

Positive Psychology Summer Institute 2003 Schedule

Updated July 28, 2003

All presentations will be in the Dilwyne Barn conference room (the Barn). The conference room is available for our use every day until 10:00pm.

Following is information on the catered meals for the entire group:

- The opening dinner will be Friday at 6:30 pm in Crow's Nest, which is the private dining room above Krazy Kat's Restaurant. Dr. Seligman's presentation will start about 7:30 pm.
- Breakfast will be served for our group in Crow's Nest from Saturday through Tuesday, 7:30 am to 9:00 am.
- The Saturday buffet lunch will be in the conference room at 12:15 pm
- The Sunday box lunch will be in the conference room at 12:00 pm
- The closing dinner will be Tuesday at 7:00 pm in Crow's Nest

OVERVIEW:

	Fri. 8/1	Saturday 8/2	Sunday 8/3	Monday 8/4	Tuesday 8/5
Morning		Finkel, Sbarra, Robles, Schwartz	Workshop 2: Meditation, Lucas, Tamir, Heimpel, Updegraff	Curhan, Guest, Ho, Rozin	Greene, Haidt, Ryan
Lunch		Buffet Lunch & Faculty Tables	Box Lunch	With Faculty, or on own	With Faculty, or on own
Afternoon	Arrive 5:00: Haidt & Gable	Christensen, Ready, LaGuardia, Gillath, Flouri	Lyubomirsky Free Time	Baumeister, Kuo, Shapiro, Carson, Workshop 3	Open Session Free Time
Evening	Opening Banquet, Seligman	Dinner/Workshop 1: Social Connectedness, or Dinner on Own Patio Discussion: Wisdom	Dinner in Philadelphia, or on own Patio Discussion	Dinner with Faculty, or on own Patio Discussion	Closing Discussion, Closing Banquet

Friday 8/1	Speaker/Activity
Until 5:00	Check in to your room
5:00-5:15	Welcome: Jon & Shelly, in the Conference Room
5:15-6:30	Faculty Talk, Shelly Gable: What Do We Do When Things Go Right? Capitalizing on Positive Events
6:30-8:00	Opening Banquet in Crow's Nest (Above Krazy Kat's Restaurant) Faculty Attending: Seligman, Schwartz, Lyubomirsky, Gable, Haidt
7:30-9:00	Martin Seligman Presentation: Positive Psychology: The State of the Science

Sat. 8/2	Speaker/Activity
9:00-9:30	Eli Finkel: Emotion Vampires and Emotional Energizers
9:30-10:00	David Sbarra: Toward a Model of Normative Adult Attachment: Provocations from Psychophysiology
10:00-10:30	Theodore Robles: Marriage, Stress, and Wound Healing: A Focus on Relationship Cognitions
10:30-10:45	BREAK
10:45-12:00	Faculty Talk, Barry Schwartz : The Tyranny of Choice: Who Suffers and Why
12:15-1:30	Buffet Lunch in Conference Room Faculty Tables with Schwartz, Lyubomirsky, Haidt, Gable
1:30-3:00	BREAK
3:00-3:30	Tamlin Christensen: Measuring Consciousness Using Experience-Sampling Procedures: Implications and Boundary Conditions
3:30-4:00	Rebecca Ready: Assessment of Well-being and Quality of Life in Cognitively Impaired Elderly
4:00-4:30	Jennifer LaGuardia: Healthy Functioning in a Social World: Authenticity in Emotion Regulation
4:30-4:45	BREAK
4:45-5:15	Omri Gillath: Attachment, Compassion, and Altruism
5:15-5:45	Eirini Flouri: The Role of Parenting Early in Life in Later Mental Health Outcomes
7:00-9:00	Workshop #1 with Dinner in Crow's Nest: Social Connectedness & Health: Psychophysiological Connections (Led by Sbarra & Robles) Or, dinner on own
Evening	Patio Discussion: What is Wisdom?

Sunday 8/3	Speaker/Activity
8:00-9:30	Workshop #2: Mindfulness Meditation. (Led by Shapiro and Carson)
9:45-10:15	Rich Lucas: Explaining the Extraversion/Positive Affect Relation: Social Activity, Emotional Reactivity, and Life Events
10:15-10:45	Maya Tamir: Happiness as a Spotlight: Positive Affect and Selective Attention
10:45-11:00	BREAK
11:00-11:30	Sara Heimpel: Savoring vs. Dampening: Self-Esteem Differences in Regulating Positive Affect
11:30-12:00	John Updegraff: What Makes Experiences Satisfying? Dispositional Motivations and Emotions in Well-Being
12:00-12:15	Box Lunch in Conference Room
12:15-1:30	Faculty Talk, Sonja Lyubomirsky: Are Sustainable Increases in Happiness Possible?
1:30 and on	Free Time: Afternoon at Winterthur or Longwood? Dinner in Philadelphia
Evening	Patio Discussion: Topic to be Decided by Scholars

Monday 8/4	Speaker/Activity
9:00-9:30	Katie Curhan: From Mailrooms to Boardrooms, What's Positive About Work?
9:30-10:00	Andrew Guest: Playing with Ideas about Childhood: Exploring Relationships Among Culture, Evaluations of the Self, and Play Activities in Two Poor Communities
10:00-10:30	Samuel Ho: Indigenous Positive Psychology: Do We Need It?
10:30-10:45	BREAK
10:45-12:00	Faculty Talk, Paul Rozin: Comforts, Joys and Culture: Perspectives on Remembered, Experienced and Anticipated Pleasure
12:15-1:30	Lunch with Faculty (Tables with Baumeister, Rozin, Gable, Haidt)
1:30-2:00	REST
2:00-3:15	Faculty Talk, Roy Baumeister: Human Nature and Culture
3:15-3:30	BREAK
3:30-4:00	Frances Kuo: Being our Better Selves: A Theory and Some Interventions
4:00-4:30	Shauna Shapiro: Exploring Mindfulness: Implications for Positive Psychology
4:30-5:00	James Carson: Preliminary Results of a Loving-Kindness Meditation Intervention for Low Back Pain Patients
5:00-5:30	BREAK
5:30-6:30	Workshop #3: Experience Sampling Methodology and Other Within-Person Approaches (Led by Christensen & Lucas)
7:15	Dinner with Faculty at Nearby Restaurant; Tables with Rozin, Baumeister, Haidt, Gable
Evening	Patio Discussion: Topic to be Decided by Scholars

Tuesday 8/5	Speaker/Activity
9:00-9:45	Returning Scholar, Josh Greene: Kant vs. Mill in the Brain
9:45-11:00	Faculty Talk, Jon Haidt: The Positive Psychology of Morality
11:00-11:15	BREAK
11:15-12:30	Faculty Talk, Rich Ryan: Self-Determination Theory and the Facilitation vs. Undermining of Motivation and Well Being
12:45-1:45	Lunch with Faculty (Tables with Ryan, Gable, Haidt)
1:45-6:00	Free Time
6:00-7:00	Open Session (To be announced)
7:00 and on	Closing Banquet and Closing Discussion in Crow's Nest Faculty attending: Seligman, Ryan, Gable, and Haidt

Wed. 8/6	
Morning	Departure