**Roundtable Session**

**Clinical Populations**

**1.1** Autism: Focussing on Cognitive Strengths to Optimize Potential  
Isabelle Soulieres, University of Quebec in Montreal, Canada

**1.2** Childless and Thriving: A Mixed Approach Study of Women, who Want to Have Children, but Cannot  
Jolanta Burke, University of East London, United Kingdom

**1.3** Clients’ Experiences of Positive Psychotherapies  
Margarita Tarragona, PositivaMente, Mexico City, Mexico

**1.4** Investigating Imagination in Adults with Autism with the BDP Art-based Assessment  
Olena Darewych, Wilfrid Laurier University, Waterloo, Canada

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**Roundtable Session**

**Clinical Populations**

**3.1** Beyond Symptom Control in Recovery from Mental Illness: Generativity Attainment and its Characteristics in Life-story Narratives and Self-report Measures of Mental Health Peer-providers  
Galia S. Moran, Ben-Gurion University of the Negev, Beer-Sheva, Israel

**3.2** Positive Growth from Adversity and Beyond: Insights Gained from Cross-examination of Clinical and Non-clinical Samples  
Pninit Russo-Netzer, University of Haifa, Israel

**3.3** I Create - In Order Not to Cry  
Tayyab Rashid, University of Toronto Scarborough, Toronto, Canada

**3.4** Strengths-based Resilience (SBR): An Approach to Treat Symptoms and Reduce Stigma among Adolescents and Young Adults  
Tayyab Rashid, University of Toronto Scarborough, Toronto, Canada

**3.5** “Receiving the Gifts of Psychosis”: Positive, Transformational Change in Youth Who Have Experienced a First Episode of Psychosis  
Gerald Jordan, McGill University, Montreal, Canada
Living Well with Less Chronic Pain: Shifting the Lens from Pathology to Resilience

Chronic pain poses a tremendous public health burden, often resulting in poor mental health, lower quality of life, and functional disability. Managing pain represents a significant challenge as traditional interventions such as medication and behavioral therapies are only modestly effective for improving pain outcomes. Given this, efforts to improve pain management are of critical importance. While research has traditionally focused on factors that are associated with vulnerability, pathology, and the maintenance of chronic pain, recent evidence suggests that resilience and positive affect activation play an important role in reducing pain and improving adaptive coping skills. Hence, capitalizing on positive resources and strategies is a promising target for optimizing pain management. This symposium will present new data highlighting the importance of resilience in reducing the burden of chronic pain, and will provide evidence supporting the clinical utility of resilience-oriented interventions targeting positive affect activation in pain treatment. Dr. Sibille will present data identifying factors associated with resilience and lower biological burden in individuals with chronic pain and discuss strategies to enhance neuroplasticity and positive affect activation in the treatment of chronic pain. Dr. Bartley will review data from four studies reporting on putative biological and psychosocial mechanisms by which positive affect confers adaptive pain functioning, and will also highlight results from a recent randomized clinical trial assessing the efficacy of a hope intervention for persistent orofacial pain. Dr. Hassett will report findings related to predicting resilience in chronic pain and from three clinical trials exploring the efficacy of a positive activity intervention targeting psychological well-being and pain-associated outcomes. The contribution of these findings in terms of future directions for pain management will be discussed.

Chair: Kimberly Sibille, University of Florida, Gainesville, United States

Harnessing the Power of Resilience: Mechanisms and Approaches that Promote Adaptive Functioning in Chronic Pain
Emily Bartley, University of Florida, Gainesville, United States

Stepping Off the Beaten Path of Chronic Pain Treatments and Exploring Alternative Targets
Kimberly Sibille, University of Florida, Gainesville, United States

Positive Affect as a Predictor of Outcome and a Target for Intervention in Chronic Pain
Afton Hassett, University of Michigan Medical School, Ann Arbor, United States
15.07.2017

Clinical Populations
07:00 – 08:00
Room 520 D/E/F

**Positive Clinical Psychology Division Business Meeting**

Individual Podium Presentations
Clinical Populations
09:45 – 10:45
Room 520 A/B/C

**Avant-garde Positive Psychology Interventions**

*Organized by IPPA’s Positive Clinical Psychology Division*

The International Positive Psychology Association’s Positive Clinical Psychology Division presents the finalists in their 2017 Avant-garde Positive Psychology Clinical Interventions Challenge. In a series of individual podium talks, finalists will describe their fresh, innovative clinical intervention to foster mental health and wellbeing as well as alleviate psychological stress and dysfunction. The purpose of the competition is to increase knowledge about important considerations when building a Positive Psychology Intervention, contribute to best practices and standards for interventions, and harness the potential to launch research projects within the field of clinical positive psychology. Everyone is invited to come cheer on the finalists and contribute to the conversation.

Chair: Tayyab Rashid, University of Toronto Scarborough, Toronto, Canada
More Than Skin Deep: Practical Strategies for Deepening Meaning in Life

Many positive psychological interventions have been developed that offer ways to feel better, focus on different aspects of the world around us, or become more aware of how we act and interact in our daily lives. We are learning how to tap into our strengths, express ourselves more lovingly to others, become more resilient, and perhaps even train ourselves to pay better attention to the present moment. While undoubtedly making substantial contributions to what every day of our lives feels like, do existing interventions do enough to give us clarity about why we strive and live in the first place? Beneath the surface of pleasant, attentive, kind, and goal-focused days, how do we know if we are paying attention to the right things, being kind for the right reasons, or setting the right goals? After all, the dictionary defines “to live” as merely to “remain alive.” Well, why should we do that? The science of meaning in life seeks to answer such questions. If we look more than skin deep at why we are alive and why we want to stay alive, for many the answer is to live better, be better, and work toward making a positive difference in the world. In essence, by studying meaning in life, we are studying the reasons people live for. Yet, despite the mounting research findings underscoring the importance of meaning for human coping and thriving, little research has focused on methods one can follow in order to nurture or reinforce it. Moreover, despite extensive research examining the benefits of meaning and purpose for individual growth and development, knowledge regarding its promotion and cultivation is limited. To fill that gap, this workshop presents evidence-based practical strategies for deepening our appreciation of, and commitment to the reasons we live for and the meaning in our lives.

This workshop draws on two large bodies of research and a number of specific studies, to generate strategies for deepening meaning in life. Meaning is an important facilitator of both thriving and coping, a resource for our pleasant moments in life, as well as the challenging ones. Ample evidence suggests the importance of meaning for human coping as well as thriving, and experiencing meaning is strongly and consistently associated with well-being and thriving (e.g., Ryff & Singer, 1998; Scollon & King, 2004). The meaning in life literature demonstrates a multitude of concurrent and longitudinal relations among meaning in life and greater contribution to overall well-being over and above other common constructs, such as strengths, positive emotion, and life satisfaction. In relation to life’s challenges, literature on positive growth or change following adversity or trauma indicates that making sense of or meaning of such adverse experiences buffers the negative impact of such events and explains variance in better outcomes (Steger & Park, 2012, for review). Several specific studies from a subset of meaning in life research have supported the specific strategies we include as being potentially causative in increasing MIL (e.g., sources of meaning photography: Steger, Shim, Barenz, & Shin, 2014; addressing meaning specifically in the context of [medical] hardship: Breitbart et al., 2010; Lee et al., 2006). Mindfulness can be described as a potential foundation of both thriving-oriented meaning and coping-oriented meaning. Meaning via thriving is being facilitated by mindfulness which provides a deeper sense of savoring (Hong, Lishner & Han, 2014), allowing us to prolong and appreciate the meaning within different experiences. Meaning via coping is being facilitated by creating a process of reframing the challenging situation to derive a deeper sense of meaning. As a result, mindfulness may generate deep meaning that promotes resilience and engagement with a valued and purposeful life (Garland et al., 2015).

This workshop is for anyone interested in exploring personal meaning and purpose in their own lives, while learning strategies and approaches that can be used to deepen meaning. The workshop is also recommended to individuals who work with clients and groups and wish to further develop approaches for addressing meaning and a path to greater well-being. The workshop also may be of interest to researchers of well-being topics looking for ideas for intervention studies or potential applied research programs.

Outline:
I. Introduction and Overview
II. Meaning in life in well-being, coping, and thriving research
   a. Exercise: Using assessment tools to explore and deepen sources of meaning
   b. Exercise: Demonstrating creative arts approaches to meaning
   II. Mindfulness in thriving-oriented and coping-oriented meaning
      a. Using mindfulness as a tool for orienting toward meaningful and purposeful life
      b. Exercise: Savoring-induced meaning
      c. Exercise: Mindfulness as part of reframing life’s challenges
III. Applying mindfulness to re-evaluate sources of meaning to increase meaning and purpose
IV. Wrap-Up

Learning objectives:
1. Knowledge: Attendees will be able to identify empirical evidence supporting the role of meaning in well-being and positive psychology. Participants will learn more about their own personal sources of meaning in life.
2. Understand: Attendees will be able to illustrate connections between empirical research and the strategies for deepening meaning presented
3. Apply: Attendees will be able to use, and modify, four strategies for deepening meaning in life, while contributing to a potential increase of personal meaning and purpose.

Exercises that will be taught to attendees:
I. Sources of Meaning assessment tools: Attendees will complete and conduct a semi-structured interview on the topic of sources of meaning, demonstrating tangible and user-friendly methods of identifying and understanding sources of meaning.
II. Creative arts as sources of meaning exploration tools: Attendees will apply different art forms (e.g., photography) to clarify sources of meaning, and to provide concrete focal points to deepen meaning.
III. Mindfulness-based meaning: Attendees choose positive moments in their lives which are highly meaningful to them. Via mindfulness practice they bring these moments to their awareness while prolonging joy and appreciation of sources of meaning, demonstrating tangible and user-friendly methods of identifying and understanding sources of meaning.
IV. Soundtrack of our lives: Attendees choose a meaningful song, which reflects a challenging, inspiring, or transformational time in their lives. They then work in pairs, listening to the song and sharing its meaning and its implications in their own lives.
Clinical Positive Psychology interventions: New Frontiers and Developments

Clinical positive interventions (PPIs) are the next frontier for the field of Positive Psychology. Although most positive interventions are originally designed to increase well-being and positive functioning in the general population, there is strong evidence that they can be useful to improve the psychological health of participants with mental health problems.

Mental health difficulties are not only a source of disability but also cause significant decreases in well-being and life satisfaction (Vazquez et al., 2015, J Happ Studies). PPIs can improve general well-being, thus alleviating mental health problems, which is a major justification for their implementation in clinical mental health services. This symposium will present some exciting developments in the field of Clinical Positive Psychology. Although the majority of PPI’s have been aimed at modifying mood states or even mood disorders, there is an emerging array of positive interventions in other clinical areas that deserve attention from researchers and practitioners. Accordingly, one of the presentations will systematically examine the effects of PPI’s in samples with a variety of mental disorders and physical health problems.

(The effect of positive psychology interventions on well-being in clinical populations: A systematic review and meta-analysis). The authors will show results from a meta-analysis aiming to establish whether PPI’s are effective in enhancing well-being over a broad range of mental and physical disorders other than mood disorders exclusively. In Medicine and related fields there is a growing concern about how to personalize treatments to meet a patient’s specific needs (i.e., Personalized Medicine). Accordingly, Positive Psychology will have to refine its interventions to specifically identify individuals for whom PPI’s work better. There are novel procedures that allow selecting profiles of these types of patients. In one of the proposed contributions to the symposium (Towards personalizing treatment selection of positive interventions for depression) results from novel moderators analyses will be presented. These analyses, mainly used in genetics and neuroimaging, were drawn from a large sample of clinically depressed patients treated with a PPI program or a CBT program (Chaves et al., 2016, Cogn Ther Research). The authors will discuss the advantages of using these advanced analyses to select profiles of individuals who may benefit from a PPI intervention or not. This could open new ways to optimize PPI’s. PPI’s are expanding to very heterogeneous clinical areas. The symposium will have a contribution about the possibility of using positive interventions in personality disorders. Testing the efficacy of PPI’s in personality disorders is very important, both from a theoretical and a practical point of view, since these disorders are trait-based and, therefore, psychological modifications are more challenging than for other episodic or transient disorders. One of the presentations (Positive Interventions for Dysregulated Emotions—Improving Acceptability and Perceived Relevance) will show results from a randomized controlled clinical study comparing a well-established treatment (Dialectical Behavior Therapy, DBT) and a positive intervention (Positive Psychotherapy, PPT). The results show that PPT is effective in treating symptoms of Borderline Personality Disorder. However, interestingly, clients tend to perceive PPT exercises focusing on positive emotions, character strengths and meaning as less effective and relevant to their symptoms. Implications will also be discussed.

Finally, there is a growing interest in the intersection between new technologies and positive interventions. In one of the contributions to the symposium (Efficacy of a positive guided-imagery intervention in fibromyalgia patients), the authors will present results of a clinical trial comparing an active control condition to a variation of a well-known positive intervention (i.e., Best Possible Self) that is administered through a web platform using an interactive multimedia system. The confluence of new technologies in the field of Positive Psychology is an emerging field and this symposium will allow the opportunity to discuss the pros and cons of using them in clinical environments. In sum, this symposium will offer the opportunity to present current trends (both from a conceptual and methodological perspective) in the field of Positive Psychology. Also, the symposium will be of interest for any attendant interested in the use of new methods to tailor positive interventions or knowing more about new fields of applications of PPI’s.

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Chair: Carmelo Vazquez, Complutense University, Madrid, Spain
Scientific Programme

The Effect of Positive Psychology Interventions on Well-being in Clinical Populations: A Systematic Review and Meta-analysis
Ernst Bohlmeijer, University of Twente, Enschede, Netherlands

Towards Personalizing Treatment Selection of Positive Psychology Interventions in Clinical Depression
Covadonga Chaves, Tecmilenio University, Monterrey, Mexico

Efficacy of a Positive Guided-imagery Intervention in Fibromyalgia Patients
Giulia Corno, Universitat de Valencia, Spain

Positive Interventions for Dysregulated Emotions - Improving Acceptability and Perceived Relevance
Tayyab Rashid, University of Toronto Scarborough, Toronto, Canada
Expanding Boundaries and Forging New Frontiers

In 1998, Seligman called for a reorientation of the science of psychology back towards its original roots of making “the lives of all people more fulfilling and productive” via a subdiscipline that would focus scientific inquiry on the good life and well-being. Positive psychology was, in essence, proposed in an endeavour to expand the boundaries of traditional psychology. In that same pioneering spirit, this symposium aims to expand the boundaries of, and forge new frontiers for, positive psychology. Our three speakers, from different institutions in Canada and Israel, with collective expertise in positive, existential, social, and environmental psychology, aim to shine additional light on areas within positive psychology that have received less focus.

Firstly, we discuss expanding the boundaries of positive psychology with regard to which experiences are considered. With the notable exception of studies on post-traumatic growth, our field’s focus on the positive has left us knowing too little about the many instances of growth, mastery, and character building that can develop out of negative life events. Our daily lives are replete with both positive and negative experiences involving triumph and struggle, accomplishment and frustration, confidence and doubt. Indeed, fully engaging in life necessarily means the opposite of a travelling along a “flat line” (Batthyany & RussoNetzer, 2014; Kashdan & Biswas-Diener, 2014; Lamothe, 2005; Maslow, 1962; Milner, 1934). From both a theoretical and empirical stand, we discuss the benefits that can be gained from so-called “negative” daily experiences. Results will be presented from a two-week intervention which compared reflecting, three times a week, on the benefits, “gifts”, and simple daily pleasures received to reflecting on both the positive and negative events of the day. Compared to participants who focused only on positive daily experiences, participants who reflected on both the positive and negative experiences of their daily lives exhibited a significantly greater shift in gratitude at the end of the two weeks. Additionally, analysis of the qualitative responses from the “positive-negative” group revealed themes of increased self-confidence, self-awareness, and overall understanding of self; themes that were not identified in the responses of participants in the positive-only condition. Implications of these findings will be discussed with regard to how gratitude-based positive psychology interventions could be enhanced by incorporating reflections on the full range of daily experiences.

Next, we discuss expanding the boundaries of positive psychology beyond “subjective well-being”, to embracing existential and spiritual aspects of being human, and expanding self-boundaries. Spirituality has played a key role in human experience throughout history and across cultures (Benson, Roehlkepartain & Rude, 2003; Vaughan, 2002), and plays an integral part in the lives of many individuals today, whether within or outside of organized religions (e.g., Benson, Scales, Syvertsen & Roehlkepartain, 2012). Spirituality is viewed as a personal quest for understanding ultimate questions concerning meaning and the relationship with the sacred or transcendent (Koeing, McCullough & Larson, 2001), and is positively associated with greater mental and physical well-being (e.g., Van Dierendock & Mohan, 2006). Positive psychologists agree that spirituality signifies a part of the good life and a potential resource for optimal development (e.g., Emmons, 2006; Seligman & Csikszentmihalyi, 2000) which “offers a unique set of resources for living” (Pargament & Mahoney, 2009; p. 616). Yet, the nuances of spiritual experiences, and in particular processes of spiritual change and growth, remain relatively underdeveloped. Very few studies have addressed the actual process of spiritual change directly, and specifically the manner in which it is perceived from the experiencers’ perspective. Findings from a qualitative-phenomenological exploration of the experience and meaning of deep personal spiritual change will be presented, portraying eudaimonic development, comprising two complementary processes: ‘deep within’ (the spiritual-psychological facet) and ‘above and beyond’ (the spiritual-transpersonal facet). This process involved new insights and perspectives regarding self and others, culminating in a strengthened sense of self, development of a deep sense of connection to others, and a prosocial commitment characterized by generativity and active contribution. Supporting resources, both personal-internal and external-environmental that enabled and maintained such self-led transformational process, will also be presented.

Lastly, we discuss expanding the boundaries of positive psychology beyond the well-being only of humans, to include the well-being of the nonhuman natural world—a system that we are not interlopers to, but rather, inherent participants within (O’Neill & Kahn, 2000). The founding fathers of positive psychology called for attention to be focused on individual, social, and environmental health. Yet in the past 17 years, little attention has been paid within our field to the intersection of these issues. As Csikszentmihalyi noted in his address at the Fourth World Congress of Positive Psychology in 2015, at this time of climate change and increasing environmental degradation, it is vital that we recognize the symbiotic, bi-directional relationship between human well-being and the well-being of the larger natural world. We suggest there is value in a more eco-centered view, wherein our relationship to the (rest of the) natural world is seen as a mutually beneficial, cyclical relationship of flourishing. As a context that seems to encourage human thriving, the natural environment has great potential as a resource for healthy people, communities, and environments. Findings, from various labs, will be presented that demonstrate how research in environmental psychology can inform positive psychology. Thus, we examine forging a new frontier that merges positive psychology with conservation/environmental psychology in order to promote sustainable well-being and flourishing for all of life.

Chair: Holli-Anne Passmore, University of British Columbia, Kelowna, Canada
Scientific Programme

Deep within and beyond: Spiritual Change as a Positive Growth Process
Pninit Russo-Netzer, University of Haifa, Israel

Nature as a Resource for Healthy People, Communities and Environments
John Zelenski, Carleton University, Ottawa, Canada

Self Reflections on Daily Events: Extended Benefits of Including the Negative
Holli-Anne Passmore, University of British Columbia, Kelowna, Canada

Workshop
Strengths & Virtues
15:30 – 16:30
Room 525

The Becoming: Explore, Express, Apply & Enhance your Strengths to Become a Better Person

Post-secondary setting offers young adults a unique opportunity to become the kind of person they want to be, optimistic, loving & creative. Weaving this potential, Flourish, a strengths-based, multiple-award winning program at the University of Toronto Scarborough, Canada, has been offering “The Becoming Workshops” for the past three years. These full day workshops are evaluated through pre-post & follow-up assessments. Results indicate that compared to participants in the control group, who only completed assessment, workshop participants reported an increase in well-being, decrease in stress and improved student engagement. After presenting the empirical foundations of the program, this 60-minute workshop, led a clinical psychologist, a career counsellor, a physical activity coordinator and a student leader, will engage participants in four experiential exercises, each lasting for approximately ten minutes. These four exercises specifically target enhancing emotional, physical and academic resilience towards self-growth. Participants will be provided a comprehensive handout and resource guide and access to an online assessment portal which can help them to assess their customized workshop in a variety of educational settings.

This workshop is organized around four experience, activities in which participants will:

a. Explore strengths from emotional and cognitive dimensions
b. Express strengths by participating in a team building physical activity, which also allows them to spots strengths in others
c. Apply practical wisdom skills, i.e., know-how of strengths towards self-growth
d. Enhance personal strengths by selecting and striving towards a personally meaningful goal

Chair: Ruth Louden, University of Toronto, Canada
Chair: Tayyab Rashid, University of Toronto Scarborough, Toronto, Canada
Chair: Laurie Wright, University of Toronto Scarborough, Canada
Chair: Aryel Maharaj, University of Isfahan Toronto, Canada

Plenary Session
Wellbeing
16:45 – 18:00
Room 517D

Plenary Session: George Bonanno

Loss, Trauma and Human Resilience: From Heterogeneity to Flexibility
George Bonanno, Columbia University, New York, United States

The talk will describe research on human resilience in the face of extreme adversity. I will review and integrate research into a framework that can be used to further study and understand resilience across different types of events and people.
Combining Positive Psychology and Solution Focused Brief Therapy: A Promising Model for Promoting Post-traumatic Growth

Despite solid research on post-traumatic growth, current clinical practices in the context of trauma and grief still focus heavily on symptom reduction and stages. When clients are taught to watch for symptoms and stages, they are less likely to see the first signs of post-traumatic growth. One challenge to changing this practice is the perception that talking about the possibility of a positive outcome is disrespectful or harmful to clients. It is important to help clinicians introduce the idea of post-traumatic growth in the mist of a tragedy in a way that demonstrates respect and compassion.

The combination of positive psychology (PP) and Solution Focused Brief Therapy (SFBT) offers an answer. SFBT is based on the assumption that even in difficult situations, all clients have strengths and resilience. SFBT focuses on finding subtle examples that are already present and amplifying them, rather than asking clients to radically change the way they think and live. In that sense it helps to create the flourishing that we find naturally in the people studied in PP. It also helps clinicians move past a superficial and unrealistic application of PP, where they recommend that clients simply adopt new behaviors in the context of trauma. The combination of SFBT and PP seems to be even stronger in the context of trauma, where it is particularly helpful in fostering hope.

This workshop presents a combination of SFBT techniques and positive psychology to help participants use specific techniques in the first session, and throughout treatment.

Empirical evidence


Intended audience and participants
Practitioners working with clients who have experienced trauma and/or who are bereaved.

Objectives:
- **Increase understanding** of post-traumatic growth and its impact on practice.
- **Apply questions and techniques** that will foster/sustain hope.
- **Combine** knowledge of post-traumatic growth, signature strengths, and happiness with SFBT to **create a better intervention plan** (analysis, synthesis, evaluation) for clients who have experienced trauma.

Outline:
1. Introduction: Old stories and new stories about survivors
2. Brief overview of research on post-traumatic growth
3. Experiential exercise (role play) in pairs where participants ask and answer specific questions to explore the impact of discussions of their own past resilience and coping strategies
4. Explanation of how to use signature strengths after a tragedy
5. Experiential exercise (role play) in pairs where participants ask and answer specific questions to identify how they might help clients to experience savoring, flow, and meaningful life after a trauma
6. Conclusion: Barely surviving or thriving, new possibilities
New Developments in Positive Intervention Research

The past fifteen years have seen increasing interest in positive interventions (PIs), activities that directly build positive variables rather than focus on fixing deficits. Over time, researchers have expanded the types of intervention strategies used and outcomes targeted. In this symposium attendees will learn about some of the most recent developments in positive intervention research. Katherine Nelson-Coffey, PhD, will present the evaluation of a PI focused on promoting kindness and prosocial behavior, describing how performing acts of kindness for others (rather than for oneself) leads to higher levels of flourishing. Julia Boehm, PhD, will present the results of an experiment testing whether health behaviors (such as healthy eating) can be improved through the cultivation of optimism and positive emotions. Ann Marie Roepke, PhD, will share the results of a randomized controlled trial testing a new PI that targets posttraumatic growth in participants with recent loss and trauma. Acacia Parks, PhD will discuss optimizing the use of new technology in positive interventions. These presentations will spark lively discussion about the next frontier of positive intervention development and research.

Chair: Katherine Nelson-Coffey, Sewanee: The University of the South, United States

- SecondStory: Randomized Controlled Trial of a New Positive Intervention Fostering Posttraumatic Growth
  Ann Marie Roepke, Veterans Administration Puget Sound Health Care System, Seattle, United States

- Do unto others or Treat Yourself? The Effects of Prosocial and Self-focused Behavior on Psychological Flourishing
  Katherine Nelson-Coffey, Sewanee: The University of the South, United States

- Do Happiness and Optimism Promote Healthy Food Choices? An Experimental Investigation of Midlife Adults
  Julia Boehm, Chapman University, Orange, United States

- New Methods for Exploring Usage and Outcome in Online Positive Psychological Interventions
  Acacia Parks, Hiram College, United States