29th World Summit on

POSITIVE PSYCHOLOGY, MINDFULNESS AND PSYCHOTHERAPY

May 21-22, 2018 | New York, USA

Happiness Event
Day 1  May 21, 2018

CONFERENCE HALL: TRIBECA 2

08:00-08:15  Registrations
08:15-08:30  Opening Ceremony

Keynote Forum

<table>
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<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>08:30-09:10</td>
<td>Title: Intentional happiness: 7 paths to lasting happiness</td>
<td>Elia Gourgouris, The Happiness Center, USA</td>
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<td>09:10-09:50</td>
<td>Title: Does physical activity makes you really happy?</td>
<td>Petra Jansen, University of Regensburg, Germany</td>
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<td>09:50-10:30</td>
<td>Title: How can self-compassion improve health and well-being?</td>
<td>Lise Saugeres, Mindfully Serene, Australia</td>
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Group Photo

Networking & Refreshment Break 10:30-10:50 @ Lobby Lounge

10:50-11:40  Title: The relationship between positive, coaching and clinical/counseling psychology  
Patrick G Gwyer, CarpeVita Therapies, UK

Workshop

Sessions: Positive Psychology | Mindfulness and Compassion | Happiness and Well-being
Session Chair: Elia Gourgouris, The Happiness Center, USA
Session Co-chair: Elizabeth Rodriquez, Amarillo Community College of Behavioral and Social Sciences, USA

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<tr>
<td>11:40-12:00</td>
<td>Title: Mindfulness and resilience when adversity reigns</td>
<td>Blake Armstrong, South Texas College, USA</td>
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<td>12:00-12:20</td>
<td>Title: Role of responsibility and attachment on gratitude</td>
<td>Merve Topcu, Cankaya University, Turkey</td>
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<td>12:20-12:40</td>
<td>Title: Deficits in the social model of recovery for achieving happiness as an individual in society and for community wellbeing</td>
<td>Phoebe Kingston, Curtin University, Australia</td>
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<td>12:40-13:00</td>
<td>Title: Female asylum seekers: The rebuilding lives project: resistance inside Britain's immigration detention &amp; removal centers</td>
<td>Maria De Angelis, Leeds Beckett University, UK</td>
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Panel Discussion

Lunch Break 13:00-13:40 @ Lobby Lounge

Sessions: Child and Adolescent Psychology | Industrial and Organizational Psychology | Applied and Clinical Psychology | Counseling Psychology and Psychoanalysis
Session Chair: Blake Armstrong, South Texas College, USA
Session Co-chair: Lamees Khorshid, Positive Psychology, Mindfulness and Biofeedback Practitioner, USA

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<td>13:40-14:00</td>
<td>Title: Implications of the polyvagal-theory for counseling, coaching and therapy and a new concept for the activation of the social engagement system</td>
<td>Verena Hein, 4Academy, Germany</td>
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<td>14:00-14:20</td>
<td>Title: Non-suicidal self-injury and young people, what is it and what can we do?</td>
<td>Garry King, Griffith University, Australia</td>
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<td>14:20-14:40</td>
<td>Title: Mindful Running-An ultimate way to mindfulness meditation</td>
<td>Roopak Desai, Positive Psychology Practitioner, USA</td>
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<td>14:40-15:00</td>
<td>Title: Eliminating the detrimental psychological and physical effects of poverty to promote student success</td>
<td>Elizabeth Rodriquez, Amarillo Community College of Behavioral and Social Sciences, USA</td>
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Panel Discussion
Workshop
Title: The insightful relationship between spiritual intelligence and the workplace in the 21st century
Olessia Gorkovenko, University of South Africa, South Africa

Networking & Refreshment Break 16:05-16:20 @ Lobby Lounge

Sessions: Stress, Depression and Anxiety | Psychotherapy and Hypnotherapy
Session Chair: Agnaldo Garcia, Federal University of Espírito Santo, Brazil
Session Co-chair: Maria De Angelis, Leeds Beckett University, UK

Session Introduction
Title: Dear body; an integrated mindfulness approach to anxiety, disordered eating and body-related concerns
Charlotte Thaarup, The Mindfulness Clinic, Australia

Title: Metacognitive therapy in the treatment of health anxiety: A pilot RCT
Robin Bailey, University of Central Lancashire, UK

Title: Effects of Hong Kong employees’ workplace stress on heart rate variability
Adrian Low, California Southern University, USA

Title: Biofeedback, mindfulness, and healthy habits to optimize mood states and performance
Lamees Khorshid, Positive Psychology, Mindfulness and Biofeedback Practitioner, USA

Title: Life coaching and energy work facilitates the healing of women affected by narcissistic relationship
Bindu Babu, Quantum University, USA

Panel Discussions

Day 2 May 22, 2018
CONFERENCE HALL: TRIBECA 2

Keynote Forum

Introduction
08:30-09:10 Title: Autonomy as a moderator of psychological phenomenon
Edward Deci, University of Rochester, USA

09:10-09:50 Title: From suicide to happiness
Susan Lorraine Lewis, Inspirato Group Global, Norway

Networking & Refreshment Break 09:50-10:05 @ Lobby Lounge

Sessions: Psychology, Psychiatry, Psychotherapy | Mental Health and Neuroscience, Psychiatry Nursing | Addiction Medicine, Addictive Disorders and Recovery
Session Chair: Loretta Graziano Breuning, California State University, USA
Session Co-chair: Merve Topcu, Cankaya University, Turkey

Session Introduction
10:05-10:25 Title: Intercultural resiliency and pluralism: Building bridges of understanding and healing
Joanne Ginter, Calgary Counselling Centre, Canada

10:25-10:45 Title: Applying the Yerkes-Dodson law and essential oils to the regulation of emotions
Patrick G Gwyer, CarpeVita Therapies, UK

10:45-11:05 Title: Science for peace, building the future of human capital
Andrea Ortega Bechara, Universidad del Sinú, Colombia

11:05-11:25 Title: Mindfulness and wellbeing: Survival toolkit in a changing world
Neera Scott, Potential Project, Australia

11:25-11:45 Title: The resiliency of dyslexia
Iliana Titone, Dyslexilli, USA

Panel Discussions

Workshop
12:00-12:50 Title: Integrative positive psychotherapy: East meets west
Zana Marovic, ADDnova Clinic, South Africa

Lunch Break 12:50-13:35 @ Lobby Lounge
Sessions: Psychological Well Being | Mindfulness Practice | Happiness | Motivational Leadership | Psychopharmacology, Neuropsychology, Neuropharmacology
Session Chair: Patrick G Gwyer, CarpeVita Therapies, UK
Session Co-chair: Robin Bailey, University of Central Lancashire, UK

Session Introduction

13:35-13:55
Title: Effect of EAGALA model on psychological well-being in adolescents: A mixed methods approach
Nicoleen Coetzee & Sharon Boyce, University of Pretoria, South Africa

13:55-14:15
Title: International friendships: From individual wellbeing to an integrated worldwide community
Agnaldo Garcia, Federal University of Espírito Santo, Brazil

14:15-14:35
Title: Stimulating dopamine, serotonin, oxytocin and endorphin by learning how they’re stimulated in animals
Loretta Graziano Breuning, California State University, USA

14:35-14:55
Title: Engaging minds and hearts through technology: The next wave of definition and measurement of employee engagement for business growth
Therese Lardner, Mindset Coaching and Consulting, Australia

14:55-15:15
Title: Conceptualisation, comprehension and evaluation of mindfulness in children
Fabienne Lagueux, University of Sherbrooke, Canada

15:15-15:35
Title: Promoting resiliency and ensuring healthy wellbeing of children - adolescent
Shekh Zadi Rezina Parvin, PRERONA, Bangladesh

15:35-15:55
Title: Anticipatory reflection of reality: Value-oriented concept of psychotherapy of anxiety
Ilya Zakharov, Psychiatry Day Clinic, Russia

Panel Discussions

Networking & Refreshment Break 16:10-16:25 @ Lobby Lounge

Young Research Forum

16:25-16:45
Title: Using mindfulness and contemplative arts to facilitate team creativity and collaboration
Melinda Rothouse, Saybrook University, USA

16:45-17:05
Title: Effects of workplace bullying on mental health among Asian-American women
Jesmin Akter, The Chicago School of Professional Psychology, USA

17:05-17:25
Title: The effectiveness of eye movement desensitization and reprocessing with refugees experiencing symptoms of posttraumatic stress disorder
Sofia Sykinioti, The University of Manchester, UK

Poster Presentations @ Foyer
Poster Judge: Nicoleen Coetzee, University of Pretoria, South Africa

PP 01
Title: Mindfulness – a new trend in competitive sports
Sabine Hoja, University of Regensburg, Germany

PP 02
Title: Greater happiness through music practice
Clara Scheer, University of Regensburg, Germany

PP 03
Title: Effects of Hong Kong employees’ workplace stress on heart rate variability
Adrian Low, California Southern University, USA

PP 04
Title: The effect of mindfulness practice on people’s perception of their own behavior patterns and interpersonal experiences an initial exploration
Yi-Hsuan Pan, Taipei Tzu Chi Hospital, Taiwan

PP 05
Title: Fostering positive mindset: Grounded theory study of self-awareness in emerging adults
Maha Ben Salem, University of Northern Colorado, USA

PP 06
Title: The effects of hope and resilience on emotional and functional outcomes in neurosurgical patients
Vanessa C. Lerma, Weill Cornell Medical College, USA

PP 07
Title: The impact of self-Control and grit strategies on school-age children with externalizing problems: The benefits of mental contrasting
Julia Belfer, Nova Southeastern University, USA
| PP 08 | Title: Mindfulness and its impact on attitudes toward life after social exclusion  
Esther Park, University of Washington, USA |
| PP 09 | Title: The effects of a brief meditation intervention in a university setting  
Ryan L Santens, University of Illinois at Urbana-Champaign, USA |
| PP 10 | Title: Childhood in africa: Health and wellness in body, mind, Soul, and spirit  
Waganesh A Zeleke, Duquesne University, USA |
| PP 11 | Title: Trained, peer mentorship & veteran support organization membership to assist transitioning veterans: a multi-arm, parallel randomized controlled trial  
Joseph Geraci, Columbia University, USA |
| PP 12 | Title: Two is more valid than one, but is six even better? the factor structure of the self compassion scale (SCS)  
Sonja Kumlander, University of Turku, Finland |

**Video Presentations**

| PPVP 01 | Title: H.O.P.E. as a framework for the Positive Organization  
Michael Zirkler, Zurich University of Applied Sciences, Switzerland |
| PPVP 02 | Title: DE hypnosis & Inner-team-focusing® (ITF) - An integrative path in therapy and coaching  
Jörg Fuhrmann, Freiraum- Institut (FRI), Switzerland |
| PPVP 03 | Title: Strengths profiling: An alternative approach to assessing character strengths based on personal construct psychology  
Sam J Cooley, University of Birmingham, UK |
| PPVP 04 | Title: Sources of occupational stress and coping strategies among teachers in borstal institutions in kenya  
Margaret Kagwe, Esteem Counseling Services, Kenya |
| PPVP 05 | Title: Formulating a comprehensive definition for mindfulness  
Prasanna Jayatilake, University of Kelaniya, Sri Lanka |

**Award Ceremony**

Thanks Giving & Closing Ceremony