



Martin Seligman (Center) and University of Penn MAPP Alumni at IPPA's 6th World Congress on Positive Psychology, July 2019, Melbourne, Australia

MAPPsters Unite at IPPA's 6th World Congress on Positive Psychology, Melbourne 2019

By Andrew Soren, 2013 & Jennifer Cory, 2015

For four days in July, 2019, more than 1700 delegates from 60 countries around the world came together in Melbourne, Australia, for the 6th World Congress on Positive Psychology (WCPP). Academics, researchers, educators, practitioners, change agents, students, and positive psychology experts gathered at the Melbourne Convention Center to exchange ideas, learn from one another, and to advance the field. Think MAPP Summit (the alumni conference at Penn each fall) times 10, and you'll begin to get a sense of the energy that was generated during this year's WCPP.

The extraordinary conference team at IPPA, led by chair Lea Waters, made it their mission to ensure that every delegate who came to Australia felt at home and left enriched. They more than succeeded.

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MAPPster Sherri Fisher and friend.

The theme of this year’s Congress was Nexus — the building of connections, collaborations and pathways to help us work together to enhance human flourishing, and that is exactly what the experience Down Under offered.

Foreign, Yet Familiar

There is something very special about being on foreign soil yet surrounded by familiar faces. Fifty of our fellow Penn MAPP alumni joined together in Melbourne. Indeed, outside of the Fete and Summit, the WCPP was the ultimate MAPP Meet-Up. We’ve all experienced the MAPP “squeeze and squeal:” when two or more MAPPsters see one another across a crowded room, rushing together with exclamations of positivity resonance into an oxytocin-inducing

A whopping 37 Penn MAPPsters presented at this year’s Congress ... almost a quarter of all the talks and workshops delivered.

bear-hug. WCPP was no exception. In spite of jet-lag and time changes, there was a lot of Love 2.0 going on.

A whopping 37 Penn MAPPsters presented at this year’s Congress - totaling almost a quarter of all the talks and workshops delivered. What’s more, there was at least one presenter from every Penn MAPP class, from 2006 through 2019, with an astounding 7 presenters from the MAPP 2010 class alone! And our fellow MAPPsters represented brilliantly: presenting keynotes, running workshops, hosting roundtables, fielding discussion hours, presenting posters, and even running a pre-congress appreciative inquiry summit!

Penn MAPPster sessions covered a wide range of topics including education, law, technology, health, founding research, organizations & business, ethics, politics, psychodrama, camp, grief, aging, families and relationships (for a full list see below). We were called out time and again for having some of the most impactful sessions at the WCPP, with many described as “masterclasses” in applied positive psychology.

Awards Galore for MAPP Alumni

We also had multiple award winners among our alumni group: Giselle Timmerman ('06) won the Raymond D. Fowler Service Award for her exceptional work in advancing the field of positive psychology; Judith Mangelsdorf ('12) won the Top Dissertation Award for her PhD dissertation exploring suffering and posttraumatic growth; Lucy Hone ('10) received an honourable mention for her PhD dissertation on wellbeing and resilience; and our very own James Pawelski, received the inaugural James O. Pawelski Positive Catalyst Award for his 12 year commitment to IPPA as founding Executive Director - a position he will be retiring from in 2020.

As MAPP alumni and positive psychology graduates, we are so much more than the sum of our parts.



L-R: Jan Stanley and Andrew Soren

Working Behind the Scenes

Penn MAPPsters weren’t just working the podium, though. They also supported and served the WCPP from behind the scenes. A huge number of our alumni helped to



L-R: James Pawelski, Suzie Pileggi Pawelski, and Lea Waters

make IPPA and the World Congresses possible through serving as onsite volunteers, selection committee members, division leaders, board members and staff. Penn MAPPsters play a massive role in making IPPA what it is today. Special kudos go to Lisa Sansom and Leona Brandwene who served as Co-Chairs for the Practice Abstract Review Committee. Leona also served as the Divisions Committee Director and helped division leaders develop their sessions year-round. Current MAPP student, Liz Corcoran, serves as President of the Work and Organizations Division. Elaine O'Brien and Kathi Norman helped the leadership team of the Positive Health and Wellness Division to develop programming at Congress and year-round. Nicole Mikanik led communications for the Positive Clinical Psychology Division's Case Study Challenge. Andrew Soren led the IPPA Board in a post-Congress strategic planning session. And finally, Laura Taylor and Jenny Brennan supported the Board and Program Committee in planning for Congress while tirelessly managing year-round programming and operations for IPPA.

While we are all striving, individually, to improve our corners of the world, we have begun to envision the collective impact we could have by joining forces!

We have a lot to be proud of in our MAPP family, including the breadth and depth of work of our classmates and fellow-alumni.

We Are Not Alone

You may be wondering why we keep distinguishing our group as "Penn" MAPPsters. In short - it's because we were reminded at the Congress that as MAPP grads we are definitely not alone in the world. One of many peak moments of the WCPP occurred during the opening ceremony when MAPP students and alumni from around the globe were asked to stand and be recognized. **Hundreds of individuals rose in unison. It sent a collective chill down our spines to witness this sea**

of humanity - cousins we didn't even know existed - standing together, shoulder to shoulder, an army of love, compassion and change, each doing our part to cultivate human flourishing in every corner of the world. It was truly an incredible moment.

Another peak moment came when the University of Melbourne MAPP alumni hosted a breakfast for the international MAPP community and positive psychology graduates in attendance. We hailed from Bucks New University, Claremont University, North-West University (South Africa), University of East London, Universidad Iberoamericana (Mexico), University of Lisbon, and of course Penn. We welcomed one another with open arms, warm exchanges, and moving stories of the work we are doing. It was a powerful experience with a key takeaway: as MAPP alumni and positive psychology graduates - we are so much

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May these words inspire you to mark your calendars and join us for the 7th World Congress taking place in Vancouver, Canada, in July 2021.

more than the sum of our parts. While we are all striving, individually, to improve our corners of the world, we have begun to envision the collective impact we could have by joining forces! The potential is beyond anything any of us might achieve alone. One couldn't help but walk away from this MAPP meeting with great hope for the future of positive psychology and of the heights we can reach together. Nexus in action!

Mark Your Calendar for 2021

For those of you who could not make it to Australia this year, this article isn't intended to spark regret but rather to share some highlights. For those who did attend, we hope this has helped you to reminisce and savor a truly memorable experience. For all - may these words inspire you to mark your calendars and join us for the 7th World Congress taking place in Vancouver, Canada, in July 2021. Preparations are already underway, and once again we want Penn MAPPsters to be front-runners as attendees, presenters, supporters and volunteers.

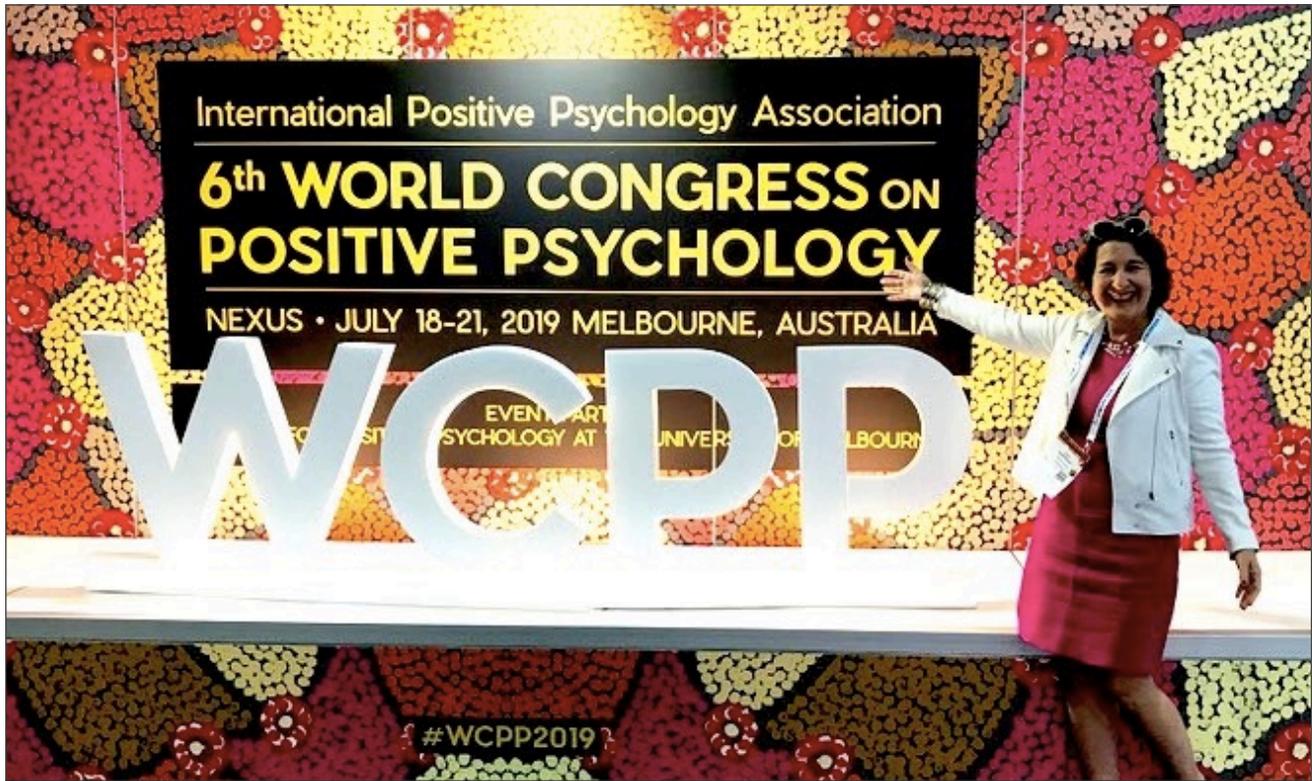
We have a lot to be proud of in our MAPP family, including the breadth and depth of work of our classmates and fellow alumni. At the link at the end of the article you'll find a list of all the presenters and volunteers who participated in the WCPP-19. We invite you to take a moment to savor the sheer tonnage of meaningful work we are doing in the world!

LINK TO 2019 WORLD CONGRESS PRESENTATIONS: <http://bit.ly/30OblGU>

ANDREW SOREN, MAPP (2013) is honored to have been an assistant instructor with the MAPP program since he graduated in 2013. For the past 20 years, Andrew has worked with some of the most recognized brands, non-profits and public sector teams to co-create values-based cultures, develop positive leadership, and design systems that empower people to be their best. He's the founder of Eudaimonic by Design, an international advisory firm informed by positive psychology and devoted to the design of human-centered systems and organizations. He founded Eudaimonic by Design to harness the collective strengths of those working at the intersection of organizational effectiveness and positive organizational practice. Andrew is also a certified coach and splits his time between Toronto and Montevideo, Uruguay.



JENNIFER CORY, MAPP (2015) As a psychotherapist, Jennifer entered the field of positive psychology with a keen awareness of the impact that chronic disease can have on quality-of-life. Stuck by what she saw as the widening gap in healthcare between extending life and quality-of-life, Jen's passion became utilizing positive psychology to bridge that gap. In 2018, she founded HEART Initiative, an organization that helps individuals with chronic & degenerative diseases live with less fear and more peace, joy and vitality.



Lisa Buksbaum, Soaring Words, IPPA 6th World Congress on Positive Psychology

So What Now? How IPPA Supports Practitioners Post-Congress

By Jenny Brennan, 2012

"Are you going to IPPA?" my colleague asked. She was referring to the Sixth World Congress on Positive Psychology held in Melbourne last July. This popular, biennial conference of the International Positive Psychology Association has, over the years, become synonymous with the organization itself. I smiled and said, in all honesty, " I go to IPPA every week."

I am one of 2,500 members from around the globe who benefit from IPPA membership. You may know about IPPA from MAPP Director, James Pawelski, who serves as its volunteer Executive Director. But according to a recent inquiry led by Scott Asalone and Rachel Taylor (President of the Melbourne MAPP Alumni Association), IPPA's year-round offerings to support the professional development of practitioners, seem to be a well-kept secret. Let's change that.

IPPA's year-round offerings to support the professional development of practitioners, seem to be a well-kept secret.



MAPP Alumni Association President, Scott Asalone, presenting.

IPPA Isn't a One-Time Thing

As the only international organization that advances both the science of positive psychology and its application in various professional domains, IPPA has made significant strides in recent years to offer sustainable, year-round value to its practitioner members. Take, for example, IPPA's divisions, which are special interest groups that bridge research and practice and connect members interested in advancing the science and its application in specific professional domains. When I graduated MAPP, IPPA had one student division (SIPPA). Today, it has four additional professional

divisions that curate best practices, introduce positive psychology to new professions, and produce awards, publications, conference sessions, and resources for their members.

Work and Organizations Division members can access simple digests of complex research concepts and recorded dialogues between a researcher and a practitioner who applies their research. They can also participate in the Positive Organizational Intervention Challenge (POIC), which helps practitioners design a research-based application for the workplace. Louis Alloro, MAPP, was a recent finalist in this year's POIC. Throughout the year, he received expert feedback and guidance to help develop his idea that drew on meta-motivation, goal-setting, and self-determination theory. He presented his design, Feedforward to Unleash Potential: a future-oriented and strengths-based approach to employee development, at the Sixth World Congress and received further support and a cash prize. The division is now helping him find an organization to work with for field-testing.

Members who are unable to attend conferences and events in person can access recordings in a new online member community, called IPPA Engage.

Members who work in the health, education, and clinical fields can access expert feedback and curated best practices from around the world. Elaine O'Brien, MAPP, Ph.D., and Kathi Norman, MAPP, Ph.D., recently launched a new webinar series for the Positive Health and Wellness Division, which featured research on forgiveness and stress, and helped edit the division publication, *Chronicles of Advances in Positive Health and Well-being*. The Positive Education Division (IPPAEd), supported by Peggy Kern and Rosalinda Ballesteros, has done a brilliant job highlighting international best practices through conference sessions and an IPPAEd Pre-Conference before the European Network on Positive Psychology's

conference in Budapest. The Clinical Division launched a Case Study Competition, which recently recognized Dan Tomasulo, MAPP, Ph.D. for his intervention leveraging embodied cognition and self-compassion.

IPPA Is Online, Too

Members who are unable to attend conferences and events in person can access recordings in a new online member community, called *IPPA Engage*. This platform is designed to facilitate year-round learning and connection. IPPA members can share their expertise through their member profile, find colleagues through a searchable member directory, ask questions in a discussion forum, and access a growing library of content,

including 20 videos of keynote sessions from the 6th World Congress. The community is gaining traction with the participation of experts, as well, including Barbara Fredrickson, who regularly shares new science and educational opportunities, and Ryan Niemiec, who recently asked to connect with members interested in the practice of spirituality and meaning.

The Positive Psychology Leader Series continues to "break news" by welcoming expert researchers and practitioners, only now with more regularity thanks to volunteers Jodi Wellman and Caroline Adams Miller who took over after Series founder, David J. Pollay, "retired" last year. Caroline shares that one of the great honors of her role is that she gets to talk to the researchers whose work was part of her MAPP assignments and see how the research has expanded and grown since she was in MAPP. One example is Shelly Gable's recent assertion that the passive constructive and destructive responses to another person's good news do more harm than active-destructive ones.



L-R: Louis Alloro and Shaen Yeo

Through participation in IPPA, members have published, found collaborators, started businesses, and shaped the field.

The expansion of IPPA's year-round offerings for practitioners has been made possible through the service, love, and vision of hundreds of volunteers. In particular, Leona Brandwene, who was the first practitioner representative elected to IPPA's Board of Directors (another indication of IPPA's commitment to practitioners), advocated significantly for practitioner offerings, including the creation of five new division-led awards that are open to practitioners.

You Get What You Give

Through participation in IPPA, members have published, found collaborators, started businesses, and shaped the field. But just like anything else, you will get out of IPPA what you put into it. As a member, Giselle Timmerman helped launch the Work and Organizations Division. Then as President-Elect, she led an all-volunteer team to develop program offerings that are still available today. Recently, Giselle won IPPA's Raymond Fowler Service Award in recognition for her contributions, and next month she will represent IPPA at a practitioner conference in London.

There is a significant opportunity on the horizon for practitioners at IPPA as the organization explores avenues for more professional development (e.g., credit units), chances to connect (e.g., peer consultation groups), and access to research and applications (e.g., expanded journal partnerships).

IPPA is a home for practitioners, and I invite you to join, not only for your professional development but also, to see how we might help our relatively young field reach its full potential. What challenges can we overcome? What standards can we set? As the saying goes, "a rising tide lifts all boats," so how might we, through IPPA, create a brighter future for our clients and ourselves? We are headed in the right direction.



So, will I see you "at IPPA" next week?

JENNY BRENNAN, MAPP (2011) is an agent of positive change for nonprofit organizations and service-oriented individuals. She is the Director of Year-Round Programming for the International Positive Psychology Association, where she brings to bear her expertise in program development, strategy, and capacity-building. Her research looks at the role of self-compassion, hope, and courage in the well-being of entrepreneurs, activists, and nonprofit leaders.



Music is Medicine

By Kathi Norman, 2017

It was a busy day in the Salmon Creek emergency department (ER), and I was weary wanting the long shift to end. As I documented one of the many patients' visit that day, my head rested alongside the cold block wall separating me from the marbled atrium where patients and families waited for care. Conceived just ten years before and award winning for its' beauty, the atrium contained a grand piano allowing volunteers, guests, patients, staff and others to tickle its ivories at will. Weary and ready to go home, Étude Op. 10, No. 3 began to infuse the wall. I succumbed to Chopin, and for a moment, my thoughts went outside the ER to a softer gentler place. When I returned, I was better, and it was time to see another patient. Music and medicine are not strangers.

“Music has healing power. It has the ability to take people out of themselves for a few hours.” ~Elton John

Music in Evolution

Theoretical approaches differ regarding the origin and function of music. Music along with dance originated most likely for rituals. The ubiquitous nature of music reveals its ability to give pleasure and value to humans. Music is an enigmatic influence to human behavior, that unlike most common behaviors, does not reveal a plausible or practical motive to survival or procreation.



Patricia Fox Ransom, MAPP 2015

Scholars argue whether music has an evolutionary place in adaptation. An article by Huron discusses music in evolutionary adaptation linking music to the theory of evolution by natural selection. The author explains that evolution is thought of as purely physiological and not psychological. However, it is not just our immune systems and elbows that are formed by evolution. Rather, it is our attitudes, characters, emotions, perceptions, and cognitive functions that are shaped by natural selection. Evolution becomes successful when traits are adaptive to the organism's environment. One might wonder how music making aptitude has avoided the hatchet of evolution.

Steve Pinker, a renowned contemporary cognitive psychologist, believes that music is an evolution or adaptive by-product. Pinker is well known for coining the term “auditory cheesecake” in his reference to music rather than the “main dish.” Neuroscientists have held that language and music are separate up until recent years

when new theories have supported a contrary view. In fact, music develops with language, even helping in language development.

Music in Antiquity

Hippocrates, the founder of ancient Greek medicine and “Father of Modern Medicine”, used music as a focused natural approach in the treatment of diseases. Music and drama were used as management tools in the treatment of illness and in the improvement of human behavior. Hippocrates observed clinical signs and made rational conclusions. He valued the need for harmony in the individual, social, and natural environment.

Music has a far-reaching history that is currently being developed and researchers continue to examine evidence left behind. For example, the didgeridoo, thought to originate in Northern Australia, is suggested by researchers to be one of the oldest instruments at over 40,000 years.

Music as Medicine

“Americans spend more money on music than on sex or prescription drugs” ~ Daniel Levitin

Peter Gabriel declared that “music should provide us with an emotional toolbox.” Alan de Botton believes this “emotional toolbox” can transform our daily lives. Patricia Fox Ransom’s capstone (MAPP10) gives us tools for the “toolbox” explaining how the lyrics of music increase emotions and meaning. She helps children through the non-profit *Purple Songs Can Fly* by creating a tangible symbol for the hope of healing. Pediatric patients record their own original songs that can then be shared with friends and family and flown around the world.

Music is used as therapy. The definition of music therapy by the American Music Therapy Association (AMTA) is “the clinical and evidence-based use of music interventions to accomplish individualized goals within a

Neuroscientists have held that language and music are separate up until recent years ...

therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

Music therapy is designed to:

- Promote Wellness
- Manage Stress
- Alleviate Pain
- Express Feelings
- Enhance Memory
- Improve Communication
- Promote Physical Rehabilitation

Medicine is not just for patients. Doctors who practice the healing art of music and medicine have come together to form *The Longwood Symphony Orchestra* (LSO). In *Scales to Scalpels*, Wong informs the reader in how these medical marvels, a group of more than one hundred health professional volunteers, in Cambridge, Massachusetts, not only benefit from playing, but are better medical providers, also. The author gives us a peek into the life of the orchestra members asserting that music and medicine are complementary. Wong contends that a day will come when doctors will write prescriptions for Bach or Haydn “the way we now write for amoxicillin or Ambien.”

A clinical pathologist who plays clarinet in LSO talks about a time when a gunshot victim with a bloated abdomen had been given over one hundred units of transfused blood. She explained that this patient needs treatment and that, “you can’t stand there and cry” and, “you put all that grief in your music.” Wong explains that medical providers are notorious for compartmentalizing feelings. Music is a healthy arena to express and let bottled up feelings flow.

Dr. Alice Cash, a medical practitioner and clinical musicologist, has worked as a professor at the University of Louisville, School of Medicine for the past 43 years. She has a United States patent for her unique method of using music for perioperative patients. She also teaches people from all walks of life to use music to improve, energize and vitalize their lives.

Conclusion

The link between music and health extends across time and place. The jury is out as to the origins of music being an evolutionary vestige or a nonadaptive pleasure seeking form. Musicologists and anthropologists remind us that all human culture responds in some way to music and dance. Music has soothed, comforted, healed, quieted and energized humans with its rhythm and sounds for as long as we know.

The ancient Greeks believed in sound mental and physical health and music was part of their healing process. The power of music has been well recognized as promoting mental and physical well-being. Knowing this, it is reasonable that music has a therapeutic place in the practice of medicine. My shift closes this Friday the 13th with a full harvest moon lighting the Portland sky as the Salmon Creek ER is infused with Debussy's Clair de Lune.

Dr. Kathi Norman is a physician assistant (PA), assistant professor, clinical educator, and owner of Positive Health & Well-being. Early in her medical career, she recognized the lack of attention given to well-being and vitality. A key ingredient was missing-Positive Medicine. Dr. Norman explores, teaches, and practices non-traditional methods to improve health and human flourishing for the student, patient, and clinician. A fun fact: Kathi is a descendent of the Scottish folk hero, Rob Roy.



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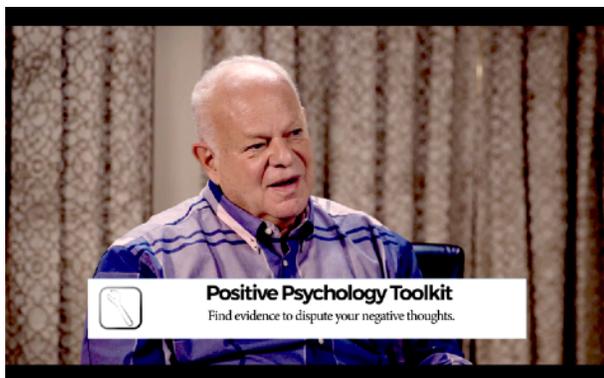
L-R: Barbara Fredrickson and James Pawelski

Positive Voices

By Danny Torrance, 2015

Have you heard the good news? Or perhaps I should say, have you heard the positive voices? If not, get ready for something big and exciting! Donna Hemmert, Danny Southwick, Shannon Thompson, and Katy Sine recently launched a new business venture called Positive Voices to spread positive psychology to general audiences. Positive Voices was created to take leading research in positive psychology and present it in a practical, actionable way that appeals to anyone interested in personal development. Their tagline says it best: From science to practice. Personal development. Right from the voices of the experts.

The Psychology of Flourishing Online Program



Martin Seligman

Positive Voices offers online training and coaching to help people pursue their best life. To start, the Positive Voices team created an online video program called The Psychology of Flourishing that spans the topics of hopelessness, happiness, and hope. The program contains more than four-and-a-half hours of content and training from leading experts like Marty Seligman, Barbara Fredrickson, Gabriele Oettingen, Angela Duckworth, James Pawelski, and Suzie Pileggi Pawelski (they weren't kidding when they said, "voices of the experts!").

To complement and reinforce key learnings in the Psychology of Flourishing program, Positive Voices provides a workbook called *The Best Life Blueprint* that helps individuals take what they've learned and put it

into practice. Participants are guided to move from the video to the workbook and then from practice to reflection. The entire process is designed to help people experience (rather than just learn about) the difference that positive psychology can make in their lives.

The Psychology of Flourishing program is set to launch in November, which will provide anyone excited and interested in positive psychology the opportunity to learn from many leading researchers. As an added benefit to those associated with the University of Pennsylvania, graduates from Penn's Master of Applied Positive Program (MAPP) don't have to wait (or pay!) to view the program. Positive Voices will be sharing more information about the program at our annual MAPP Fete Alumni event.

Positive Voices and the Positive Psychology Community

Danny and Donna co-founded Positive Voices as a Benefit Corporation whose social mission is to help improve global wellbeing through practical, science-based advice offered by experts in the field of positive psychology. In addition to sharing their own content, Positive Voices is also committed to help fund projects that increase global wellbeing via grants and partnerships.

Positive Voices also seeks to be a platform encouraging University of Pennsylvania MAPPsters and positive psychology researchers to share their voice with the world and make an impact. They plan to do this in several ways. First, they will promote blogs, podcasts, and content from the MAPP community to their large (120K and growing) online following. Second, they are launching a coaching program that matches their existing customers with positive psychology coaches, reaching directly into the MAPP community. Third, Positive Voices will partner with MAPPsters who are interested in being promotional partners of The Psychology of Flourishing program, and will share revenue on all referred customers.

This is just the beginning for Positive Voices. Be sure to follow their Facebook page (<https://www.facebook.com/positivefaces/>), Instagram (<https://www.instagram.com/positivevoices/>), and Twitter (https://twitter.com/pos_voices) to stay up to date on their developments and receive daily content. You can also stay connected through their website (www.positivevoices.com). Here, you can sign up for their newsletter, read their insightful and motivating blog posts, and refer to their curated list of helpful TED talks and videos. And while you're at it, be sure to sign up for the Psychology of Flourishing program**, share it with a friend, and add your voice to the resonance of positive voices all around!



Top: Gabriele Oettingen
Bottom: Angela Lee Duckworth



*** Remember: the program's free to MAPPsters AND you get early access! All you have to do is email to support@positivevoices.com, and provide your name and MAPP year, and they will email you access to the program for free.*

Danny Torrance (MAPP.10) is an Employee Engagement Specialist for a Disability Rights Organization in Philadelphia, PA. He co-chairs the resource development committee for the Philadelphia Hoarding Task Force and provides training, education, and hoarding intervention case management when time permits. When he's not at work you'll likely find him in a cafe, out for a run, or when he's lucky, surfing in California.



Present at IPPA World Congress, 2019: L-R: Lucy Hone, Vanessa King, Lisa Sansom, Sherri Fisher, Caroline Miller, Denise Quinlan, Kathy Snyder

Letter from the President

By Scott Asalone, 2008

A deep, resonant sound came from the stage. That is how the World Congress on Positive Psychology really began. Two indigenous people offered a ritual welcome using traditional instruments that moved all of us who were present in the hall. This felt appropriate because they were welcoming us to their land...to their home. I was grateful for their welcome and an awareness of their history on that land. That same feeling came back to me a few weeks ago as I lead a leadership retreat in Falls Village, Connecticut. We were welcomed to the retreat and reminded that this was historically Mohican land. Again, I was made aware of their history but also became aware of my position of privilege.

I am a white man of privilege. Lately that has been more and more a part of my conscious awareness. And it has also made me sensitive to what around me might be excluding other members of society. So, I'm going to tread on some difficult ground here.



Coming together during Jan Stanley and Andrew Soren's session.

Who is positive psychology for? Who are we hoping to help through our study, our interventions, our practical work? Are we just hoping to change the ratio of positivity for the wealthy college students we so easily study? Are we only trying to change the lives of the employees in the wealthy organizations who fund our work? Or, are we willing to challenge our own biases, desires and gratifications in order to reach those who can't pay for our services or who have never heard of positive psychology? Are we ready to get challenged on our ideas?

Yes, there are those who are reaching out to the minority communities, the outliers. And we should be lauding them. But let's be honest with ourselves and address the elephant in the room: where does most of our positive psychology study and work focus?

In countries like Canada and Australia, there are ambitious plans to acknowledge and more effectively support the indigenous people who have, for centuries, been shunted aside. For those of us who are privileged, sometimes that is difficult to understand. And, frankly, it is difficult to create ways to help every individual so we all are treated equally, and have equal access to the benefits that improve society.

This is a calling for our MAPP community. To answer my earlier question of "who is positive psychology for?", positive psychology is for everyone. It may be awkward, inconvenient, uncertain and financially challenging to bring positive psychology to minority and distant communities, but that is where it also belongs. As practitioners and researchers, we cannot wait for our society or our government to break down the walls between people. We have to reach out to everyone who can benefit from positive psychology, but especially to those who are struggling the most and have benefited so little from what we have discovered and what we practice.



A moment of gratitude.

As a community, we need to acknowledge **Aren Cohen** (left) and **Sean Doyle** (right) for all the hard work and countless hours they put in to make sure the new by-laws were legible, legal and enacted. Those new by-laws will help us react in a more adaptable way to the challenges around us. Let's face it: Anyone who volunteers to help the alumni program does it for a greater good. And this is particularly true for Aren and Sean! Their work benefits all of us and we are very grateful to them.



Scott Asalone is the co-founder of A&S Global Management Consulting Company Inc. which for over 20 years has provided keynotes, facilitation and training to for-profit and non-profit companies globally. He is also the COO of Eudaimonic by Design which enables organizations to unleash the best of their employees, maximize high performance and offer meaningful work. But his current favorite role is President of the UPenn Mapp Alumni Association which works to change the world for good.



MAPP Grant winner, Karen Warner, and photo of her late husband, Joel.

MAPP Grants: Propelling Alumni Forward

By Katie Snyder, 2013

One person, one proposal, one phone call, and 15 grant recipients later. It was a new proposal at a 2016 the MAPP Alumni Board meeting. Kathryn Britton gave her Treasurer's report, the organization had a bit of money, some reserves. "The Board should consider doing something useful with this money as it is not the role of the association to build cash reserves. Perhaps the Board could fund some alumni projects. A way to help Alumni move forward after graduation."

The Board rallied around the idea and I received a phone call in the summer of 2016 asking if I would chair a new committee to develop and launch the MAPP grant program. "Yes, of course!" My new passion had found me.

The Giving Keeps Us Going

The MAPP Grant Program launched in January 2017 after six months of hard work and preparation by the grant committee. In each round of funding, opening the grant applications is like Christmas morning for committee members. It is an opportunity to be a small part in making great ideas come to life in our alumni community.

People were willing to take us seriously when I told them I had received a grant from MAPP Alumni at Penn.

In just three years, the program has funded 15 individual and team initiatives with \$30,000 in grant monies. These grants provide seed money—or a hand up—to our alumni as they embark on non-profit and for-profit initiatives that they are passionate about.

The story could end here. Yes, a committee of MAPP Alumni put clear and robust criteria and a simple process in place for peers to review and select projects to fund. Sure, those are the facts.

But, the story doesn't end simply with a check passing hands. By the end of the first year, we began to hear new stories: stories about the ripple effect of these grants. MAPP Grants were not just moving Alumni forward. They were also opening new doors for recipients and propelling them forward.

Opening Doors

“The MAPP Grant gave me confidence to think bigger about my project,” said Karen Warner (MAPP 2013) who received a grant to launch her online platform <https://thesuddencaregiver.com/>. “I was able to leverage the MAPP Grant into a matching grant that allowed me to launch my online community early and begin helping caregivers around the world before my book was published.” Karen continued to build momentum: “Being able to say I was awarded a grant from Penn Alumni transformed me from another widow writing about my loss alone at my kitchen table to someone a publisher was willing to listen to.” *Stumbling Upon Grace: The Sudden Caregivers Roadmap, Navigating your Caregiving Journey with Grace and Grit* is scheduled for release March 2020.

“The MAPP Grant gave the festival legitimacy,” said Simon Leow (MAPP 2015) who received a grant launch a Happiness Film Festival in Singapore: <https://www.happinessinitiative.sg/>

“People were willing to take us seriously when I told them I had received a grant from MAPP Alumni at Penn”. The festival has been part of a paradigm shift towards a greater emphasis on happiness and well-being in Singapore. Simon's vision is to expand the Film Festival to a Happiness conference with an opportunity for MAPP Alumni to share their work with South East Asia. Simon and the Happiness Film Festival were featured in the last Volume of *MAPP Magazine*: bit.ly/mappmagv4

“The MAPP Grant had a priming effect in getting university funding for my first and second conference on Integrating Positive Psychology into Legal Education. It also allowed key public defenders without access to travel budgets to attend,” said Lisle Baker (MAPP 2016).



L-R: Katharina Gerhardt, Rotem Elinav, Lisle Baker

A third conference is planned for 2020. Outcomes from the first two conferences were captured by Lisle in a recent article in *Southwestern Law Review*:

<http://bit.ly/31gmPmS>

Boosting Confidence to go BIG

Jennifer Cory (MAPP 2015) identified the gap between advances in modern medicine that have extended the lives of those facing terminal diseases, and the quality of life skills necessary for patients to successfully navigate those extended lives in her MAPP Capstone. She used her MAPP grant to create the HEART Initiative, an online support and learning community providing Hope, Educations, Action, Resources, and a pathway to Thriving for those living with chronic and progressive diseases. “The biggest impact for me has been a boost in my confidence. I have felt like I have the backing of the

entire MAPP alumni and that has been the fuel for everything I have done going forward.” Since receiving the grant, she has created a board of advisors, launched an online course, collected empirical data on two studies, and presented the HEART initiative on three continents. <https://heartinitiative.lpages.co/main-landing/>.



Jennifer Cory's Heart Initiative

“Having MAPP Alumni express its confidence in my project provided a tremendous boost to me and my team and enabled us to take a crucial step to make my class development REAL,” said

Karen Deppa (MAPP 2015). Her course, *Respond with Resilience*, is intended to bring positive psychology and specifically resilience training to the underserved communities of fire fighters and emergency responders:

www.pilotlightresilience.com

Building on Success

High School teacher Kathy Snyder (MAPP 2010) sought a MAPP grant to bring a new approach to closing the achievement gap at her school. Her MAPP Grant was used to host an Appreciate Inquiry summit at her school, H. H. Dow High in Midland, Michigan. Bringing the people system of students, parents, and faculty together to focus and build on the positives within the school today and what they want for the future, H. H. Dow's inaugural AI summit was a resounding success. Ten project teams were formed that focused on belonging, collaboration, student mental health, as



Kathy Snyder's "Great Teaching"

well as more traditional topics including parental engagement and the importance of physical space. “The success of this summit led directly to a second summit in Midland County to kick off their school year!”

MAPP Grants could not exist without the hard work of the MAPP Grant Committee. The committee is staffed by alumni who forego the opportunity to compete for their own grant to be in service to their peers. Some have been with the committee from the beginning, some for a shorter time. A special thanks to all! Kathryn Britton, Andrew Brady, Scott Asalone, Marita James, Rosie Hancock, Tricia Fox Ransom, Chris Major, Karen Warner, and Katie Snyder.

You can be a part of positive change in the world by contributing to the ongoing success of the MAPP Alumni Grant Program, at: <https://mappalum.org/Donations>



Katie Snyder, PCC, MAPP (2013) works with business and analytical leaders at the intersection of business and positive psychology to create value and build teams that thrive. Prior, she was a business leader for a Fortune 100 company. Katie is the current chair of the Grant Committee, striking a passion how we multiply positive deviance globally. www.katiemsnyder.com



MAPP Love and Connection: IPPA World Congress, 2019

Editorial Notes: Living with Gratitude and Finding Inspiration

By Elaine O'Brien

“To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven.” —Johannes A. Gaertner

Where do you find inspiration? I often find mine in nature, music, dance, travel, and in the life-giving power of positive relationships, the true realization and embodiment of “Other People Mattering.” My life-changing MAPP year was filled with profound connections, and gratifying inspiration.

One of the biggest surprises around my MAPP experience is in the uplifting positive connections, goodness, and opportunities the MAPP Alumni Association offer. MAPP love has lifted me up and inspired me. Over my 2007-2008 MAPP year, I was in awe of the compelling conversations, the deep thinking and learning, the brilliance, and the kindness of my classmates. I have made some deep friendships with members of other classes as well, and that has filled me with great joy.

Making Dreams Come True

Dr. Gloria Park, MAPP, my 2008 Teaching Assistant (TA), unknowingly at the time, helped make my dream of getting a PhD come true. Gloria was my TA for Service Learning, Dr. James Pawelski’s class, and I thought the

world of them. After graduation, Gloria called me to see if I'd be interested in applying to collaborate, to co-present, a symposium for the Association for Applied Sport Psychology. I immediately said, "Yes!" and we created an impactful presentation around *Physical Activity as a Positive Institution: An Examination of the Body in Positive Psychology*. I was thrilled to work with Gloria. It was also a real honor to meet her doctoral advisor, our Symposium Discussant, Dr. Michael Sachs, Temple University Kinesiology: Psychology of Human Movement Chair.

After my presentation, Dr. Sachs asked to talk with me. He and I met and Dr. Sachs asked I'd be interested in applying to Temple for their PhD program, and to work as a Social Sciences Teaching Assistant! I was happily shocked, and immediately applied for the Kinesiology: Psychology of Human Movement program. I was determined, and after four years of dedication, luck and hard work, my attainment of my PhD from Temple University became a reality in 2015. I feel awe from that experience and deep gratitude to Gloria for her role in serendipitously helping me reach a long time goal and dream.



Dan Tomasulo

Where do you find inspiration? What or who inspires you?

Authors, **Aren Cohen** and **Sean Doyle**, both MAPP 2, inspire me.

Aren and Sean were both "upper classman" to me during my MAPP 3 year. Thanks again to Aren and Sean for sharing their huge talents, formidable dedication and outstanding service. Here are their "Up Close and Personal" bio briefs:

Aren of **Aren Cohen and Associates** has been volunteering with Elizabeth Warren's campaign since April. Her most recent grassroots project is collaboration with the New York graphic artist Raymond Forbes-Schieche. Together Aren and Raymond have published the story, *ELIZABETH WARREN'S APPLES: Parents, Teachers, & Children* on [medium.com](http://bit.ly/32ju3ri): <http://bit.ly/32ju3ri>

Sean Doyle is a poet and lawyer. Sean is passionate about finding ways to use language to help people discover the beauty and hope, the meaning and goodness, in their lives. Sean's essays and stories are an invitation to discovering how to fall deeper in love with life. His new book, *Mud and Dreams*, invites you to discover the beauty, goodness, and meaning in our lives:

<https://amzn.to/2nHtk4a>

Two recent graduates, **Erica Mohr** and **Susie Patterson**, both MAPP 2018, have taken up the charge, in planning the year's MAPP Alumni Association FETE. The Fete was started by 2008 MAPP Graduate, Arthur Fullerton. The MAPP FETE is a day of learning and celebration planned by, and for, MAPP Graduates.



Erica and Susie are doing an extraordinary job producing this year's event, which will be held on Friday, October 18, 2019. These dedicated professionals are setting a high bar for excellence, innovation, connection, and positive action. Further, both truly care about the work AND each other. Susie called it a "labor of love," and both women

With gratitude for your service.

have found joy in the experience of working so well together in what will be an amazing day.

What inspires you? I asked Erica and Susie about the FETE planning:

“For Fete 2019, we (Erica Mohr and Susie Patterson) wanted to achieve 3 things:

1. CONNECT with one another
2. INSPIRE with stories of how our colleagues are spreading positive psychology in unique and scaled ways
3. And commit to APPLY Positive Psychology in a new way in life or work. To achieve these goals, we’ve filled the day with short, TedTalk-style general sessions, breakout sessions, co-creation sessions focused developing new applications, and ample hang-out time.”

Here is their outstanding Draft Agenda for MAPP Alumni FETE 2019: <http://bit.ly/31dlwDV>

Good on you, Erica, Susie, Fete Committee, Sponsors, and Presenters!

What actions are inspiring to you?

Donna Hemmert, MAPP 2015, Positive Voices, shared a lovely quote from **Erin McLoughlin**, MAPP 2017, pictured here with Bec Vargus Erin: “I didn’t know Bec, but she was my angel-rescued me by retrieving my (IPPA World Congress 2019) poster after I left it on a plane. I’m glad she’s bringing another little positive person in the world.”

Carin Rockind, MAPP 2011, has announced October 18 is Women's Global Happiness Day. It is the first-ever worldwide initiative to help eradicate women's depression by teaching positive psychology. To register or for more information, contact: womensglobalhappinessday.com.

In closing, I’m sharing this photo of my Senior Dance Fitness students who are a true source of my gratitude, and inspiration by virtue of their positive determination, sense of fun, and service.



L-R: Bec Vargus and Erin McLoughlin

The January/February 2020 Volume 1 of MAPP Magazine will feature the 2019 MAPP Fete and Summit, Positive Clinical Psychology, and more international MAPP Alumni News. Here’s hoping you will find inspiration, and the urge to positive action from this volume of MAPP Magazine.



Elaine and her “girls.”

PS We would love to hear from you. Please reach out with your MAPP story ideas that you would like to contribute, or see here. Thanks and cheers!

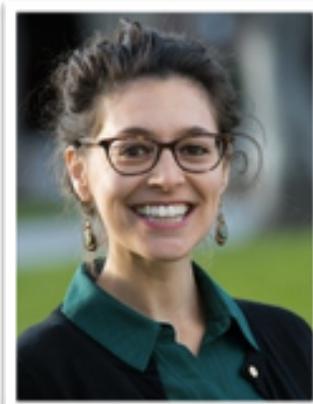
— Elaine



Elaine O'Brien, PhD 2015, MAPP 2008, is a gold certified fitness instructor/trainer, IPPA Health/Medicine Team, Qualitative Researcher, Dance/Fitness Thought Leader, international project manager, webinar presenter/host, and university instructor fluent in PERMA/PERME, Positive Determination, and Meaning in Motion. Dr. O'Brien combines embodied positive psychology, fitness science, determination theory, and more than 25 years of leadership, forging new paths, serving clients, communities, corporations, and governments to boost performance, connection, quality of life, strategic planning, and Healthspan. Her working website: ElaineOBrienPhD.com

More Gratitude

More Gratitude for Our Editorial Staff, Alison Marek and Allyson Dhindsa, our Layout and Copy Editors. Sending out appreciation for talented team members, Alison and Allyson:



Allyson Dhindsa (left) is an Associate Director of Career Coaching at NYU Stern. She has seven years of prior experience providing innovative career education, advising, and readiness training for students at universities big and small. Allyson is a proud MAPP.14 graduate, and also has her MSW from Fordham University and her BA from Emory University.

Alison Marek (right) is a writer, illustrator and award-winning filmmaker with an MFA in directing from New York University's Tisch School of the Arts. She's also the author/illustrator of the book *Be a Happy Puppy: Daily ARRFirmations to Unleash Your Inner Fido*: ARRFirmations.com

