

5th International Positive Psychology Congress

Üsküdar University Main Campus
Nermin Tarhan Conference Hall

10 MARCH 2023, FRIDAY

Time	Hall	
09.00-09.30	Main A Block Lobby	Registration
09.30-10.00	Phi-gital Nermin Tarhan Conference Hall [4 th Floor]	One Minute's Silence, National Anthem Opening Speeches Prof. Deniz Ülke ARIBOĞAN (Face-to-face Participation) Üsküdar University Deputy Dean of Humanities and Social Sciences Faculty Prof. Nevzat TARHAN (Face-to-face Participation) President of Üsküdar University, Congress President
10.00-11.30	Phi-gital Nermin Tarhan Conference Hall [4 th Floor]	Opening Panel: "Science of Happiness" (Face-to-face Participation) Prof. Sırrı AKBABA Üsküdar University, Türkiye "Healing Power of Being Virtuous" Prof. Adnan ÖMERUSTAOĞLU Biruni University, Türkiye "Science of Happiness" Prof. Halil EKŞİ Marmara University, Türkiye "Positive Psychology and Morale"
11.30-11.40	Foyer Area	Coffee Break

11.40-13.10	<p style="text-align: center;">Phi-gital</p> <p style="text-align: center;">Nermin Tarhan Conference Hall [4th Floor]</p>	<p>Panel: “Earthquake and Constructive Trauma” (Face-to-face Participation)</p> <p>Prof. Nevzat TARHAN President of Üsküdar University, Congress President “Post-Traumatic Development”</p> <p>Asst. Prof. Mert AKCANBAŞ Üsküdar University, Türkiye “Trust in Post-Traumatic Development Social Support and Importance of the Losses”</p> <p>Asst. Prof. Hazal AYAS Üsküdar University, Türkiye “Post-Traumatic Development and Related Factors”</p>
13.10-14.15		Lunch Break
14.15-15.00	<p style="text-align: center;">Phi-gital</p> <p style="text-align: center;">Nermin Tarhan Conference Hall [4th Floor]</p>	<p>Conference: Prof. Fatma Beğlü DİKEÇLİGİL (Face-to-face Participation)</p> <p>“Does Mercy Yield Sickness?”</p>
15.00-15.45	<p style="text-align: center;">Phi-gital</p> <p style="text-align: center;">Nermin Tarhan Conference Hall [4th Floor]</p>	<p>Conference: Prof. Metin PİŞKİN (Face-to-face Participation)</p> <p>Ankara University, Türkiye “21st Century Positive Career Consultancy”</p>
15.45-16.00	Foyer Area	Coffee Break
16.00-16.45	<p style="text-align: center;">Phi-gital</p> <p style="text-align: center;">Nermin Tarhan Conference Hall [4th Floor]</p>	<p>Conference: Prof. Howard GARDNER (Congress Guest of Honor)</p> <p>(Online Participation)</p> <p>Harvard University, United States of America “Science of Kindness, Multiple Mind Theory”</p>
16.45-17.00	Foyer Area	Coffee Break

17.00-18.30	Main A Block 1, 2, 3 Halls	<p>Workshop-1: Asst. Prof. Şeydanur ÖZER</p> <p>Karabük University, Türkiye</p> <p>“Social Psychology Applications for Well-being: Focusing on Optimism”</p> <p>Workshop-2: Dr. Firdevs Seyfe ŞEN (Psychiatrist)</p> <p>NP İstanbul Brain Hospital, Üsküdar University, Türkiye</p> <p>“Awareness: Anger Machine, Love Machine”</p> <p>Workshop-3: Specialist Psychiatrist Aybeniz URHAN</p> <p>NP İstanbul Brain Hospital, Üsküdar University, Türkiye</p> <p>“Positive Psychology in Children and Teens”</p>
	FACE-TO-FACE PARTICIPATION	

11 MARCH 2023, Saturday

Time	Hall	
09.00-09.30	Main A Block Lobby	Registration
09.30- 10.15	Phi-gital Nermin Tarhan Conference Hall [4th Floor]	<p>Conference: Asst. Prof. Abdurrahman KENDİRCİ</p> <p>(Face-to-face Participation)</p> <p>İstanbul Aydın University, Türkiye</p> <p>“Random Acts of Kindness within the Context of Positive Psychology”</p>
10.15- 11.00		<p>Conference: Dr. Mehmet TEKNECİ (Face-to-face Participation)</p> <p>BAÇTE (Institute of Individual, Family, Children Therapies)- Positive Psychotherapy Specialist, Türkiye</p> <p>“Path to Reach Goodness: Accompany, Therapeutic Unity and Relationship”</p>
11.00- 11.15	Foyer Area	Coffee Break

11.15- 13.00	<p style="text-align: center;">Phi-gital</p> <p style="text-align: center;">Nermin Tarhan Conference Hall [4th Floor]</p>	<p>Panel: Quality of Work Life (Face-to-face Participation)</p> <p>Prof. Sevinç Serpil AYTAÇ- Moderator</p> <p>Fenerbahçe University, Türkiye</p> <p>“Mental Health in Work Life”</p> <p>Prof. Selma ARIKAN</p> <p>Medeniyet University, Türkiye</p> <p>“Well-Being in Work Life”</p> <p>Asst. Prof. Merve MAMACI</p> <p>Fenerbahçe University, Türkiye</p> <p>“Self-sufficiency, Self-esteem, Psychological Resilience in Work Life”</p> <p>Asst. Prof. Alp Giray KAYA</p> <p>Fenerbahçe University, Türkiye</p> <p>“Exclusion in Work Life”</p>
13.00-14.00	Foyer Area	Lunch Break
14.00-14.30	<p style="text-align: center;">Phi-gital</p> <p style="text-align: center;">Nermin Tarhan Conference Hall [4th Floor]</p>	<p>Conference: Prof. Daria SUPRUN (Online Participation)</p> <p>Ukrainian State Dragomanov University, Kyiv, Ukraine</p> <p>“Professional Identity and Social Values: Synergy of Education and Spirituality”</p>
14.30-15.00	<p style="text-align: center;">Phi-gital</p> <p style="text-align: center;">Nermin Tarhan Conference Hall [4th Floor]</p>	<p>Conference: Prof. Oğuz TANRIDAĞ (Face-to-face Participation)</p> <p>Üsküdar University, Türkiye</p> <p>“Neuroscientific Foundation of Positive Psychology”</p>
15.00-15.15	Foyer Area	Coffee Break

15.15- 16.45	Main A Block Halls FACE-TO-FACE PARTICIPATION	PRESANTATION SESSIONS
16.45-17.00	Foyer Area	Coffee Break
17.00-18.30	Main A Block 1,2,3 Halls FACE-TO-FACE PARTICIPATION	<p>Workshop-1: Specialist Psych. Ebru SİNİCİ EMDR Therapist, Family Counselor, Positive Psychotherapist, Türkiye “A Perspective to Yourself and Your Relations with Balance Model”</p> <p>Workshop-2: Lecturer Kerem ÇETİNKAYA National Defence University, Türkiye Psychologist Counselor Selda KANBUR “Restructuring with Fairytales: Healing and Goodness”</p> <p>Workshop-3: Dr. Ayfer SUMMERMATTER “Making Peace with Negative Emotions”</p>

12 MARCH 2023, Sunday

Time	Hall	
09.30-10.00	Main A Block Lobby	Registration
10.00-10.45	Phi-gital	<p>Conference: Specialist Psychologist Özgenur TAŞKIN (Face-to-face Participation) NP İstanbul Brain Hospital, Üsküdar University, Türkiye “The Relation of Self-compassion and Conscious Awareness”</p>
10.45- 11.30	Nermin Tarhan Conference Hall [4th Floor]	<p>Conference: Asst. Prof. Fatma TURAN (Face-to-face Participation) Üsküdar University, Türkiye “Voice of Hope: Silent Kindness”</p>

11.30-11.45	Foyer Area	Coffee Break
11.45-12.30	Phi-gital Nermin Tarhan Conference Hall [4th Floor]	Congress Closing Speech Prof. Nevzat TARHAN (Face-to-face Participation) President of Üsküdar University, Congress President

Webinar: <https://uskudar-edu-tr.zoom.us/j/98681771135>

P.S.: You can access all the events that will be held in the Nermin Tarhan Conference Hall by clicking the Webinar link.