

Proceedings of
30th World Summit on

Positive Psychology, Mindfulness, Psychotherapy and Philosophy

March 18-19, 2019 | Chicago, USA



Conference Series LLC Ltd

47 Churchfield Road, W3 6AY, London, UK

For Queries: +44-800-014-8923

Day 1 | March 18, 2019

Conference Hall – Cannes Room

09:00-09:15 Registrations & Introduction

09:15-09:30 **Opening Ceremony**

Keynote Forum

09:30-10:15 Title: The truth about happiness

L Ari Kopolow, George Washington University School of Medicine, USA

10:15-11:00 Title: Integrating flow theory and the serious leisure perspective into mental health counseling:
A case report

Rodney B Dieser, University of Northern Iowa, USA

Group Photo 11:00-11:05

Panel Discussion

Networking & Refreshment Break 11:05-11:20

11:20-12:05 Title: What impact positive mindfulness cognition (PMC) and the TUFMINDs app has on mental
resilience and other mental health parameters?

John McIntosh & Elizabeth McIntosh, Mackay Superclinics and Exqisit Life Foundation,
Australia

Workshop

12:05-13:05 Title: Leading with mindfulness and compassion

Dona Uvinie Lubecki, Leading Through Connection, USA

Panel Discussion

Lunch Break 13:05-14:05

Sessions

Positive Psychology Interventions and Positive Education | Mindfulness and Compassion

Chair: L Ari Kopolow, George Washington University School of Medicine, USA

14:05-14:35 Title: Ditch the guilt: What does every mom need to stop feeling “Mom Guilt”

Ashley R Cosentino, The Chicago School of Professional Psychology, USA

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| 14:35-15:05 | Title: Personal development modules making a positive difference to learners and their clients |
| | Geraldine Maughan , Limerick Institute of Technology, Ireland |
| 15:05-15:35 | Title: An Integrative approach for treating anxiety and depression |
| | Pamela Tremblay , Lagrange College, USA |
| Exhibitor Session | |
| 15:35-16:05 | |
| | Laura Johnson , Acquiring Wellness Essentials, USA |
| Panel Discussion | Networking & Refreshment 16:05-16:20 |
| Young Researchers Forum | |
| 16:20-16:50 | Title: Harvesting the idea of a rural after-school program enhancing the well-being for at-risk youth |
| | Kelsie-Marie Offenwanger , Marshfield Clinic Health System, USA |
| 16:50-17:20 | Title: Biomarkers in Alzheimer's disease: understanding their association with neuropsychological performance among a Hispanic sample |
| | Patricia Garcia , University of Miami Miller School of Medicine, USA |
| 17:20-17:50 | Title: State mindfulness of academic professionals in New Zealand: An exploratory study |
| | Wahab Shahbaz , Massey University, New Zealand |
| Day 2 March 19, 2019 | |
| | Keynote Forum |
| Conference Hall – Cannes Room | |
| 09:30-10:15 | Title: Self-transcendence: the peak of Maslow's hierarchy |
| | L Ari Kopolow , George Washington University School of Medicine, USA |
| 10:15-11:00 | Title: Happiness and wellbeing of older people: A 6-dimensional foundation of modern science and ancient wisdom |
| | Asoka Jinadasa , Intrinsic Leadership Academy, Sri Lanka |
| Panel Discussion | Networking & Refreshment Break 11:00-11:15 |

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| Sessions | Stress, Depression and Anxiety Philosophy and Religion Buddhism and Wisdom Mental Health Illness and Psychiatry Nursing Happiness and Well-being Wellness, Yoga and Meditation Psychology and Psychological Resilience |
| | Chair: L Ari Kopolow , George Washington University School of Medicine, USA |
| 11:15-11:45 | Title: The role of medical cannabis in mental health: A literature review |
| | Saranyan Senthelal , St. George's University School of Medicine, USA |
| 11:45-12:15 | Title: The revival of indigenous medicine: Plants as healers of mind, body, and spirit |
| | Jaclyn Costello , University of Nevada, USA |
| 12:15-12:45 | Title: Positive psychology in the life span |
| | Madelene Sta. Maria , De La Salle University, Philippines |
| 12:45-13:15 | Title: Suffering and multiple selves theory |
| | Lan Luo , Yale University, USA |
| Panel Discussion | Lunch Break 13:15-14:15 |
| 14:15-14:45 | Title: A study on the effects of the mindfulness and wisdom comprehensive as an intervention strategy for college student internet addiction |
| | Lee Peitzu , United International College(UIC), China |
| 14:45-15:15 | Title: Cultivating a culture of wellness and resiliency in the workplace |
| | Nathan Burandt , Florida International University, USA |
| 15:15-15:45 | Title: Finding safe sanctuary: Creating the neural pathways of healing through yoga nidra |
| | Steven Hughes , Centre for Addiction and Mental Health (CAMH), Canada |
| Panel Discussion | Networking & Refreshment Break 15:45-16:00 |
| Poster Presentations 16:00-17:00 | |
| Poster Judge | Ashley R Cosentino , The Chicago School of Professional Psychology, USA |
| PP 01 | Title: Reading together: The relation between the oxytocin and the reading out loud |
| | Thais Cristina Martino Sehn , Federal University of Rio Grande do Sul, Brazil |
| PP 02 | Title: The effects of stress and anxiety on memory, self-efficacy, and impulsivity among adolescents ages 13-17 |
| | Veronica Bucci , Pawling High School, USA |

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| PP 03 | Title: Preliminary yoga therapy experiments testing the impact of self-awareness on interoception |
| | Yoko Kamada , Toyo University Graduate School of Information Sciences and Arts, Japan |
| PP 04 | Title: Gender effects on understanding kind and hostile intentions displayed by dyadic body movements |
| | Liang Huang , Minnan Normal University, China |
| PP 05 | Title: Forgiveness as a predictive factor in stroke recovery |
| | Travis J Sneed , Sofia University, USA |
| PP 06 | Title: The effect of single-session mindful loving-kindness-compassion meditation on dysfunctional expression and rumination of anger |
| | Hyun Sook Lee , Duksung Women University, South Korea |
| PP 07 | Title: Low-dose naltrexone in treating fibromyalgia and major depressive disorder |
| | Jeeha Park , St. George's University School of Medicine, USA |
| PP 08 | Title: Responsible well-being towards positive peace: A perception out of first hand working experiences in Nepal |
| | Bikash Subedi , Aadharbhut Gramin Bikas Sewa, Nepal |
| PP 09 | Title: Exploring the impact of social media on college student mental health and wellbeing |
| | Federica Violi , University of Illinois at Chicago, USA |
| PP 10 | Title: A buddhist approach to ecology |
| | Biplob Sraman , Maha Makut Buddhist University, Thailand |
| Video Presentations | |
| 17:00-17:20 | Title: On the importance of culture in understanding child development, attachment and the promotion of happiness |
| | Pia Tohme Khalaf , Lebanese American University, Lebanon |
| 17:20-17:40 | Title: Does participating in delivering forest school increase resilience? |
| | Jane Jennison , Autonomous Ideas Limited, UK |
| Closing Ceremony and Awards | |