying the brain’s construction of dream phenomena.
2. To observe demonstrations of working with dreams by oneself, with a partner, and as a group member.
3. To know Clara Hill’s three-part system for working with dreams one-on-one in psychotherapy and counseling.
4. To know Montague Ullman’s five-part system for working with dreams in a group setting.
5. To practice applying basic principles of dream work to real-life settings in psychotherapy, counseling, and personal growth.

Toronto D Ballroom
Emmy Van Deurzen, Ph.D. W

Living with Your Emotions

This workshop will provide a philosophical and therapeutic perspective on emotional experience. It will introduce the idea of the Compass of Emotions as well as the Sensory Compass, the Personal Compass and the Moral Compass. Some theoretical existential theory will lead to experimentation in applying the ideas to your own life. Emmy’s ideas are based on Spinoza’s and Sartre’s theories of emotions and relate emotional experiences to a person’s personal beliefs and values. Participants will be invited to practice with the compass and to explore the different flavors and meanings of emotional shadings by applying these to experiences in their own lives.

The Heideggerian notions of attunement, understanding and discourse will also be introduced and connections will be made with colour theory. Phenomenological case study material from a therapeutic setting may be considered for discussion unless material is generated directly in the session with one of the participants.

Learning Objectives

1. Background to existential work with emotions
2. Emotional Compass model
3. Sensory Compass
4. Mental Compass
5. Moral Compass
6. Apply compass work to therapeutic practice
7. Connect emotions work to client’s values, meaning and purpose
Learning Objectives
1. Understand the rationale of the integrative meaning-therapy (MT)
2. Learn how to apply the basic concepts of MT (e.g., meaning-mindset and double vision)
3. Practice the assessment tools in MT
4. Role-play the intervention skills of PURE and ABCDE

Film Screening:
7:00 PM – 9:00 PM

A Drop of Sunshine, produced by Aparna Sanyal

Chair: Michael Pare, M.D.
Discussant: Jonathan Raskin, Ph.D.

Toronto D Ballroom
Paul T. P. Wong
Assessment and Intervention in Meaning Therapy

The workshop first introduces meaning therapy (MC) as an integrative and innovative positive psychotherapy with meaning as its central, organizing construct. Meaning is defined as consisting of Purpose, Understanding, Responsibility and Enjoyment (PURE). MC evolves from logotherapy and cognitive behavioral therapy and is part of the third wave of psychotherapy which involves powerful new concepts such as acceptance, commitment, self-transcendence, and meaning-making.

The workshop will explain and demonstrate major MC intervention strategies such as the double-vision of integrating global meaning with situational meaning, and the dual-process of repairing the worse and bringing out the best in people. The main focus of the workshop will be on (a) how to use the PURE strategy to build a meaningful and fulfilling life and (b) how to apply the ABCDE intervention strategy to a variety of problems and predicaments, where A stands for Acceptance, B for Belief, C for Commitment, D for discovery and E for enjoyment and evaluation.

Various assessment instruments will be introduced as part of the therapeutic process. Participants will be invited to take part in role plays to illustrate how MC can be applied to counselling, coaching and psychotherapy.

Pre-Conference Workshops:
1:30 PM – 4:30 PM

York
Robert Neimeyer, Ph.D.
Techniques of Grief Therapy: Narrative Practices for Counselling the Bereaved

The loss of a loved one, particularly in its most tragic forms, profoundly challenges the thematic foundations that give meaning to the stories of our lives. In this workshop we will trace one possible narrative arc: through traumatic bereavement, beginning with the shattering of our self-narratives as survivors, through our efforts at retelling the narrative of the loss in some restorative fashion, reconstructing its meaning for our ongoing lives, integrating its broader spiritual or cosmic significance, and extending the story of our loved one’s existence in life-affirming ways. In doing so we will review novel research findings on the role of meaning and spirituality in adapting to difficult losses, whether these arise from natural death, or from violent causes such as homicide, suicide and fatal accident. Building on these findings, we will focus strongly on the practice implications of a narrative approach to meaning reconstruction in the wake of loss, and learn how to (1) distinguish between complicated and adaptive grief, (2) practice procedures for restorative retelling of traumatic loss, (3) offer evidence based guidelines for therapeutic journaling, (4) use metaphor and literal storytelling to access and work with themes in a client’s own grief experiences. Throughout, we will illustrate points in the arc with reference to an actual case studies of traumatic bereavement, and describe the conditions that help and hinder clients striving to move from grief to growth in the wake of difficult loss.

Learning Objectives
1. Distinguish restorative retelling of the “event story” of the death as a healing practice from rumination and traumatic repetition.
2. Discuss guidelines for therapeutic journals that help clients master negative emotions and find meaning and perspective in the wake of loss.
3. Analyze virtual dream stories to discern key themes and resources for the metaphorical integration of real-life losses

Markham
Leo Abrami
Demonstration of an Experiential Seminar on Meaning: How Do I Find the Meaning(s) of my Life?

Learning Objectives:
This workshop is designed to teach the participants new techniques to help their patients discover (discern) the meaning of their lives. These new instruments which make use of projective techniques and elements of existential analysis. They should facilitate the therapeutic process by providing alternatives to the commonly used method known as the Socratic Dialogue.
### Keynote Speaker

**Toronto B and C Ballroom**

**Emmy van Deurzen, Ph.D.**

**The Meaning of Suffering: Emotional Life and Our Reasons for Being**

Human existence is marred by daily problems in living and sometimes by crisis and extreme suffering. The way in which we regard and understand emotional life determines how we can work with trauma in therapy. Do we aim to achieve positive emotion or do we learn to make the most of each emotional experience, tracking for purpose and meaning? Is it possible to live a meaningful life without emotion? Is it possible to be truly human without suffering? May it even be that meaning is not created despite but because of our troubles, dilemmas and difficulties? Whichever way we look at them, understanding emotions and motivations and seeing their connections with values and beliefs remains one of the most important jobs of therapy. This presentation will demonstrate new ways of helping people to clarify and make sense of their experience in order to achieve greater personal freedom and a deeper awareness and engagement with their lives.

This will include a demonstration of the structural existential analysis method, using the four worlds map and the emotional compass model.

**Learning Objectives**

1. Philosophical perspective on human suffering
2. Introduction to the European existential tradition
3. Connections between Values, Beliefs and Meaning
4. Emotional Compass
5. Apply the compass to therapeutic work
6. Use structural existential analysis
7. Work with purpose

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### Breakout Sessions

#### 11:15 AM – 12:10 PM

**Pickering**

**Poster Session A**

**Chronic Illness**

A. Rokach (x 2); D. Novoa & C. Davis; N. Raman-Wilms; Y. Leung, C. Lo, & G. Rodin; M. Snyder

**Bereavement**

J. Liu; E. Milman; R. Norris-Bell; L. Wainwright, & E. Shapiro

**Abuse**

Y. Takano & I. Ishiyama

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### Keynote Speaker

**Toronto B and C Ballroom**

**Robert Neimeyer, Ph.D.**

**Mourning and Meaning: The Narrative Arc of Traumatic Loss**

The loss of a loved one, particularly in its most tragic forms, profoundly challenges the thematic foundations that give meaning to the stories of our lives. In my remarks I will trace one possible narrative arc through traumatic bereavement, beginning with the shattering of our self narratives as survivors, through our efforts at retelling the narrative of the loss in some restorative fashion, reconstructing its meaning for our ongoing lives, integrating its broader spiritual or cosmic significance, and extending the story of our loved one's existence in life-affirming ways. In doing so I will summarize novel research findings and practice implications that contribute to a narrative approach to meaning reconstruction in the wake of loss, and illustrate points in the arc with reference to an actual case of traumatic bereavement.

**Learning Objectives**

1. Summarize research on the relationship between sense-making and the death of a child.
2. Describe the association between complicated grief and spiritual crisis for a subset of traumatically bereaved mourners.
3. List two narrative procedures that can be used to help people make meaning of tragic loss and adapt more constructively in its aftermath.

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### Keynote Speaker

**Toronto B and C Ballroom**

**Harris Friedman, Ph.D.**

**Transpersonal Psychotherapies**

**Learning Objectives**

- Differentiate among religious, spiritual, and transpersonal approaches to psychotherapy.
- Recognize major models of transpersonal psychotherapy.
- Utilize transpersonal assessment in psychotherapy.
- Utilize transpersonal interventions in psychotherapy.
- My presentation will focus on the acquisition and demonstration of knowledge.

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### Keynote Speaker

**Toronto B and C Ballroom**

**Y. Takano & I. Ishiyama**

**A Positive Global Vision of Healing and Flourishing Through Meaning**

This presentation focuses on the acquisition and demonstration of knowledge. In particular, it addresses the core of meaning making in the emerging postmodern vocational and career psychology, linking theory, research,
### Lunch Break:
1:10 PM – 2:00 PM

### Keynote Speaker
2:00 PM – 3:00 PM

**Toronto B and C Ballroom**

**George Bonanno, Ph.D.**

**Trauma, Flexibility, and Meaning**

Bad things happen. Most of us are confronted with at least one and often several potentially traumatic events (PTEs) during the course of our lives. We tend to assume that meaning making is essential for successful resolution and health adjustment following PTEs. Yet, the research evidence suggests a mixed pattern of results. Sometimes meaning making is associated with healthy adjustment. Sometimes, however, meaning making is unrelated to adjustment and sometimes meaning making is even predictive of a worse outcome. In this talk I will ask three questions: Is meaning making necessary and adaptive? Does meaning making change over time? Is meaning making the same for everyone? The answers to these questions are not perfect but I will consider what we can learn from the available research. I will conclude the talk by introducing the construct of psychological flexibility as a means of integrating and to some extent understanding the seemingly conflicting findings from the literature.

### Coffee Break:
4:00 PM – 4:15 PM

### Breakout Sessions
4:15 PM – 6:15 PM

**Pickering**

**Poster Session B**

**Virtues & Values**

K. Hinert; C. Fox & M. Fitzpatrick; D. Whelan & J. Zelenksi; V. Aube & C. Repas

**Meaning**

Z. Paige; S. Heintzelman & L. King; K. McTiernan & D. O'Donnell

### Keynote Speaker
3:00 PM – 4:00 PM

**Toronto B and C Ballroom**

**Mark Kingwell, Ph.D.**

**Happiness and the Art of Play**

The art of play is the essence of life. We play to socialize with each other and the world around us. Play helps us to learn limits and establish purposes of playing such as to brainstorm ideas. Play is also spontaneous and transcendent of time allowing us to stretch our imaginations to a wide range of possibilities, but play can also be threatened by the interiorization of play which is between you and a computer screen. In this presentation I argue that the message of art is to live now because the ‘now’ reveals the most divine part of ourselves and the only game worth playing is the game of your life and mine. You should live your life like a work of art.

### Keynote Speaker
3:00 PM – 4:00 PM

**Toronto B and C Ballroom**

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# Conference Program

## Friday, July 27, 2012

### 4:15 PM – 5:15 PM

**Markham**

**Martin Vera & Bonnie Miller**

*Designing Your Professional Identity: A Blueprint for Sustainable Practice*

### 5:15 PM – 6:15 PM

**Conversation Hour**

### 4:15 PM – 5:15 PM

**Toronto D Ballroom**

**Symposium: Tragic Optimism**


### 5:15 PM – 6:15 PM

**Toronto D Ballroom**

**Paper Sessions: Resilience & Post-traumatic Growth**

- L. J. Chang

  *Mediating Role of Rumination on Core Belief and Posttraumatic Growth for Acehnese Survivors*

  **Learning Objective**

  Distinguish the features, measurements, and effects on PTG of positive and negative rumination.

### 6:30 PM – 7:00 PM:

**Reception and Music**

## Saturday, July 28, 2012

### 9:00 AM – 10:00 AM

**Keynote Speaker**

**Jordan Peterson, Ph.D.**

*Redemption and Psychology in Christianity*

**Breakout Sessions:**

**10:00 AM – 12:00 PM**

**Pickering**

**Poster Session C**


### 10:30 AM – 11:00 AM

**York**

**I. Ivalo-Sjolie**

*Viktor Frankl’s Philosophy in our Daily Life*

### 10:00 AM – 10:30 AM

**Key: Workshop, Symposium, Paper Session, Keynote**

<table>
<thead>
<tr>
<th>Learning Objectives</th>
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<tbody>
<tr>
<td>1. Clarify and differentiate several terms related to the meaning construct</td>
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<tr>
<td>2. Examine the cause and effect between meaning and happiness</td>
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<tr>
<td>3. Summarize the research findings on the role of meaning in coping with adversity</td>
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<tr>
<td>4. Summarize the research findings on the role of meaning in well-being and flourishing</td>
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<tr>
<td>5. Develop a comprehensive framework for the adaptive benefits of meaning</td>
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### 10:30 AM – 11:00 AM

**York**

**I. Ivalo-Sjolie**

*Viktor Frankl’s Philosophy in our Daily Life*
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 AM</td>
<td>Working with the Limits: Logotherapy Art</td>
<td>Markham</td>
<td>D. Nahon, Ph.D &amp; N. Lander, Ph.D. W</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch Break:</td>
<td></td>
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<tr>
<td>10:30 AM</td>
<td>Meaning and well-being: From confrontation to synergy</td>
<td>Toronto D Ballroom</td>
<td>Dmitry Leontiev, Ph.D.</td>
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<tr>
<td>12:00 PM</td>
<td>Lunch Break:</td>
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<tr>
<td>10:00 AM</td>
<td>Mindfulness and meaning with a twist: An integrity model perspective</td>
<td>Markham</td>
<td>D. Nahon, Ph.D &amp; N. Lander, Ph.D. W</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch Break:</td>
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<tr>
<td>10:00 AM</td>
<td>Symposium: Positive Psychology of Resilience in Addiction Recovery</td>
<td>Markham</td>
<td>Isha Ishiyama, Ph.D. W</td>
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<tr>
<td>12:00 PM</td>
<td>Lunch Break:</td>
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<tr>
<td>11:00 AM</td>
<td>Keynote Speaker:</td>
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<td>Alan Waterman, Ph.D. K</td>
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<tr>
<td>1:00 PM</td>
<td>Keynote Speaker:</td>
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<td>Lunch Break:</td>
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<tr>
<td>10:00 AM</td>
<td>Meaning and well-being: From confrontation to synergy</td>
<td>Toronto C Ballroom</td>
<td>L. Sundararajan</td>
</tr>
</tbody>
</table>

### Learning Objectives

1. Summarize the major underpinnings of the Integrity model of psychotherapy.
2. Name the three legs of the Integrity stool.
3. Summarize the Integrity model perspective on mindfulness and meaningfulness.
4. Apply the Integrity model in carrying out a values analysis of a scenario describing an impasse.

### Keynote Speaker: Alan Waterman, Ph.D. K

**Identity and meaning: Contrasting existentialist and essentialist perspectives**

Identity and meaning are inter-related constructs pertaining to identity formation and finding identity. These philosophical perspectives are contrasted with respect to their implications for success when making identity choices that are personally meaningful. The steps involved when using a eudaimonic, essentialist approach to establishing identity and finding meaning are discussed.

### Learning Objectives

1. Recognize the existential and essential philosophical foundations for psychological constructs pertaining to identity formation and finding identity.
2. Compare identity and meaning-in-life concepts with respect to their similarities, differences, and inter-relationships.
3. Describe the steps involved in identity and meaning development.
4. Explain the basis for the difficulties encountered during the process of identity and meaning development.
5. Explain the reasons why feelings of personal expressiveness, flow experiences, and similar constructs are selective, that is, why the same activity is experienced so differently by different people.

6. Apply eudaimonic identity theory when counseling individuals actively engaged in identity and meaning development.

### Breakout Sessions: 3:15 PM – 6:15 PM

#### Toronto C Ballroom

**Indigenous Psychology**

L. Sundararajan – 30 min

**A Confucian Critique of Positive Psychology of Emotions**

**Learning Objectives**

1. Critically assess positive psychology from a non-Western perspective.
2. Recognize differences between Western and Chinese assumptions about emotions.
3. Utilize non-Western perspectives as alternative to the utilitarian approach to emotions, a mindset endemic to positive psychology.
4. Recognize in negative emotions potentials for well being.
Saturday, July 28, 2012

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>3:15 PM – 3:45PM</td>
<td>Markham</td>
<td>Gordon Medlock, Ph.D.</td>
<td><strong>Authenticity as a core virtue within the normative framework of positive psychology</strong></td>
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<td>Learning Objectives:</td>
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<td>This workshop focuses on the acquisition and demonstration of</td>
<td>Identify the key dimensions of authenticity</td>
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<td>knowledge related to the meaning of authenticity and its place</td>
<td>Explain how the dimensions of authenticity are similar to</td>
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<td>within the normative framework of positive psychology.</td>
<td>character strengths</td>
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<td>Describe the existential-humanistic interpretation of the</td>
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<td>self as it relates to the dimensions of authenticity</td>
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<td>Compare the dimensions of authenticity with some of the</td>
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<td>self as it relates to the dimensions of authenticity</td>
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<td>5. Explain the advantages of focusing on the dimensions of</td>
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<td>authenticity to account for how individuals can live</td>
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</table>

- **Learning Objectives**
  1. Identify the key dimensions of authenticity
  2. Explain how the dimensions of authenticity are similar to character strengths
  3. Describe the existential-humanistic interpretation of the self as it relates to the dimensions of authenticity
  4. Compare the dimensions of authenticity with some of the character strengths and virtues presented in Peterson’s and Seligman’s account of character strengths and virtues
  5. Explain the advantages of focusing on the dimensions of authenticity to account for how individuals can live personally fulfilling and morally uplifting lives.

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<th>Time</th>
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<td>3:15 PM – 3:45PM</td>
<td>Markham</td>
<td>Thomas Mengel, Ph.D.</td>
<td><strong>Value-based happiness</strong></td>
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<tr>
<td>3:45 PM – 5:15PM</td>
<td>Markham</td>
<td>Melissa Weinberg, Ph.D.</td>
<td><strong>Subjective wellbeing homeostasis and positive psychology: Can we co-exist in a theoretical world?</strong></td>
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<tr>
<td>5:15 PM – 6:15PM</td>
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### Hubris syndrome and Egyptian presidents

**W. Mohamed**

### Strengths-Based Therapy for Aboriginal Men in Community Corrections

**J. Brown**

### Religious Involvement, Spirituality, Ethnic Identity, and Well-Being in Middle-Class African American Women

**J. Aubé & J. Smetana**

### Materialism and Social Collectivism at the Crossroads: The Influence of Materialism on Personal Meaning in Asian Societies

**S. Seah**

### Book of Changes (I Ching) and its implication on leadership development

**Y. Yang**

### Developing “attentive meaning sensitivity” in our times

**Edward Marshall, M.D., Ph.D.**

### Conversation Hour

**3:15 P.M. – 4:30 P.M.**

- **Markham**
  - **Gordon Medlock, Ph.D.**
  - **Authenticity as a core virtue within the normative framework of positive psychology**

### Conversation Hour

**5:15 P.M. – 6:15 P.M.**

- **Melissa Weinberg, Ph.D.**
  - **Subjective wellbeing homeostasis and positive psychology: Can we co-exist in a theoretical world?**
Keynote Speaker:
9:00 AM – 10:00 AM

Toronto B and C Ballroom
Salvatore Maddi, Ph.D. K
Hardiness protects against internet addiction and excessive consumer spending
Hardiness is the pattern of attitudes and skills that facilitate turning life’s stressful circumstances from potential disasters into growth opportunities instead. Over the last 35 years, research has shown that hardiness facilitates performance in a variety of contexts, and protects against negative emotional states and physical symptoms of strain. Resolving stressors through the hard work involved in the courage and skills of hardiness appears to be a valuable life orientation.

This presentation reports on an extension of hardiness research into areas of functioning that suggest attempts to deny and avoid stressful circumstances, rather than doing the hard work of resolving them and growing in that process. Expressions of this denial and avoidance may well include excessive consumer spending, gambling, and addiction to the internet. All of these excessive activities may well distract one from what is really going on in one’s life.

The research findings in this presentation confirm that there is a negative relationship between hardiness and internet addiction, gambling, and excessive consumer spending. These findings add further validation to hardiness conceptualization, and point to the importance of assessing one’s hardiness level and engaging in hardiness training if necessary.

Breakout Sessions:
10:00 AM – 12:00 PM

Leisure
S. Chun & Y. Lee
Work
M. Huber, M. Kern, & D. Law; S. Kameshima

Toronto C Ballroom
Panel Discussion: The role of meaning in well-being and resilience
C. Peterson, J. Peterson, L. King, J. Kashdan, C. Davis, R. Tweed, V. Huta, D. Liontis, S. Maddi

10:00 AM – 11:00 AM

York
Zvi Bellin, Ph.D. W
The practice of personal meaning cultivation
11:00 AM – 12:00 PM

York
Paper Sessions: Existential positive psychology
K. Weihls P
Finding meaning and purpose in life and research: Charlotte Bühler’s Bestimmung and the existential positive psychology tradition

H-A. Passmore & A. Howell P
Eco-Existential Positive Psychology (E-EPP)

10:00 AM – 12:00 PM

Markham
Larry Glover, LISW W
Discovering a personal literacy of meaning and wholeness through nature

10:00 AM – 12:00 PM

Toronto D Ballroom
Lisa Firestone, Ph.D.
Marrying Positive Psych with Existentialism

11:00 AM – 12:00 PM

Learning Objectives
- Become familiar with cutting edge science on spirituality and well-being, and how to study all three triads of personality in a single study (persons, behaviors, and situations)
- Observe demonstrations of how to study people in natural, spontaneous contexts via experience-sampling methodologies
- Acquire knowledge on statistical analyses that are appropriate for studying people in context over time
Keynote Speaker:
2:00 PM – 3:00 PM

**Toronto B and C Ballroom**
Christopher Peterson, Ph.D.

#### Meaning and mattering: Perspectives from positive psychology
Positive psychology is the scientific study of what makes life worth living. Meaning is always included by positive psychologists as an element of the good life but actually figures importantly in all topics of substantive concern to positive psychology. Research is described that links meaning to life satisfaction, character strengths, resilience, and physical health. This talk addresses why positive psychology is more often identified as the study of happiness than the study of meaning; and

#### Learning Objectives
This keynote lecture provides information that is designed to help you:
1. Explain what is positive psychology, and what is it not;
2. Discuss how meaning is related to the substantive topics of concern to positive psychology;
3. Describe how meaning is related to life satisfaction, character strengths, resilience, and physical health;
4. Give examples of what it means to say that meaning is social and local;
5. Analyze why positive psychology is more often identified as the study of happiness than the study of meaning; and
6. Plan how positive psychology can be encouraged to take the study of meaning more seriously.

**Coffee Break: 3:00 PM – 3:15 PM**

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**Breakout Sessions: 3:15 PM – 6:15 PM**

#### Pickering

**Poster Session F**

**Well Being**
P. Tobo et al.; B Harvey & R Koestner

3:15 – 5:00

**Toronto C Ballroom**

**Paper Session: Children & Youth**

**H. Cook**

Transpersonal Counseling Invoking the Movies: Engaging Young Adults in Meaningful Living Using Film

**H. Imran, S. Khanam, & R. Ahmad**

Self Esteem as a Predictor of Academic Achievement in Adolescents of Different Socioeconomic Classes

**L. Armstrong & I. Manion**

Rural and Urban Youth Suicidal Ideation: Meaningful Youth Engagement as a Protective Factor

**S. Jang, B. Johnson, & Y. Kim**

Youth Involvement in Scouting and Prosocial Outcomes in Adulthood: A Study on the Mediation of Personal Meaning as “Spirituality”

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**Toronto C Ballroom**

**Paper Session: Meaningful Living**

**Y. Sharon**

Meaning in Life Through Children's Eyes

**B. Mastropieri, L. Schussel, & L. Miller**

Discovering Meaning & Purpose in the Experience of Homelessness as a Young Adult: A Pilot Psychotherapeutic Intervention

**N. Glanz**

Memories to Meanings: The Power of Childhood Play and Sports

5:00 – 5:30

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**Toronto C Ballroom**

**Paper Session**

**Mandisa Monakali**

The Gap between the haves and have-nots especially amongst women

3:15 – 5:15

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**York**

**Richard Ryan, Ph.D.**

Self-determination theory and effective change: Reflections on organizational and therapeutic practices

**S. Jang, B. Johnson, & Y. Kim**

Youth Involvement in Scouting and Prosocial Outcomes in Adulthood: A Study on the Mediation of Personal Meaning as “Spirituality”

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**5:15 – 6:15**

**Paper Session: Positive Psychology**

**V. Huta**

A scale for measuring meaning as an outcome well-being state

**D. Shmotkin**

The Role of Meaningful Life in Regulatory Failures of Subjective Well-Being

**I. McGregor & D. Marigold**

Meaning as an Idealistic Happiness of Pursuit: Neural, Motivational, and Relational Dynamics
Sunday, July 29, 2012

3:15 – 4:45

Markham

Paper Session: Meaning
I. Ivtzan
Religion, Spirituality & Meaning: Exploring their Impact on Self-Actualisation and Self-Growth

Y. Shin
Meaning-Centered Group Interventions: A Critical Review and Recommendations

E. Osin, A. Malyutina, & S. Kostina
Implicit Conceptions of Life Meaning

E. Milman & N. Smith
Defining and measuring Meaning Made: A critical review

J. Anderson, A. Kay, & G. Fitzsimons
Finding Silver Linings: The Motivated Perception of Meaning Following a Negative Experience

3:15 PM – 4:15 PM

Toronto D Ballroom

Paper Session: Positive Education
S. Portko
Incorporating Teaching of Meaning and Value in College Psychology Courses

A. Esping
Logotherapy’s Contributions to Teacher Education

A. Thompson & V. Huta
How Visions of One’s Future Work Relate to One’s Sense of Meaning, Engagement, and Well-Being in School

4:15 – 5:15

Toronto D Ballroom

Symposium: Positive Aging
K. Britton; D. Boufford; S. Brigham; Chair: K. Hart

3:15 P.M. – 4:15 P.M.

Markham

Carin Rockind, MAPP
Goodbye job: Hello purpose – A career coaching model

4:45 – 6:15

Toronto D Ballroom

Paper Session: Charles McLafferty Jr., Ph.D.
The future of logotherapy: Frankl’s greatest omissions

As a result of attending this session, attendees will be able to:

• List, and differentiate between, the dimensions of Frankl’s four-dimensional ontology
• Compare and contrast Frankl’s notic and transcendent (thos) dimensions (the human spirit vs. the divine spirit)
• Assess the critical importance of the heretofore undefined transcendent dimension
• Demonstrate knowledge of, and importance of applying, a four-dimensional understanding in the helping professions
• List at least one approach that researchers using scientific methods will be able to use to study both of Frankl’s spiritual dimensions
• Discuss Frankl’s decision regarding 3- vs 4-dimensional ontologies in logotherapy
• Critique the necessity of including the transcendent dimension in scientific research
• Analyze Frankl’s argument that meaning must be discovered and cannot be created
• Discuss and evaluate the problems faced in logotherapy training, use of techniques, and Frankl’s insistence that each person must live logotherapy
• Assess and analyze Frankl’s insistence on the “degurification” of logotherapy, as well as his decision to not found a training institute.

5:15 – 6:15

Toronto D Ballroom

Paper Session: Goodbye job: Hello purpose – A career coaching model

Celebration Banquet:
7:00 PM – 9:00 PM

Keynote Speaker: Paul T. P. Wong, Ph.D.
What I would share with my family and friends in my last lecture

At this juncture of my life (75 years), it is appropriate for me to share with my family, friends, and whenever may be listening, the most important lessons I have learned in my long life. I think I belong to the elite club of seniors, who have earned the right to say whatever is on their mind, without concern about criticism. My life story represents the intersections between my Chinese culture, personal struggles, spiritual journey, and four decades of clinical experience and psychological research on the meaning of life. The above experiences combine to qualify me to say something about what makes life worth living from an integrative perspective. I will demonstrate that the good life is a balanced life that incorporates good and evil forces, opportunity and adversity, and happiness and sadness, as I have theorized in my Positive Psychology 2.0 paper (Wong, 2011). I will cite both personal experiences and psychological research to drive home the point that all negative experiences can be transformed into positive ones and authentic happiness depends on the integration of the bright and dark sides of life. Finally, I will introduce three psychological theories: 1) The Deep and Wide Theory of the positive potentials of adversity, 2) The Meaning Management Theory to maintain a positive attitude and high level of well-being in spite of difficult times, and 3) The Meaning Mindset as a basic life orientation that enables us to be resilient and flourish, individually and globally.

Learning Objectives

1. Learn how personal and cultural factors shape the development of positive psychology 2.0
2. Discover how both experimental findings and life experiences support the Deep and Wide Hypothesis of negativity
3. Discover why spirituality and meaning are the key ingredients for meaningful living
4. Examine the research and practical implications of the meaning-mindset
**Conference Schedule At A Glance**

<table>
<thead>
<tr>
<th>Time</th>
<th>York</th>
<th>Markham</th>
<th>Toronto D Ballroom</th>
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<tbody>
<tr>
<td>8:00AM - 9:00AM</td>
<td><strong>Registation – Reception Area</strong></td>
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<tr>
<td>9:00AM - 10:00AM</td>
<td><strong>George Bonanno, Ph.D.</strong>&lt;br&gt;Loss, Trauma, and Human Resilience</td>
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<tr>
<td>10:30AM - 10:45AM</td>
<td><strong>Emmy van Deurzen, Ph.D.</strong>&lt;br&gt;Living with Your Emotions</td>
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<tr>
<td>10:45AM - 12:00PM</td>
<td><strong>Stanley Krippner, Ph.D.</strong>&lt;br&gt;Finding Meaning in Dreams: The Use of Dream Reports in Counseling and Psychotherapy</td>
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<td>12:00PM - 1:30PM</td>
<td><strong>Emmy van Deurzen, Ph.D.</strong>&lt;br&gt;Living with Your Emotions</td>
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<td>6:15PM - 7:00PM</td>
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<td>7:00PM - 9:00PM</td>
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<td>9:00AM - 11:00AM</td>
<td><strong>Emmy van Deurzen, Ph.D.</strong>&lt;br&gt;Living with Your Emotions</td>
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**Key:** W = Workshop, S = Symposium, P = Paper Session, K = Keynote, *=Invited Speaker

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**Conference Program**

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**Conference Program**

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<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<td>Registration – Reception Area</td>
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<tr>
<td>9:00AM - 10:00AM</td>
<td>Keynote: Jordan Peterson, Ph.D.</td>
<td>Development Psychology: The Inwards-Outwards Journey</td>
<td>1.0 CE credit</td>
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<tr>
<td>10:00AM - 11:00AM</td>
<td>Keynote: Salvatore Maddi, Ph.D.</td>
<td>The Self Under Siege: Differentiation and the Quest for Meaning</td>
<td>1.0 CE credit</td>
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<td>11:00AM - 12:00PM</td>
<td>Lunch Break</td>
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<td>12:00PM - 1:00PM</td>
<td>Keynote: Todd Kashdan, Ph.D.</td>
<td>What Makes Life Worth Living</td>
<td>1.0 CE credit</td>
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<td>1:00PM - 2:00PM</td>
<td>Keynote: Paul T.P. Wong, Ph.D.</td>
<td>What I Would Share with My Family and Friends in My Last Lecture</td>
<td>1.0 CE credit</td>
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<td>2:00PM - 3:00PM</td>
<td>Keynote: Christopher Peterson, Ph.D.</td>
<td>The Science of Happiness: Essential and Impossible</td>
<td>1.0 CE credit</td>
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<td>Coffee Break</td>
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<td>4:30PM - 5:30PM</td>
<td>Keynote: Karen Reivich, Ph.D.</td>
<td>The Future of Positive Psychology: What’s Next for Positive Psychology</td>
<td>1.0 CE credit</td>
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<td>5:30PM - 6:30PM</td>
<td>Keynote: Lisa Firestone*, Ph.D.</td>
<td>The Self Under Siege: Differentiation and the Quest for Meaning</td>
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