Day 1 : March 18, 2019	
08:00-08:30	**Registrations**
08:30-09:00	**Opening Ceremony**
Keynote Forums	
Keynote Speech 1	
09:00-09:45	**Title:** The Truth about Happiness
	L. Ari Kopolow, Brandeis University, USA
Keynote Speech 2	
09:45-10:30	**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 10:30-10:35	
Networking & Refreshment Break 10:35-10:50	
Keynote Speech 3	
10:50-11:35	**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	
11:35 -12:35	Title: Leading with Mindfulness and Compassion
	Dona Uvinie Lubecki, Leading Through Connection, USA
Exhibitor Session	
12:35-13:05	
	Laura Johnson, Acquiring Wellness Essentials, USA
Lunch Break 13:05-14:05	
Positive Psychology Interventions and Positive Education | Mindfulness and Compassion	
Session Chair: Elia Gourgouris, The Happiness Center, USA	
Session Co-Chair:	
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
14:35-15:05	**Title:** Addressing Adverse Childhood Experiences with a Unique Approach
	Jerry Sparby, Building a World of Love Center, USA
15:05-15:35	**Title:** The needs of patients with mental health disorders are being questioned in correctional facilities
	Geraldine Maughan, Limerick Institute of Technology, Ireland
15:35-16:05	**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
Networking & Refreshment 16:05-16:20	
Happiness and Well-being | Wellness, Yoga and Meditation | Psychology and Psychological Resilience	
16:20-16:50	**Title:** Finding Safe Sanctuary-Creating the neural pathways of healing through yoga nidra
	Steven Hughes, Centre for Addiction and Mental Health (CAMH), Canada
16:50-17:20	**Title:** Cultivating a Culture of Wellness and Resiliency in the Workplace
	Nathan Burandt, Florida International University, USA
17:20-17:50	**Title:** Learning Spiritual Behaviors as a Means to Reverse Harmful Epigenetic Changes resulting From Domestic Violence
	Maysar Sarieddine, Phoenecia University, Lebanon
Panel Discussion	

Day 2 : March 19, 2019	
Keynote Forums	
Keynote Speech 1	
09:15-10:00	**Title:** Self-transcendence: the peak of Maslow's hierarchy
	L. Ari Kopolow, Brandeis University, USA
Keynote Speech 2	
10:00-10:45	**Title**: Happiness and wellbeing of older people: A 6-dimensional foundation of modern science and ancient wisdom
	Asoka Jinadasa, Intrinsic Leadership Academy, Sri Lanka
Networking & Refreshment Break 10:45-11:00	
Sessions on: Stress, Depression and Anxiety | Philosophy and Religion | Buddhism and Wisdom | Mental Health, Illness and Psychiatry Nursing	
Session Chair:	
Session Co-Chair:	
11:00-11:30	**Title:** The Role of Medical Cannabis in Mental Health: A literature Review
	Saranyan Senthelal, St. George's University School of Medicine, USA
11:30-12:00	**Title:** The Revival of Indigenous Medicine: Plants as Healers of Mind, Body, and Spirit
	Jaclyn Costello, University of Nevada, USA
12:00-12:30	**Title:** Positive Psychology in the Life Span
	Madelene Sta. Maria, De La Salle University, Philippines
12:30-13:00	**Title:** Suffering and Multiple Selves Theory narcissistic abuse
	Lan Luo, Yale University, USA
Lunch Break 13:00-13:45	
Workshop	
13:45-14:45	**Title :** By what mean we can we use the teaching of gita and yoga in modern day to reduce anxiety
	Soumen Acharya, National Institute of Public Cooperation and Child Development, India
Young Research Forum (YRF)	
14:45-15:15	**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
15:15-15:45	**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
Networking & Refreshment 15:45-16:00	
Poster Presentations(16:00-16:30)	
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 & Anxiety on Memory, Self-Efficacy, & Impulsivity among Adolescents Ages 13-17
	Veronica Bucci, Pawling High School, USA
PP.03	**Title:** Forgiveness as a predictive factor in stroke recovery
	Travis J. Sneed, Sofia University, USA
PP.04	**Title:** Low-Dose Naltrexone in treating Fibromyalgia and Major Depressive Disorder
	Jeeha Park, St. George's University School of Medicine, USA
PP.05	**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.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**: Post Traumatic Growth
	Tazeen Zahra Rizvi, Northwestern University, USA
PP.08	**Title**: Responsible Wellbeing towards Positive Peace: A Perception out of first hand working experiences in Nepal
	Bikash Subedi, Aadharbhut Gramin Bikas Sewa, Nepal
PP.09	**Title**: The Resentment Rating Scale for Couples (RRS-C): Development and psychometric properties of a novel scale for measuring resentment
	Franco Ceasar M. Agbalog, University of Tsukuba, Japan
PP.10	**Title**: A qualitative study of trans* individuals vocational experiences
	Choo Hui Ying Cherie, New York University, USA
Video Presentations	
17:30-17:50	**Title:** On the importance of culture in understanding child development, attachment and the promotion of happiness
	Pia Tohme Khalaf, Lebanese American University, Lebanon
17:50-18:10	**Title**: Does participating in Delivering Forest School increase resilience?
	Jane Jennison, Autonomous Ideas Limited, UK
Panel Discussion	
Closing Ceremony	