

# DECEMBER 2023



## Quick & timely reads:

American Psychiatric Association | Holiday Stress Presentation – [link](#)

NAMI – ‘Maintaining Mental Health During the Holiday Season’ – [link](#)

‘First-ever APA Guidelines for treatment of graduate students focus on equity, respect’ – [link](#)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <a href="#">Movie Screening:</a> <i>Everyone I Know is Sick</i>	2 Kristkindl <a href="#">Market</a> (12/1-12/2)
3 <a href="#">Free Virtual Talk:</a> Derek Penslar, "American Jews and Israel: From Love to Anguish"  International Day of Persons with <a href="#">Disabilities</a>	4 <a href="#">KU DEI:</a> Prism (LGBTQIA+) Coffee Meetup	5 <a href="#">KU DEI:</a> "The Palestinian Perspective: History, Current Events, & Future Implications"	6	7 <a href="#">Hanukkah</a> begins at sundown	8 <a href="#">GKCPA Talk:</a> "Cultural, contextual, and individual factors associated with psychotherapy"	9 Hanukkah Glow Party <a href="#">2023</a>
10 International Human Rights <a href="#">Day</a>	11	12	13	14	15 Hanukkah ends at sundown	16 Inclusive Holiday <a href="#">Market</a>  SciFun Holidays: <a href="#">Diwali</a>
17	18 <a href="#">Movie Screening:</a> <i>Tangerine</i> (Trans Lives on Screen)	19	20	21 Winter Solstice ( <a href="#">Yule</a> )	22	23
24 Christmas <a href="#">Eve</a>	25 Christmas Day: <a href="#">Unique traditions around the world</a>	26 <a href="#">Movie Screening:</a> <i>The Color Purple</i>  <a href="#">Kwanzaa</a> begins (12/26 – 1/1)	27	28	29	30
31 New Year's Eve: <a href="#">Global celebrations</a>	<b>Events Around Town:</b> <ul style="list-style-type: none"> <li>13<sup>th</sup> Annual Holiday Swing at Crown Center (Handmade Holiday Fair) – Dec. 1-3; 8-10; 15-17: <a href="#">web link</a></li> <li>SEA LIFE Kansas City's 'Sea of Lights' – Dec. 1-Jan. 1 -- <a href="#">web link</a></li> <li>Kansas City Symphony's Christmas Concert – Dec 14-17 – <a href="#">web link</a></li> <li>Luminary Walk at Overland Park Arboretum &amp; Botanical Gardens – <a href="#">web link</a></li> </ul>					

## Resources from APA Division 17 Section on Positive Psychology | November 2023

Dear All,

In celebration of the Thanksgiving National Holiday and the National Native American Heritage Month, please check out the following positive psychology resources:

Arnout, B. A., & Almoied, A. A. (2021). A structural model relating gratitude, resilience, psychological well-being and creativity among psychological counsellors. *Counselling and Psychotherapy Research*, 21(2), 470-488. <https://doi.org/10.1002/capr.12316>

Davis, D. E., Choe, E., Meyers, J., Wade, N., Varjas, K., Gifford, A., Quinn, A., Hook, J. N., Van Tongeren, D. R., Griffin, B. J., & Worthington, E. L., Jr. (2016). Thankful for the little things: A meta-analysis of gratitude interventions. *Journal of Counseling Psychology*, 63(1), 20–31. <https://doi.org/10.1037/cou0000107>

Kumar, S. A., Edwards, M. E., Grandgenett, H. M., Scherer, L. L., DiLillo, D., & Jaffe, A. E. (2022). Does gratitude promote resilience during a pandemic? An examination of mental health and positivity at the onset of COVID-19. *Journal of Happiness Studies*, 23(7), 3463-3483. <https://doi.org/10.1007/s10902-022-00554-x>

Wong, Y. J. (2023). The catalyst model of change: Gratitude interventions with positive long-term effects. *Affective Science*, 4(1), 152-162. <https://doi.org/10.1007/s42761-022-00136-3>

Wong, Y. J., McKean Blackwell, N., Goodrich Mitts, N., Gabana, N. T., & Li, Y. (2017). Giving thanks together: A preliminary evaluation of the Gratitude Group Program. *Practice Innovations*, 2(4), 243–257. <https://doi.org/10.1037/pri0000058>

Bryant, J., Bolt, R., Botfield, J. R., Martin, K., Doyle, M., Murphy, D., ... & Aggleton, P. (2021). Beyond deficit: ‘Strengths-based approaches’ in indigenous health research. *Sociology of Health & Illness*, 43(6), 1405-1421. <https://doi.org/10.1111/1467-9566.13311>

Doery, E., Satyen, L., Paradies, Y., & Toumbourou, J. W. (2023). The relationship between cultural engagement and psychological well-being among indigenous adolescents: A systematic review. *Journal of Cross-Cultural Psychology*, 54(1), 90-113. <https://doi.org/10.1177/00220221221128215>

Gonzalez, M. B., Sittner, K. J., Saniguq Ullrich, J., & Walls, M. L. (2021). Spiritual connectedness through prayer as a mediator of the relationship between indigenous language use and positive mental health. *Cultural Diversity and Ethnic Minority Psychology*, 27(4), 746-757. <https://doi.org/10.1037/cdp0000466>

Houkamau, C., Milojev, P., Greaves, L., Dell, K., Sibley, C. G., & Phinney, J. (2021). Indigenous ethnic identity, in-group warmth, and psychological wellbeing: A longitudinal study of Māori. *Current Psychology*, 42, 1-17. <https://doi.org/10.1007/s12144-021-01636-4>

Rountree, J., & Smith, A. (2016). Strength-based well-being indicators for indigenous children and families: A literature review of indigenous communities' identified well-being indicators. *American Indian & Alaska Native Mental Health Research: The Journal of the National Center*, 23(3), 206-220. <https://doi.org/10.5820/aian.2303.2016.206>

Warmly,  
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