

Positive Psychology and Health Pre-Conference
February 6, 2003, 8:15 am - 3:30 pm
Universal City Hilton Ballroom B

8:15-9:00: Continental Breakfast

9:00-9:15: Welcome and Opening Remarks
Julie Bower, UCLA and Shelly Gable, UCLA

9:15-10:00: Carol Ryff, University of Wisconsin, Madison
Varieties of Well-Being: Links to Social Structure and Biology

10:00-10:45: James Blascovich, UC, Santa Barbara
Positive Patterns of Cardiovascular Reactivity in Potentially Threatening Situations

10:45-11:00: BREAK

11:00-11:45: Shelley Taylor, UCLA
Pathways from Positive Psychological States to Health Outcomes

11:45-1:00: LUNCH

1:00-1:45: Annette Stanton, UCLA
The Adaptive Potential of Approach-Oriented Coping Processes

1:45-2:30: James Gross, Stanford University
Making the Most of Our Emotions

2:30-2:45: BREAK

2:45-3:15: John Cacioppo (Discussant), University of Chicago

3:15-3:30: Closing Remarks, Julie Bower and Shelly Gable

Sponsored by the Positive Psychology Network and The UCLA Cousins Center for Psychoneuroimmunology