

# POSITIVE PSYCHOLOGY

Resilience, Well-Being, &  
Modern Technology

*Lab*

---

## 2023-24 PROJECTS & IDEA STARTERS

---

### Current Projects

#### **GRATITUDE, RESILIENCE, AND SOCIAL POSITION**

Quantitative study looking at privilege awareness and its relationship with gratitude, resilience, and social position. Participate in the study at [surveymonkey.com/r/GRASP\\_survey](https://surveymonkey.com/r/GRASP_survey)

#### **TRENDS IN EVIDENCE-BASED CLINICAL SUPERVISION**

Quantitative study looking at the evolution of clinical supervision from both supervisors' and trainees' perspectives. Data collected. Manuscript in progress.

### Open Projects and Idea Starters

#### **STRENGTH-BASED INTERVENTIONS**

Strength-based psychotherapy, supervision, consultation, and self-care. Open for dissertations and group projects.

#### **SOCIAL MEDIA AND WELL-BEING**

Social media, media literacy, and mental health. Open for dissertations and group projects.

#### **MODERN TECHNOLOGY AND PSYCHOLOGY**

The impact of modern technology (mental health apps, bots, VR, AI, telehealth, etc.) on psychological research and mental health care. Open for dissertations and group projects.

### Contact

**Shirley Lo** (Doctoral Fellow) | **Dr. Chris Heffner** (Lab Director)



Positive Psychology Lab  
at Antioch University Seattle  
[positivepsychologylab.com](https://positivepsychologylab.com)

---

# DISSERTATIONS, PUBLICATIONS, & PRESENTATIONS

---

## Doctoral Dissertations

**Aiguier, C. (2023).** *Relationships among trait mindfulness, self-compassion, and compassion fatigue in mental health professionals working with clients with terminal illness.* PsyD Dissertation, Antioch University Seattle.

**Struthers, G. L. (2022).** *The lived experiences of sports retirement among elite, action sports athletes.* PsyD Doctoral Dissertation, Antioch University Seattle.

**Zinn, B. (2022).** *The flourishing trainee: Operationalizing self-care education in clinical psychology training.* Antioch University Seattle, Doctoral Dissertation.  
<https://aura.antioch.edu/cgi/viewcontent.cgi?article=1877&context=etds>

**Taylor, M. (2021).** *Flourishing with chronic pain.* Antioch University Seattle, PsyD Dissertation.  
<https://aura.antioch.edu/cgi/viewcontent.cgi?article=1676&context=etds>

**Gross, J. (2020).** *Examining optimism and caregiver strain in parents with youth and young adults diagnosed with anxiety and unipolar mood disorders.* Antioch University Seattle, PsyD Dissertation. <https://aura.antioch.edu/etds/610/>

**Woehler, L. (2020).** *Internet addiction and the relationship to self and interpersonal functioning within the Alternative Model for Personality Disorders (AMPD): Implications for psychosocial development.* Antioch University Seattle, Doctoral Dissertation.

## Pubs & Presentations

**Heffner, C. L. & Cowan, J. A. (2023).** *The strength-based clinical supervision workbook: A complete guide for mental health trainees and supervisors.* Routledge. DOI: 10.4324/9781003006558

**Harrison, H. G., Newberry, K. E., Barajas, D. D., Cowan, J. A., & Heffner, C. L. (2022).** *The many hats of supervisors: Comparing time spent in supervisor roles from past to present* [Poster Presentation]. American Psychological Association Annual Convention, Minneapolis, MN.

**Heffner, C. L., Cowan, J. A., Harrison, H. G., Newberry, K. E., & Barajas, D. D. (2022).** *Utilization of Strength-Based Supervision: Exploring the Perspective of Trainees and Supervisors* [Poster Presentation]. American Psychological Association Annual Convention, Minneapolis, MN.

**Cowan, J., Heffner, C. L., Turner, A., Xu, S., & Harrison, H. (2021).** *Clinical supervision and COVID-19: Insights from a national sample of supervisors and trainees.* Poster Presentation, American Psychological Association Convention.

**Heffner, C. L. & Struthers, G. (2021).** *A strength-based lens on the ethics of self-care in health-service psychology training.* Poster Presentation, American Psychological Association Convention.

**Zinn, B., Heffner, C. L., Struthers, G., Monahan DeMella, J., Agassiz, K. (2021).** *Amplifying well-being through self-care in the age of COVID-19: An eight-week online self-care mentoring group for doctoral students in clinical psychology.* Poster Presentation, American Psychological Association Convention.

**Heffner, C. L. & Cowan, J. (2019).** *Foundations of effective strengths-based clinical supervision.* Program developed for and presented to Swedish Hospitals, Behavioral Health Division. Seattle, WA.

**Heffner, C. L. & Cowan, J. (2019).** *The deliberate practice of effective clinical supervision.* Program developed for and presented to supervising psychologists through the National Psychology Training Consortium [APA CE approved], Renton, WA.

**Heffner, C. L. & Cowan, J. (2018).** *Competency-based clinical supervision: Developing a competency-based approach to clinical supervision in primary care health-service psychology.* Program developed for and presented to supervising psychologists through the National Psychology Training Consortium [APA CE approved], Renton, WA.