



PRIME MINISTER · PREMIER MINISTRE

*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.*



*The Rt. Hon. Stephen Harper, P.C., M.P.*

OTTAWA  
2012



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Premier of Ontario - Premier ministre de l'Ontario



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 7<sup>th</sup> 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 Mayor**

It is with great pleasure that I welcome everyone attending the 7<sup>th</sup> Biennial International Meaning Conference hosted by the International Network on Personal Meaning.

Different events in individuals' lives have different meanings and levels of importance associated with them. What we all have in common however is that we all wish to cherish our life and live it with the utmost enjoyment and a positive attitude.

The International Meaning Conference will feature a number of well respected keynote speakers who will share with us new and different perspectives about life and no doubt expand our minds to the true meaning of the word around us.

On behalf of Toronto City Council, please accept my best wishes for an enlightening and successful event.

Yours truly,

**Mayor Rob Ford  
City of Toronto**

OFFICE OF THE MAYOR  
100 QUEEN STREET WEST, TORONTO, ONTARIO, M5H 2N2

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## 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*

## Officers and Staff

Conference Chair	Paul T. P. Wong, PhD
Co-Conference Chair	Kenneth Hart, PhD
Conference and Program Manager:	Lilian C. J. Wong, BSc., MA., PhD
Co-Conference Chair:	Mr. Daniel Jordan

### Staff

Executive assistant:	Jessica J. Nee, MA
Assistants:	Rob Sacco, MA Simone J. Smith, MA Joshua K. Wong, BA (hon.)
Planning Committee:	Lilian Wong, PhD., Charles McLafferty, PhD., Rob Sacco, MA., Geoff Thompson, PhD (Cand.), Daniel Jordan., Simone Smith, MA., Ken Hart, PhD., Josh Wong, BA., Jessica Nee, MA.

## General Information

### Registration & 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 Booksellers 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.

## Continuing Education Credit Hours

### 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.

**C.C.P.A.** The 7th Biennial Meaning Conference is a CCPA Pre-Approved CEC Event.

Please note: It is your responsibility to contact your licensing/certification board directly to determine eligibility to meet your continuing education requirements.

## 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 Rochester

### Student Competition Winners

**1st Place:** H'Sien Hayward, Harvard University.  
*Adaptation to adversity: Does money or meaning matter more?*

**2nd Place:** Yerin 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*

### Student Competition Honourable Mention

- Holli-Anne Passmore, Grant MacEwan University  
*Eco-Existential Positive Psychology*
- Natasha Lekes, McGill University  
*Prioritizing intrinsic value: Impact on self-growth, wellbeing, relationships and community*
- Suzanne L. Seah, Western University  
*Materialism and social collectivism at the crossroads: Personal meaning in Asian societies*
- Kristian Weihs, York University  
*Finding meaning and purpose in life and research: Charlotte Buhler's Bestimmung and the existential positive psychology tradition*
- Danay Novoa, Carleton University  
*Meaning after spinal injury: Examining changes over time and comparing across different people*



## 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:

Waterman, A. S. (2011). Eudaimonic identity theory: Identity as self-discovery. In S. J. Schwartz, K. Luyckx, & V. L. Vignoles (Eds.). *Handbook of identity theory and research* (pp. 357-379). New York: Springer.

Waterman, A. S., Schwartz, S. J., Zamboanga, B. L., Ravert, R. D., Williams, M. K., Agocha, V. B., Kim, S. Y., & Donnellan, M. B. (2010). The Questionnaire for Eudaimonic Well-Being: Psychometric properties, demographic comparisons, and evidence of validity. *Journal of Positive Psychology*, 5, 41-61.

Waterman, A. S. (2008). Reconsidering happiness: A eudaimonist's perspective. *Journal of Positive Psychology*, 3, 234-252.

### Stanley Krippner, Ph.D



Stanley Krippner (www.stanleykrippner.weebly.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, 2003), *Varieties of Anomalous Experience: Examining the Scientific Evidence* (APA, 2000), and many other books.

The *San Francisco Weekly* recently published an excellent article on Dr Krippner – <http://www.sfweekly.com/2012-04-25/news/the-grateful-dead-parapsychology-dream-telepathy-joe-eskenazi/>

### Paul T.P. Wong, PhD



Dr. Paul T. P. Wong received his Ph.D. in Psychology from the University of Toronto. He has held professorial positions at various universities, such as York University, University of Toronto, and Trent University. As the Founding Director of the Graduate Program in Counselling Psychology at Trinity Western University (TWU), he has established an accredited and widely recognized graduate program. More recently, he served as the Division Chair of Psychology and Business Administration at Tyndale University College. He had been a visiting scientist to the University of California at Los Angeles and the University of British Columbia. He has been invited to lecture in numerous universities in Asia and North America. Currently, he devotes most to his time to writing and private practice.

### George Bonanno, PhD



George A. Bonanno is a Professor of Clinical Psychology at Columbia University. His research focuses on how people cope with potentially traumatic events, such as the death of a loved one, terrorist attack, disaster and medical emergency. His studies have documented our natural resilience to these events and explored the factors that help us cope effectively; these include our repertoire of emotional reactions, especially positive emotion and laughter, personality, and the context of our lives. He is author of the *Other Side of Sadness: What the New Science of Bereavement Tells Us About Life After Loss*.

### Emmy van Deurzen, Ph.D



Emmy van Deurzen (www.nspc.org.uk) is a philosopher, existential psychotherapist and counselling psychologist, with a dozen books to her name. She was the inspiration and creative force behind the launch of the Society for Existential Analysis and its *Journal of the same name* in 1988, the year that her book *Existential Counselling and Psychotherapy in Practice* was first published by Sage. She founded both the School of Psychotherapy and Counselling at Regent's College and the New School of Psychotherapy and Counselling, of which she continues to be Principal, both in London. Her application of philosophical ideas to psychology, psychotherapy, counselling and coaching has revolutionized the field and has established the existential

approach firmly in the UK, inspiring many European and international developments. Her work has been translated into a dozen languages and she lectures all around the world. She is Visiting Professor of Psychotherapy with Middlesex University and has been a professor with Regent's College, an honorary professor with Schiller International University and with the University of Sheffield as well as a Visiting Senior Associate of Darwin College, Cambridge. She was the first chair of the United Kingdom Council for Psychotherapy and external relations' officer to the European Association for Psychotherapy as well as their representative to the European Commission and the Council of Europe for many years.

Amongst her books are the bestseller *Existential Psychotherapy and Counselling in Practice* (3d edition, Sage 2012), *Psychotherapy and the Quest for Happiness* (Sage, 2009) and *Everyday Mysteries* (2nd edition Routledge, 2010). Sage published her co-authored book *Skills in Existential Psychotherapy and Counselling* in 2011.

Emmy lives in the Peak District with her husband Prof. Digby Tantam, where she enjoys hill walking alongside her writing, painting and singing song-writing.

### Salvatore R. Maddi, PhD



Though pursuing a wide range of interests in personality and psychopathology, Salvatore R. Maddi is especially concerned with stress management and creativity. According to him, these are best considered related concerns, integrated by the personality hardiness model. Through deepening the attitudes of commitment, control, and challenge which define hardiness, persons can simultaneously develop, reach their potentialities, and cope with the stresses encountered on the way. Maddi's research concerns these topics, using naturalistic designs and training with a range of adult and adolescent subjects in their occupational, familial, and school settings. Also studied is the role of psychosocial factors in the etiology and progression of various physical illnesses.

**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.

Kashdan conducts research on anxiety, positive emotions, purpose in life, mindfulness, gratitude, how personal strengths operate in everyday life, social relationships, self-regulation, and how to foster and sustain happiness and meaning in life. He wrote his first book for a general audience, *Curious? Discover the Missing Ingredient to a Fulfilling Life* (2009). His second book, *Designing Positive Psychology* (2011) provides cutting edge science on how to achieve well-being in an uncertain, unpredictable world.

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.toddcashdan.com](http://www.toddcashdan.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 Longing*, 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 F. Thurnau 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.

## Invited Speakers

**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 Leontiev, Ph.D, Dr.Sc.**, Professor of Psychology, Moscow State University, Russia.

**Li-jung (Ike) Chang, Ph.D**, Associate Professor and Chair, Department of Psychology, Asia University, Taiwan.

**Haddon Klingberg, Jr., Ph.D**, Licensed clinical psychologist (Illinois, USA) and professor of psychology (retired), North Park University, Chicago.

**Kathryn Britton, MAPP**, Coach, author, editor, consultant, and educator

**Charles McLafferty Jr., Ph.D**, National Certified Counsellor

**Lisa Firestone, Ph.D**, Clinical Psychologist and the Director of Research and Education at the Glendon Association.

**Louise Sundararajan, Ph.D, Ed.D.**, Chair of Division 32 (Humanistic Psychology) Task Force on Indigenous Psychology.

**Ishu Ishiyama, Ph.D**, Associate Professor in the Faculty of Education at the University of British Columbia, Canada

**Gordon Medlock, Ph.D**, Serves on the faculties of the Wright Graduate Institute for the Realization of Human Potential, the University of Chicago Graham School of Professional Studies, and Purdue North Central Department of Social Work.

**Jonathan Raskin, Ph.D**, Professor of psychology and counseling at the State University of New York at New Paltz

**Nedra R. Lander, Ph.D., C.Psych**, Associate Professor of Psychiatry, Faculty of Medicine, University of Ottawa.

**Danielle Nahon, Ph.D., C.Psych**, Clinical psychologist with a community psychological practice, and serves as Assistant Professor of Psychiatry at the Faculty of Medicine of the University of Ottawa.



# Thursday, July 26, 2012

Key: W=Workshop, S=Symposium, P=Paper Session, K=Keynote

## 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 are a 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 psychotherapies 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 psychoanalysts made extensive use of dream reports in their therapies. 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 symbolism in dreams. Many systems propose that a specific symbol has a true meaning (e.g., assuming that a snake always represents a phallus), 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 vantages 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 psychotherapists 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 as 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 flavours 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

# Thursday, July 26, 2012

Key: **W**=Workshop, **S**=Symposium, **P**=Paper Session, **K**=Keynote

## Lunch Break:

12:00PM to 1:30PM

## Pre-Conference Workshops:

1:30 PM – 4:30 PM

### York

**Robert Neimeyer, Ph.D. w**

### *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 metaphoric 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 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.

### Agenda

- Defining complicated or prolonged grief disorder
- Symptomatic responses to violent death bereavement
- Spiritual struggle in bereavement: A review of new evidence
- Revisiting the story of the loss: Complicated grief therapy
- The quest for meaning in the loss of a child
- Healing stories: Directed journaling for meaning reconstruction
- Loss integration and the cause of death
- Posttraumatic growth: Impediments and facilitating conditions
- Virtual dream stories: Envisioning the possible

### 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 metaphoric integration of real-life losses

### Markham

**Leo Abrami w**

### *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.

Two group demonstrations will be conducted during the workshop. The participants will be able to assess the validity and effectiveness of the methods by experimenting with them on themselves before they use it with their patients. They will also be able to acquire the necessary skills to use the new techniques.

### Toronto D Ballroom

**Paul T. P. Wong w**

### *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.

### 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.**



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Keynote Speaker  
9:00 AM – 10:00 AM

Toronto B and C Ballroom

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

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

Human existence is marred by daily problems in living and sometimes perturbed 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

Keynote Speaker  
10:00 AM – 11:00 AM

Toronto B and C Ballroom

Robert Neimeyer, Ph.D. **K**

### *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.

Keynote Speaker  
11:15 AM – 12:10 PM

Toronto B and C Ballroom

Harris Friedman, Ph.D. **K**

### *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.

Breakout Sessions  
11:15 AM – 1:10 AM

#### 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

12:10 PM – 12:40 PM

Toronto Ballroom C

Edwin Hersch, M.D. **P**

### *A Meaning-full Approach to Psychiatry, Psychology, and Psychotherapy*

12:40 PM – 1:10 PM

Toronto Ballroom C

Jingping Xu, Ph.D. **P**

### *Meaning, Emotions, and Decision Making in the Ultimatum Game*

York

Michael Paré, M.D. **W**

### *Keeping Good Boundaries*

Markham

Michael Milgram, Ph.D. **W**

### *Children of Holocaust Survivors and the Search for Meaning*

12:40 PM – 1:10 PM

Toronto D Ballroom

Charles P. Chen, Ph.D. **P**

### *Human Agency and Action in Life-Careers*

#### Learning Objectives

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,

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and practice. In attending this presentation, the participants will be able to

- Know the essential importance of the role and function of human agency and action in life-career meaning making;
- Identify both the theoretical and practical meanings of human agency and action in the context of vocational and career psychology; and
- Gain heuristic ideas of using the human agency and action constructs in professional helping and self-helping for vocational wellbeing.

11:45 AM – 12:40 PM

**Toronto D Ballroom****F. Grouzet** – 30 min P

*Meaning-Making through Professional Socialization*

**N. Gill** – 25 min P

*The Influence of Social Connection and Identity on the Meaning and Experience of Working for Professionally Employed, Second-Generation Indian Women in the U.S. and Canada*

12:40 PM – 1:10 PM

**Toronto D Ballroom****A. Upal** P

*Individual Differences in Need for Meaning*

**P. Sharp** P

*Meditation and the Brain: Embodied Bliss and Compassion as Sacred Commitments*

**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.** K**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.

**Keynote Speaker**

3:00 PM – 4:00 PM

**Toronto B and C Ballroom****Mark Kingwell, Ph.D.** K**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.

**Coffee Break:**

4:00 PM – 4:15 PM

**Breakout Sessions**

4:15 PM – 6:15 PM

**Pickering****Poster Session B****Virtues & Values**

K. Hiner; C. Foa & M. Fitzpatrick; D. Whelan & J. Zelenski; V. Aubé & C. Repass

**Meaning**

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

4:15 PM – 5:15 PM

**Toronto C Ballroom****Student Competition Winners****Moderator: Kenneth Hart, Ph.D.****1st – M. Hayward**

*Adaptation to adversity: Does money or meaning matter more?*

**2nd – Y. Shim, M. Steger, & B. Rush**

*Understanding the Sources of Meaning in Life through Auto-Photography: A Pilot Study*

**3rd – E. Kim, J. Sun, N. Park, & C. Peterson**

*Purpose in Life and Reduced Stroke in Older Adults*

5:15 PM – 6:15 PM

**Toronto C Ballroom****Paper Sessions: Medical****D. Tantam** P

*Is medical or psychological diagnosis opposed to meaning*

**M. Snyder** P

*The role of meaning and purpose in medicine: A new curriculum that teaches meaning and purpose to medical students.*

**J. McDougall** P

*A "Positive" Focus for Research in Pediatric Rehabilitation*

**York****Jonathan Raskin, Ph.D.** W

*What's Coming in the DSM-5 and What Does it Mean for Psychotherapist?*

**Learning Objectives**

1. Identify key issues in the current DSM-5 debate
2. Describe the history of DSM
3. Explain several current controversies in the development of DSM-5
4. Assess the arguments pro and con regarding current controversies in the development of DSM-5
5. Name some of the people and recognize their roles in the history of DSM and the current DSM-5 controversy.

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4:15 PM – 5:15 PM

**Markham****Martin Vera & Bonnie Miller w***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 s**

M. Leung; T. Steinfors; R. Tweed. Discussant: P. Wong

5:15 PM – 6:15 PM

**Toronto D Ballroom****Paper Sessions: Resilience & Post-traumatic Growth****L-J. Chang P***Mediating Role of Rumination on Core Belief and Posttraumatic Growth for Acehese Survivors***Learning Objective**

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

**C. Davis P***Positive Self-change Following Major Adversity: How Does it Happen?***J. Marcus & K. Cramer P***The Influence of Trauma on Later Coping: The Importance of Posttraumatic Growth and Feelings of Efficacy***M. Vera P***Re-authoring Lives in the Face of Illness: Speech-Language Pathology Through a Narrative Lens*

6:30 PM – 7:00 PM:

**Reception and Music**

Free Public Lecture &amp;

Film Screening:

7:00 PM – 9:00 PM

**Viktor & I,****Produced by Alexander Vesely****Chair: Mark Schulman, Ph.D.****Discussant: Geoff Thompson, Ph.D. (Cand.)****Saturday, July 28, 2012**Key: **W**=Workshop, **S**=Symposium, **P**=Paper Session, **K**=Keynote

Keynote Speaker,

9:00 AM – 10:00 AM

**Toronto B and C Ballroom****Jordan Peterson, Ph.D. K***Redemption and Psychology in Christianity*

Breakout Sessions:

10:00 AM – 12:00 PM

**Pickering****Poster Session C**

C-L. Yen; S-H. Chao &amp; P-H. Chen; H. Kim; H. Kamei, et al.

**Indigenous/Immigrant**

T. Sudo; N. Nzeyimana; L. Su; L-J. Chang &amp; M-Y Jang; K. Bhattacharjee; T. McInnes &amp; C. Chen; O. Darewych

**Toronto C Ballroom****Panel Discussion s****What Makes Life Worth Living**

C. Peterson, J. Peterson, R. Ryan, A. Waterman, E. van Deurzen, L. Sundararajan, J. Raskin, H. Friedman, D. Shmotkin

1. Clarify the question of what makes life worth living from related questions
2. Examine the pros and cons of different answers to the question
3. Discover why the meaning approach provides the most comprehensive and integrative answer
4. Learn how to apply meaning-enhancing tools for everyday living

**Learning Objectives**

1. Clarify and differentiate several terms related to the meaning construct
2. Examine the cause and effect between meaning and happiness
3. Summarize the research findings on the role of meaning in coping with adversity
4. Summarize the research findings on the role of meaning in well-being and flourishing
5. Develop a comprehensive framework for the adaptive benefits of meaning

10:00 AM – 10:30 AM

**York****H. Klingberg Jr., Ph.D. P***Harbinger and Paradox: Viktor Frankl and Positive Psychology***Learning Objectives**

1. Describe parallels and paradoxes between logotherapy and positive psychology.
2. Create psychotherapeutic integration of humor into treatment of people with psychological disorders.
3. Conceptualize and utilize the integration of transcendence as a human virtue in treatment.
4. Critique the place of spirituality in traditional psychology and now in both logotherapy and positive psychology.
5. Demonstrate the character strength of forgiveness and mercy in the life of Viktor Frankl and in his logotherapy.

10:30 AM – 11:00 AM

**York****I. Ivalo-Sjolie P***Viktor Frankl's Philosophy in our Daily Life*



**Saturday, July 28, 2012****Key: W=Workshop, S=Symposium, P=Paper Session, K=Keynote**

11:00 AM – 12:00 PM

**York****Marianne Prado w***Working with the Limits: Logotherapy Art*

10:00 AM – 11:00 AM

**Markham****D. Nahon, Ph.D & N. Lander, Ph.D. w***Mindfulness and meaning with a twist: An integrity model perspective***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.

10:00 AM – 10:30 AM

**Toronto D Ballroom****Dmitry Leontiev, Ph.D. P***Meaning and well-being: From confrontation to synergy*

10:30 AM – 12:00 PM

**Toronto D Ballroom****Ishu Ishiyama, Ph.D. w***A paradigm shift in Japanese Morita therapy: Moving beyond self-focus toward experiencing and “naturing”*

11:00 AM – 12:00 PM

**Markham****Symposium: Positive Psychology of Resilience in Addiction Recovery s**

K. Hart; E. Robinson; A. Krentzman; Discussant: F. Grouzet

**Lunch Break:**

12:00 PM – 1:00 PM

**Keynote Speaker:**

1:00 PM – 2:00 PM

**Richard Ryan, Ph.D. K***The motivations behind meaning: A self-determination theory perspective*

As people pursue what they believe to be most central and meaningful in life, both their motives and goals differ. In this talk Dr. Ryan will apply self-determination theory (Deci & Ryan, 2000) to the pursuit of meaning, focusing on both the why behind people's strivings, and the what, or the contents, of their goals. He will show that people can pursue life goals for either controlled or autonomous reasons, and thus that activities assumed to be meaningful, from personal achievements to helping others, can be introjected rather than authentic, with differing consequences. He will also review

recent research on sexual identity, showing how even central life identities and attitudes can be based on the repression rather than integration. He will also distinguish between intrinsic versus extrinsic life goals (Kasser & Ryan, 2000) and review research showing that whereas intrinsic goal pursuits add to life satisfaction and wellness, extrinsic goals do not. Finally he will discuss the role of some meaningless activities in human revitalization and wellness, and in doing so he will highlight the intrinsic value of being.

**Keynote Speaker:**

2:00 PM – 3:00 PM

**Alan Waterman, Ph.D. K***Identity and meaning: Contrasting existentialist and essentialist perspectives*

Identity and meaning are inter-related constructs pertaining to finding answers to the questions “Who am I?” and “What should I become?”. Two metaphors for identity development and finding meaning-in-life are “discovery” and “creation”. The discovery metaphor is grounded in essentialist philosophy whereas the creation metaphor derives from existentialism. 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 meaning-in-life.
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.

Coffee Break: 3:00 PM – 3:15 PM

Breakout Sessions: 3:15 PM – 6:15 PM

**Pickering****Poster Session D**

K. Kushlev; M. van Duinhoven; E. Charzynska; J. Albrecht; A. Robinson; E. Kravetsky

**Meaning**

J. Ewasiw; P. Ianni, K. Hart, T. Carey, &amp; A. Robinson; S. Zombory &amp; A. Earll

3:15 PM – 4:15 PM

**Toronto C Ballroom****Indigenous Psychology****L. Sundararajan – 30 min P***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**

Key: W=Workshop, S=Symposium, P=Paper Session, K=Keynote

**W. Mohamed P***Hubris syndrome and Egyptian presidents***J. Brown P***Strengths-Based Therapy for Aboriginal Men in Community Corrections***J. Aubé & J. Smetana P***Religious Involvement, Spirituality, Ethnic Identity, and Well-Being in Middle-Class African American Women***S. Seah P***Materialism and Social Collectivism at the Crossroads: The Influence of Materialism on Personal Meaning in Asian Societies***Y. Yang – 30 min P***Book of Changes (I Ching) and its implication on leadership development*

4:15 PM – 5:30 PM

**Conversation Hour**

3:15 PM – 6:15 PM

**York****Edward Marshall, M.D., Ph.D. W***Developing “attentive meaning sensitivity” in our times*

3:15 PM – 3:45PM

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

This workshop focuses on the acquisition and demonstration of knowledge related to the meaning of authenticity and its place within the normative framework of positive psychology.

This presentation is designed to help you:

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.

3:45 PM – 5:15 PM

**Markham****Thomas Mengel, Ph.D. W***Value-based happiness*

5:15 PM – 6:15 PM

**Conversation Hour**

3:15 PM – 5:15 PM

**Toronto D Ballroom****Eudiamonia/Well-being****A. Raghavan P***“Psychology of happiness in the spiritual age: What makes us truly happy and our lives more meaningful?”***M. Milyavskaya, I. Ianakieva, & R. Koestner P***Inspired Living: The Effects of Trait and Goal Inspiration on Goal Pursuit and Eudaimonic Well-being***D. O'Donnell & K. McTiernan P***Connecting narrative complexity, ego integrity and later life eudaimonic well-being through an exploration of personal stories of self***N. Amjad P***From Gratitude to Spiritual strengths***J. McDonald P***Potentiality: A Quintessential Quality to Heal and Flourish*

5:15 PM – 5:45 PM

**Toronto D Ballroom****Melissa Weinberg, Ph.D. P***Subjective wellbeing homeostasis and positive psychology: Can we co-exist in a theoretical world?*

5:45 PM – 6:15 PM

**Toronto D Ballroom****Alison O'Malley, Ph.D. & Denise Williams, Ph.D. P***Emerging leaders: The role of flourishing in millennial's leadership development activity*

Awards Banquet: 7:00 PM – 9:00 PM

**Toronto B and C Ballroom****Presentations of Lifetime Achievements & Student Competition Awards****Keynote Speaker  
Laura King, Ph.D. K***Noticing meaning in everyday life: Pleasure, intuition, and magic***Learning Objectives**

- Critique approaches to meaning that emphasize reflective processes and neglect automatic processes.
- Define the human experience of meaning within the context of automatic processes.
- Describe the causal relationship between positive mood and meaning in life.
- Link the human experience of meaning to associative learning principles.
- Describe the potentially adaptive role of feelings of meaningfulness within a learning context.

**Sunday, July 29, 2012**Key: **W**=Workshop, **S**=Symposium, **P**=Paper Session, **K**=Keynote

Keynote Speaker:  
9:00 AM – 10:00 AM

**Toronto B and C Ballroom**  
**Salvatore Maddi, Ph.D. κ**

***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

**Pickering**  
**Poster Session E**  
***Religious/Spiritual***

M. Carretero; J. Robinson

***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 s**

C. Peterson, J. Peterson, L. King, T. Kashdan, C. Davis, R. Tweed, V. Huta, D. Leontiev, 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)***

**J. Synard & N. Gazzola P**

***Marrying Positive Psych with Existentialism***

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. w**

***The self under siege: Differentiation and the search for meaning***

Participants will be able to:

1. Describe forces operating within the self, family and society that limit, or seriously damage, peoples own ability to find personal meaning in life.
2. List the steps of voice therapy.
3. Explain the four steps in differentiation of self.

Lunch Break: 12:00 PM – 1:00 PM

**Toronto D Ballroom**

**INPM Membership Meeting and Lunch**

Keynote Speaker:  
1:00 PM – 2:00 PM

**Toronto B and C Ballroom**  
**Todd B. Kashdan, Ph.D. κ**

***The science of spirituality: Essential and impossible***

Prior research suggests that spirituality is positively related to well-being. Nevertheless, within-person variability in spirituality has yet to be addressed. Do people experience greater spirituality on some days versus others? Does daily spirituality predict daily well-being? Do within-person relationships between spirituality and well-being vary as a function of trait spirituality? We examined such questions using a daily diary study with 87 participants who provided reports of their daily spirituality and well-being for a total of 1239 days. We found that daily spirituality was positively related to meaning in life, self-esteem, and positive affect, and the link from daily spirituality to both self-esteem and positive affect was fully mediated by meaning in life. Moreover, within-person relationships between daily spirituality and self-esteem and meaning in life were stronger for people higher in trait spirituality. Lagged analyses found positive relationships between present day spirituality and next day's meaning in life; there was no evidence for meaning in life as a predictor of the next day's spirituality. When focusing on affect, for people higher in trait spirituality, greater negative affect (and lower positive affect) predicted greater spirituality the next day. These results provide new insights into how spirituality operates as a fluctuating experience in daily life.

**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



**Sunday, July 29, 2012**Key: **W**=Workshop, **S**=Symposium, **P**=Paper Session, **K**=Keynote

Keynote Speaker:  
2:00 PM – 3:00 PM

**Toronto B and C Ballroom**

**Christopher Peterson, Ph.D. K**

***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 how this situation might be remedied.

**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

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 P**

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

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

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

**L. Armstrong & I. Manion P**

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

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

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

**Y. Sharon P**

***Meaning in Life Through Children’s Eyes***

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

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

**N. Glanz P**

***Memories to Meanings: The Power of Childhood Play and Sports***

5:00 – 5:30

**Toronto C Ballroom**

**Paper Session**

**Mandisa Monakali P**

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

3:15 – 5:15

**York**

**Richard Ryan, Ph.D. W**

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

Self-determination theory (SDT) represents a rich scientific framework, backed by much empirical evidence about optimizing motivation and enhancing people’s well-being. Yet although the principles of the theory are practical and clear (e.g., environments in which people experience greater autonomy, competence and relatedness are those where they

flourish), how does one provide such an environment? In this workshop Dr. Ryan, an active clinical psychologist and consultant, will discuss practical methods of supporting autonomy, and facilitating need satisfaction that can apply across clients, employees, athletes, students and even one’s children. He will also address issues such as why we sometimes resist being supportive, or engage in undermining others. The workshop will include both interactive experiments and, hopefully, active discussion with the speaker.

**Learning Objectives**

1. Summarize self-determination theory’s (SDT’s) model of intrinsic and extrinsic motivation in relation to meaning constructs
2. Recognize differences between controlled and autonomous forms of motivation;
3. Distinguish intrinsic from extrinsic goal contents;
4. Understand the scientific findings regarding differences in both relative autonomy and goal content
5. Observe and recognize applications of SDT in several behavior change and clinical domains

5:15 – 6:15

**Paper Session: Positive Psychology**

**V. Huta P**

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

**D. Shmotkin P**

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

**I. McGregor & D. Marigold P**

***Meaning as an Idealistic Happiness of Pursuit: Neural, Motivational, and Relational Dynamics***

**Sunday, July 29, 2012**

**Key: W=Workshop, S=Symposium, P=Paper Session, K=Keynote**

3:15 – 4:45

**Markham**

**Paper Session: Meaning**

**I. Ivtzan P**

*Religion, Spirituality & Meaning: Exploring their Impact on Self-Actualisation and Self-Growth*

**Y. Shim P**

*Meaning-Centered Group Interventions: A Critical Review and Recommendations*

**E. Osin, A. Malyutina, & S. Kostina P**

*Implicit Conceptions of Life Meaning*

**E. Milman & N. Smith P**

*Defining and measuring Meaning Made: A critical review*

**J. Anderson, A. Kay, & G. Fitzsimons P**

*Finding Silver Linings: The Motivated Perception of Meaning Following a Negative Experience*

4:45 – 6:15

**Markham**

**Carin Rockind, MAPP W**

*Goodbye job: Hello purpose – A career coaching model*

3:15 PM – 4:15 PM

**Toronto D Ballroom**

**Paper Session: Positive Education**

**S. Portko P**

*Incorporating Teaching of Meaning and Value in College Psychology Courses*

**A. Esping P**

*Logotherapy's Contributions to Teacher Education*

**A. Thompson & V. Huta P**

*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 S**

K. Britton; D. Boufford; S. Brigham; Chair: K. Hart

5:15 – 6:15

**Toronto D Ballroom**

**Paper Session:  
Charles McLafferty Jr., Ph.D. P**

*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 noëtic and transcendent (theos) 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.

**Celebration Banquet:**

7:00 PM – 9:00 PM

**Keynote Speaker: Paul T. P. Wong, Ph.D. K**

*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 whomever 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

Key: W=Workshop, S=Symposium, P=Paper Session, K=Keynote, \*=Invited Speaker

Thursday July 26, 2012 – Pre-Conference Workshops			
Time	York	Markham	Toronto D Ballroom
8:00AM - 9:00AM	Registration – Reception Area		
9:00AM - 10:30AM	<b>W George Bonanno, Ph.D.</b> <i>Loss, Trauma, and Human Resilience</i>  (N.B.: Starts at 10:00am)	<b>W Stanley Krippner, Ph.D.</b> <i>Finding Meaning in Dreams: The Use of Dream Reports in Counseling and Psychotherapy</i>	<b>W Emmy van Deurzen, Ph.D.</b> <i>Living with Your Emotions</i>
10:30AM - 10:45AM	Coffee Break		
10:45AM - 12:00PM	<b>W George Bonanno, Ph.D.</b> <i>Loss, Trauma, and Human Resilience</i>  • 10:00 – 12:00 2.0 CE credits	<b>W Stanley Krippner, Ph.D.</b> <i>Finding Meaning in Dreams: The Use of Dream Reports in Counseling and Psychotherapy</i>  • 9:00 – 12:00 3.0 CE credits	<b>W Emmy van Deurzen, Ph.D.</b> <i>Living with Your Emotions</i>  • 9:00 – 12:00 3.0 CE credits
12:00PM - 1:30PM	Lunch Break	INPM Board Meeting: Room Nelson	
1:30PM - 3:00PM	<b>W Robert Neimeyer, Ph.D.</b> <i>Techniques of Grief Therapy: Narrative Practices for Counseling the Bereaved</i>	<b>W Leo Abrami*</b> <i>Demonstration of an Experiential Seminar on Meaning</i>	<b>W Paul T. P Wong, Ph.D.</b> <i>Assessment and Intervention in Meaning Therapy</i>
3:00PM - 3:15PM	Coffee Break		
3:15PM - 4:30PM	<b>W Robert Neimeyer, Ph.D.</b> <i>Techniques of Grief Therapy: Narrative Practices for Counseling the Bereaved</i>  • 1:30 – 4:30 3.0 CE credits	<b>W Leo Abrami*</b> <i>Demonstration of an Experiential Seminar on Meaning</i>  • 1:30 – 4:30 3.0 CE credits	<b>W Paul T. P Wong, Ph.D.</b> <i>Assessment and Intervention in Meaning Therapy</i>  • 1:30 – 4:30 3.0 CE credits
7:00PM - 9:00PM	Free & Open to the Public – Film Screening: <b>A Drop of Sunshine, produced by Aparna Sanyal</b> Chair: <b>Michael Paré, M.D.</b> • Discussant: <i>Jonathan Raskin*, Ph.D.</i>		

Key: W=Workshop, S=Symposium, P=Paper Session, K=Keynote, \*=Invited Speaker

Friday, July 27, 2012				
Time	Toronto C Ballroom	York	Markham	Toronto D Ballroom
8:00AM - 9:00AM	Registration – Reception Area			
9:00AM - 10:00AM	<b>Keynote: Emmy van Deurzen, Ph.D.</b> <i>The Meaning of Suffering: Emotional Life and our Reasons for Being</i> 1.0 CE credit			
10:00AM - 11:00AM	<b>Keynote: Robert Neimeyer, Ph.D.</b> <i>Mourning and Meaning: The Narrative Arc of Traumatic Loss</i> 1.0 CE credit			
11:00AM - 11:15AM	Coffee Break			
11:15AM - 1:10PM	<b>Keynote: Harris Friedman, Ph.D.</b> <i>Transpersonal Psychotherapies</i>  • 11:15 – 12:10, 1.0 CE credit  <i>Chronic Illness</i> A. Rokach; D. Novoa & C. Davis; N. Raman-Wilms; Y. Leung; C. Lo, & G. Rodin; M. Snyder  <i>Bereavement</i> J. Liu; E. Milman; R. Norris-Bell; L. Wainwright, & E. Shapiro  <i>Abuse</i> Y. Takano & I. Ishiyama	<b>W Michael Paré, M.D.</b> <i>Keeping Good Boundaries</i>  • 11:15 – 1:10 2.0 CE credits	<b>W Michael Milgram, Ph.D.</b> <i>Children of Holocaust Survivors and the Search for Meaning</i>  • 11:15 – 1:10 2.0 CE credits	<b>P Charles P. Chen*, Ph.D.</b> <i>Human Agency and Action in Life-Careers</i>  • 11:15 – 11:45 0.5 CE credit  <b>P Meaning &amp; Work</b> F. Grouzet – 30 min N. Gill – 25 min  • 11:45 – 12:40 1.0 CE credits  <b>P A. Upal</b> Individual Differences in Need for Meaning  <b>P. Sharp</b> <i>Meditation</i>  • 12:40 – 1:10
1:10PM - 2:00PM	Lunch Break			
2:00PM - 3:00PM	<b>Keynote: George Bonanno, Ph.D.</b> <i>Trauma, Flexibility, and Meaning</i> 1.0 CE credit			
3:00PM - 4:00PM	<b>Keynote: Mark Kingwell, Ph.D.</b> <i>Happiness and the Art of Play</i> 1.0 CE credit			
4:00PM - 4:15PM	Coffee Break			
4:15PM - 6:15PM	<b>P Student Competition Winners</b> Moderator: Kenneth Hart, Ph.D.  <i>Virtues &amp; Values</i> K. Hiner; C. Foa & M. Fitzpatrick; D. Whelan & J. Zelenski; V. Aubé & C. Repass  <i>Meaning</i> Z. Paige; S. Heintzelman & L. King; K. McTiernan & D. O'Donnell	<b>W Jonathan Raskin*, Ph.D.</b> <i>What's Coming in DSM-5 and What Does it Mean for Psychotherapists?</i>  • 4:15 – 6:15 2.0 CE credits  <b>P Medical</b> D. Tantam, M. Snyder, J. McDougall • 5:15 – 6:15, 0.5 CE credit	<b>W Martin Vera &amp; Bonnie Miller</b> <i>Designing Your Professional Identity: A Blueprint for Sustainable Practice</i>  • 4:15 – 5:15  <b>Conversation Hour</b> • 5:15 – 6:15	<b>S Tragic Optimism</b> M. Leung T. Steinfort R. Tweed Discussant: P. Wong  • 4:15 – 5:15 1.0 CE credit  <b>P Resilience &amp; Posttraumatic Growth</b> L-J. Chang* – 15 min C. Davis J. Marcus & K. Cramer M. Vera  • 5:15 – 6:15
6:30PM - 7:00PM	Reception and Music			
7:00PM - 9:00PM	<b>Free Public Lecture &amp; Film Screening: Viktor &amp; I, Produced by Alexander Vesely</b> Chair: <b>Mark Schulman, Ph.D.</b> , Discussant: <b>Geoff Thompson Ph.D. (Cand.)</b>			



# Conference Schedule At A Glance

Key: W=Workshop, S=Symposium, P=Paper Session, K=Keynote, \*=Invited Speaker

Saturday, July 28, 2012				
Time	Toronto C Ballroom	York	Markham	Toronto D Ballroom
8:00AM - 9:00AM	Registration – Reception Area			
9:00AM - 10:00AM	<b>Keynote: Jordan Peterson, Ph.D.</b> Redemption and Psychology in Christianity 1.0 CE credit			
10:00AM - 12:00PM <b>Poster Session C Pickering</b>  C-L. Yen S-H. Chao & P-H Chen H. Kim H. Kamei, et al.  <i>Indigenous/Immigrant</i> T. Sudo N. Nzeyimana L. Su L-J. Chang* & M-Y Jang K. Bhattacharjee T. McInnes & C. Chen* O. Darewych	<b>S Panel Discussion</b> <i>What Makes Life Worth Living</i>  C. Peterson, J. Peterson, R. Ryan, A. Waterman, M. Kingwell, E. van Deurzen, L. Sundararajan*, J. Raskin*, H. Friedman, D. Shmotkin  • 10:00 – 12:00 2.0 CE credits	<b>P H. Klingberg Jr., Ph.D.</b> <i>Harbinger and Paradox: Viktor Frankl and Positive Psychology</i>  • 10:00 – 10:30 0.5 CE credit	<b>W MD. Nahon*, Ph.D. &amp; N. Lander*, Ph.D.</b> <i>Mindfulness and meaningfulness with a twist: An Integrity model perspective</i>  • 10:00 – 11:00 1.0 CE credit	<b>P Dmitry Leontiev*, Ph.D.</b> <i>Meaning and well-being: from confrontation to synergy</i>  • 10:00 – 10:30 0.5 CE credit
		<b>P I. Ivalo-Sjolie</b> <i>Viktor Frankl's Philosophy in our Daily Life</i>  • 10:30 – 11:00, 0.5 CE credit	<b>S Positive Psychology of Resilience in Addiction Recovery</b>  K. Hart E. Robinson A. Krentzman Discussant: F. Grouzet  • 11:00 – 12:00 1.0 CE credit	<b>W Ishu Ishiyama*, Ph.D.</b> <i>A paradigm shift in Japanese Morita therapy: Moving beyond self-focus toward experiencing and "naturating"</i>  • 10:30 – 12:00 1.5 CE credits
		<b>W Marianne Prado</b> <i>Working with the Limits: Logotherapy Art</i>  • 11:00 – 12:00, 1.0 CE credit		
12:00PM - 1:00PM	Lunch Break			
1:00PM - 2:00PM	<b>Keynote: Richard Ryan, Ph.D.</b> <i>Self-determination Theory and Eudaimonic Living: Research on Basic Psychological Needs for Wellness and Meaning</i> 1.0 CE credit			
2:00PM - 3:00PM	<b>Keynote: Alan Waterman, Ph.D.</b> <i>Identity and Meaning: Contrasting Existentialist and Essentialist Perspectives</i> 1.0 CE credit			
3:00PM - 3:15PM	Coffee Break			
3:15PM - 6:15PM <b>Poster Session D Pickering</b>  K. Kushlev M. van Duinhoven E. Charzynska J. Albrecht A. Robinson E. Kravetsky  <i>Meaning</i> J. Ewasiw P. Ianni, K. Hart, T. Carey, & A. Robinson S. Zombory & A. Earll	<b>P Indigenous Psychology</b> L. Sundararajan* – 30 min, W. Mohamed; J. Brown; J. Aube & J. Smetana; S. Seah; Y. Yang – 30 min  • 3:15 – 4:15 0.5 CE credit	<b>W Edward Marshall, M.D., Ph.D.</b> <i>Developing "Attentive Meaning Sensitivity" in Our Times</i>  • 3:15 – 6:15 3.0 CE credits	<b>P Gordon Medlock*, Ph.D. – 30 min</b> <i>Authenticity as a Core Virtue within the Normative Framework of Positive Psychology</i>  • 3:15 – 3:45 0.5 CE credit	<b>P Eudaimonia/Well-being – 20 min each</b> A. Raghavan M. Milyavskaya, I. Ianakieva, & R. Koestner D. O'Donnell & K. McTiernan N. Amjad; J. McDonald  • 3:15 – 5:15
	<b>Conversation Hour</b>  • 4:15 – 5:30		<b>W Thomas Mengel, Ph.D.</b> <i>Values-based Happiness</i>  • 3:45 – 5:15 1.5 CE credits	<b>P Melissa Weinberg, Ph.D.</b> <i>Subjective Wellbeing Homeostasis and Positive Psychology: Can we co-exist in the theoretical world?</i>  • 5:15 – 5:45
			<b>Conversation Hour</b>  • 5:15 – 6:15	<b>P Alison O'Malley, Ph.D. &amp; Denise Williams, Ph.D.</b> <i>Emerging Leaders: The Role of Flourishing in Millennial's Leadership Development Activity</i>  • 5:45 – 6:15
7:00PM - 9:00PM	<b>Awards Banquet</b> Presentations of Lifetime Achievement & Student Competition Awards <b>Keynote: Laura King, Ph.D.,</b> <i>Noticing Meaning in Everyday Life: Pleasure, Intuition, and Magic</i> 1.0 CE credit			

Sunday, July 29, 2012				
Time	Toronto C Ballroom	York	Markham	Toronto D Ballroom
8:00AM - 9:00AM	Registration – Reception Area			
9:00AM - 10:00AM	<b>Keynote: Salvatore Maddi, Ph.D.</b> <i>Hardiness Protects Against Internet Addiction and Excessive Consumer Spending</i> 1.0 CE credit			
10:00AM - 12:00PM <b>Poster Sessions E Pickering</b>  <i>Religious/Spiritual</i> A. Rokach M. Carretero J. Robinson  <i>Leisure</i> S. Chun & Y. Lee  <i>Work</i> M. Huber, M. Kern, & D. Law; S. Kameshima	<b>S Panel Discussion</b> <i>The Role of Meaning in Well-being and Resilience</i>  C. Peterson, J. Peterson, L. King, T. Kashdan, C. Davis, R. Tweed, V. Huta, D. Leontiev*, S. Maddi  • 10:00 – 11:00 1.0 CE credit	<b>W Zvi Bellin, Ph.D.</b> <i>The Practice of Personal Meaning Cultivation</i>  • 10:00 – 11:00 1.0 CE credit	<b>W Larry Glover, LISW</b> <i>Discovering A Personal Literacy of Meaning and Wholeness Through Nature</i>  • 10:00 – 12:00 2.0 CE credits	<b>W Lisa Firestone*, Ph.D.</b> <i>The Self Under Siege: Differentiation and the Search for Meaning</i>  • 10:00 – 12:00 2.0 CE credits
		<b>P Existential Positive Psychology</b>  J. Synard & N. Gazzola K. Weihs H-A. Passmore & A. Howell  • 11:00 – 12:00		
12:00PM - 1:00PM	Lunch Break		INPM Membership Meeting and Lunch, Room: Toronto D Ballroom	
1:00PM - 2:00PM	<b>Keynote: Todd Kashdan, Ph.D.</b> <i>The Science of Spirituality: Essential and Impossible</i> 1.0 CE credit			
2:00PM - 3:00PM	<b>Keynote: Christopher Peterson, Ph.D.</b> <i>Meaning and Mattering: Perspectives from Positive Psychology</i> 1.0 CE credit			
3:00PM - 3:15PM	Coffee Break			
3:15PM - 6:15PM <b>Poster Session F Pickering</b>  <i>Well-being</i> P. Tobo et al.; B. Harvey & R. Koestner; B. Cheng & J. McCarthy; N. Leke, R. Koestner, N. Hope M. Darabi	<b>P Children &amp; Youth</b> H. Cook; H. Imran, S. Khanam, & R. Ahmad; L. Armstrong & I. Manion; S. Jang, B. Johnson, & Y. Kim; Y. Sharon; B. Mastroperio, L. Schussel, & L. Miller; N. Glanz  • 3:15 – 5:00	<b>W Richard Ryan, Ph.D.</b> <i>Self-determination theory and effective change: Reflections on organizational and therapeutic practices</i>  • 3:15 – 5:15 2.0 CE credits	<b>P Meaning</b> I. Ivtzan Y. Shim E. Osin, A. Malyutina, & S. Kostina E. Milman & N. Smith J. Anderson, A. Kay, & G. Fitzsimons  • 3:15 – 4:45	<b>P Positive Education</b> S. Portko A. Esping A. Thompson & V. Huta  • 3:15 – 4:15
	<b>P Mandisa Monakali</b> <i>The Gap between the haves and have-nots especially amongst Women</i>  • 5:00 – 5:30	<b>P Positive Psychology</b> V. Huta D. Shmotkin I. McGregor & D. Marigold  • 5:15 – 6:15	<b>W Carin Rockind, MAPP</b> <i>Goodbye Job: Hello Purpose – A Career Coaching Model</i>  • 4:45 – 6:15 1.5 CE credits	<b>S Positive Aging</b> K. Britton*; D. Boufford; S. Brigham Chair: K. Hart Discussant: P. Wong  • 4:15 – 5:15 1.0 CE credit
				<b>P Charles McLafferty Jr., Ph.D.</b> <i>The Future of Logotherapy: Frankl's Greatest Omissions</i>  • 5:15 – 6:15 1.0 CE credit
7:00PM - 9:00PM	<b>Celebration Banquet</b> <b>Keynote: Paul T.P. Wong, Ph.D.</b> <i>What I Would Share with My Family and Friends in My Last Lecture</i> 1.0 CE credit			

