

## The Positive Press

Newsletter No.13, September 2011

### • Greetings

- This year continues to be a good year of continued growth for the field of Positive Psychology both internationally and in New Zealand. Details of these developments are included in this 13<sup>th</sup> newsletter as part of our ongoing mission to keep members informed.

### • Association News

#### ○ NZAPP Conference – by Denise Quinlan.

- The NZAPP had its first conference on September 9th and 10th at AUT in Auckland, with three international keynote speakers present from Australia, and a video link to Associate Professor Todd Kashdan, US guest speaker. Over 150 delegates participated in a full day of presentations which reflected the depth of interest and practice in positive psychology in New Zealand. Presentations included topics such as workplace wellbeing, mindfulness, savouring, mobile assessment of happiness, adolescent wellbeing, strengths and resilience, as well as the International Wellbeing Study, developed in NZ by Dr. Aaron Jarden and others, and now used around the world. Of note and most exciting of all, we were discussing research being done in our NZ context with our whanau. PowerPoint presentations from the conference can be downloaded from the conference website:

<http://www.positivepsychology.org.nz/conference.html>

- The next NZAPP conference will likely be in September 2013, either in Wellington or Queenstown.
- If you attended this conference please consider providing feedback: [NZAPP Conference Feedback](#)
- The Ministry of Economic Development is conducting research to measure the contribution of conferences to the New Zealand economy, so you can be a part of new conference research and go in the draw to win one of two vouchers each month! Your choice of a \$50 Westfield voucher, or a US\$50 Amazon voucher. Those who complete the 5 minute survey have the chance to win one of two vouchers, drawn at the end of each month. Winners will be notified by email. The NZAPP supports this research and would appreciate your input. Please [click here](#) to begin a brief survey about the NZ Association of Positive Psychology Conference you just attended. (If the link above is not enabled, please go to [www.covec.co.nz/CDS](http://www.covec.co.nz/CDS).)

#### ○ New Free Journal Continues to Thrive.

##### • [International Journal of Wellbeing](#)

The New Zealand developed *International Journal of Wellbeing* was launched on the 30<sup>th</sup> of January 2011 and is now one of the most popular wellbeing journals with over 18,900 article downloads from 123 countries and having had over 10,100 unique visitors. The main aim of this journal is to promote interdisciplinary research on wellbeing. As such, the editorial team are dedicated to open access academic research, and to making the journal's content permanently free for all readers and authors. The first issue featured articles from the leaders in the field of wellbeing, and the second issue features articles about wellbeing facilitators – about people and places, ideas and institutions, that have made and can make the world a happier place. You can navigate to this journal's [website](#) and sign up for free.

#### ○ NZAPP Christchurch Special Interest Group (C-SIG).

A number of NZAPP members based in Christchurch have expressed an interest in getting together on a regular basis, to discuss various aspects and topics of positive psychology. Details of a first meeting are to be confirmed (potentially Thursday 20<sup>th</sup> October from 12.30-1.30pm at a venue at the University of Canterbury). If you would like to be included in the meeting notification, please send an email to Alison on [alisonop@icounsel.co.nz](mailto:alisonop@icounsel.co.nz).

### • Events

#### ○ Review of the [2nd World Congress on Positive Psychology](#), Philadelphia, USA, July 23-26, 2011 – by Aaron Jarden.

- This unparalleled international conference brought together academics and practitioners, including a great selection of the world's most renowned experts in positive psychology, to present their latest findings, thoughts, and best practices. In the same city as the 1<sup>st</sup> World Congress on Positive

Psychology two years previously, the leading-edge research presented, further demonstrated how the "science of thriving" is changing the lives of individuals, communities, and institutions around the globe. Across a number of lectures, workshops and poster presentations, applications of positive psychology were demonstrated in a variety of fields - from business to education to medicine. Highlights for myself included learning about Barbara Frederickson's new direction into positive emotions research (namely the study of love as a positive emotion that is shared between two people), Acacia Parks talking about the new frontiers of 'positive Interventions', and Robert Biswas-Diener's workshop on using strengths in relationships. In all, the premier positive psychology conference was a very social occasion with around two thousands delegates in attendance.

- **Review of [Happiness & Its Causes](#), Brisbane, Australia, June 16-17, 2011 – by Alison Ogier-Price.**
  - Subtitled 'Tools and Techniques for a Happier Life', this was a gathering of some truly remarkable people including His Holiness the Dalai Lama and primatologist and environmentalist Dr Jane Goodall. The Buddhist monk Matthieu Ricard talked about living his life in congruence with his core values of being loving, compassionate, and actively cultivating altruism. Other very interesting and informative keynote presentations were given by nutritionist Dr Rosemary Stanton on the modern diet, Dr Paul Ekman on compassion as an emotion, Dr Russ Harris talking on confidence, and Professor Marco Lacoboni talking about the wiring of empathy and mirroring. Sex-therapist Bettina Arndt drew both hearty laughter and indignant sniffs, particularly with her advice that reluctant women should 'just do it' for the health of their relationships, and Dr Anthony Grant gave a fascinating insight into the making of the TV reality series "Making Australia Happy". With a large percentage of the delegates drawn from a generally interested, and not necessarily professionally affiliated community, the conference effectively managed to cater for theorists, academics, and professional practitioners, as well as those who were feasting on the abundant sharing of practical tools and techniques for a happier life. If the amount of laughter and happiness expressed throughout the conference was any indicator, this was a conference to warm the heart and spirit.
- [Health of the Health Professional](#) conference, 2011 November 3-5, Auckland, NZ.
- [Mind & Its Potential](#), 2011 November 7-8, Sydney, Australia.
- [Happiness and Its Causes](#), 2012 March 1-2, Sydney, Australia.
- [Positive2012: The 3rd Australian Positive Psychology and Wellbeing Conference](#), 2012 March 22-25th, Sydney, Australia.
- The 6<sup>th</sup> [European Conference on Positive Psychology](#), 2012 June 26-29, Moscow, Russia.
- **NZAPP Membership News**
  - **Membership Total:** 712 (up from 630 in March).
  - A Certificate of Membership to the New Zealand Association of Positive Psychology, is available on request, by emailing [info@nzapp.co.nz](mailto:info@nzapp.co.nz).
  - Lucky member: Carsten Grimm wins a copy of "[Positive Psychology: Theory, Research and Applications](#)" by Kate Hefferon and Ilona Boniwell.
- **Support**
  - Suggestions as to what you would like included in the newsletter are welcomed.
  - Please consider providing a book or article review for the next newsletter.
  - Other contributions may include information of interest, thoughts on an area of positive psychology, general comments or questions, and progress on current research.
  - You can further support your association by informing your networks, friends, and colleagues about the NZAPP.

---

*Most folks are about as happy as they make up their minds to be - Abraham Lincoln*