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26

1-4 July 2026

EUROPEAN CONFERENCE ON POSITIVE PSYCHOLOGY

"Body Meets Mind: Positive Psychology and Health for Everyone"



www.ecpp2026.com

THIS IS OUR MOMENT: THE YEAR OF ECPP 2026

The coming months will see the conference truly take shape. We are excited to share what we have been working on over the past few months as ECPP moves into its final phase.

Get ready for a conference full of lively debates like never seen before, be a part of the discussions that will contribute to advancing the development of Positive Psychology

In this issue you will find information on:

- News on Abstract Submissions
- A conference made for you (BTS)
- Keynote, Invited Speakers and Workshop Facilitators
- How to join our ECPP 2026 Communities
- About ENPP
- Visiting Ireland

We can't wait to welcome you to Dublin this July!



Positive Health and Wellbeing take the Spotlight!

For the first time ever, we decided to include **“Positive Health and Wellbeing”** as a topic for abstract submissions, it is remarkable to see that it became the most popular choice for submission! The fact that so many of you chose this topic shows that the dynamic between body and mind is at the heart of our conference theme **“Body Meets Mind: Positive Psychology and Health for Everyone”**.

With such an unprecedented number of abstract submissions, the task of selecting the final programme will undoubtedly be challenging. Nevertheless, through a rigorous review process, where each abstract is assessed by two reviewers; and with the input of our outstanding scientific committee, we are confident that we will be able to curate an inspiring programme that showcases the most compelling and innovative contributions in Positive Psychology.

 **Notification to Submitters: 26 February 2026**

COMING SOON Watch out for our timetable **COMING SOON**

COMING SOON

940
ABSTRACTS

Abstract Submissions like never before!

The end of year has been an exceptionally busy and productive period for the ECPP 2026 team and we're starting the new year with great excitement for what is ahead! We received over 940 abstract submissions, reflecting an impressive level of enthusiasm and engagement from our community.

Teamwork makes the Dream Work

We would like to express our sincere and heartfelt gratitude to all those involved in reviewing the 940 abstracts submitted. Without your generous commitment of time, expert judgement, and dedication to maintaining the highest academic standards, this review process would not have been possible.

Aaron Jarden, Edith Cowan University, Australia – **Alena Slezáčková**, Masaryk University, Faculty of Medicine, Czech Republic – **Ana Paula Nacif**, University of East London, UK – **Anna Glynn**, MAPP – **Annalise Roache**, Royal College of Surgeons in Ireland – **Ayse Burcin Baskurt**, University of East London, UK – **Benjamin Berend**, Universität Trier, Germany – **Ceri Sims**, Buckinghamshire New University, UK – **Charles Martin-Krumm**, Ecole de Psychologues Praticiens de Paris, France / UMR 1319 INSPIRE Inserm Université de Lorraine, Metz, France – **Christian van Nieuwerburgh**, Royal College of Surgeons in Ireland – **Ciara Scott**, Royal College of Surgeons in Ireland – **Claudia Harzer**, MSH Medical School Hamburg, Germany – **Corinna Peifer**, University of Lübeck, Germany – **Elisabeth Bélot-Grimaud**, Director of Centre de Ressources pour la Cognition, France – **Fabian Gander**, University of Basel, Switzerland – **Helena Águeda Marujo**, ISCSP, Universidade de Lisboa, Portugal – **Holli-Anne Passmore**, Concordia University of Edmonton, Canada – **Jackie Gaffaney**, Royal College of Surgeons in Ireland – **Joar Vittersø**, The Arctic University of Norway – **John Zelenski**, Carleton University, Canada – **Jolanta Burke**, Royal College of Surgeons in Ireland – **Jorgelina Mastruleri**, University of Melbourne, Australia – **Kate Brassington**, Royal College of Surgeons in Ireland – **Kristina Rae Vigna**, Università di Bologna, Italy & Royal College of Surgeons in Ireland – **Liana Lianov**, Royal College of Surgeons in Ireland – **Magdalena Laib**, Stuttgart Media School, Germany – **Marco Weber**, MSH Medical School Hamburg, Germany – **Marie Oger**, APCoSS lab, IFEPSA-UCO Angers, France – **Marta Bassi**, University of Milan – **Matthew Iasiello**, Head of Data and Research Translation Be Well Co; University of Adelaide, Australia – **Matthew Smith**, New Buckinghamshire, UK – **Milija van Cappel**, Independent – **Natasha Taylor**, MAPP; Optima Vitae, WELLx. – **Padraic Dunne**, Royal College of Surgeons in Ireland – **Roger Bretherton**, Royal College of Surgeons in Ireland – **Ryan Lumber**, Nottingham Trent University, UK – **Sara Ascenso**, Royal Northern College of Music, UK – **Shiri Lavy**, University of Haifa, Israel – **Stefan Hoefer**, Innsbruck Medical University, Austria – **Svala Sigurðardóttir**, University of Iceland and Aarhus University – **Tahira Mubashar**, MSH Medical School Hamburg, Germany – **Tanja Gabriele Baudson**, Charlotte Fresenius Universität, Germany – **Tayyab Rashid**, Human Flourishing Program, Harvard; Values in Action Institute on Character –

A CONFERENCE MADE FOR YOU

BEHIND THE SCENES

Lace up your boots!

Wellbeing walks are coming to ECPP 2026

Join us for a pre-conference hike along some of Ireland's most gorgeous trails! Breathe in the fresh air, stretch your legs, and immerse yourself in the beauty of the Irish countryside. It's the perfect way to refresh your mind, connect with nature, and get inspired—setting the tone for an unforgettable conference experience



The best *for* both worlds

We're working hard to create a conference that is relevant to scientific and practitioner communities. For **researchers**, expect cutting-edge talks, innovative methods and opportunities to explore the latest findings. For **practitioners**, we're designing sessions that provide actionable insights, hands on workshops and real-world strategies that you can take back to your practice. Some of our speakers:

- Meike Bartels
- Michael Pluess
- Carol D. Ryff
- Fabian Gander
- Sue Langley
- Suzy Green
- Ryan Niemiec
- Christian van Nieuwerburgh

Cooking up something special

We're thrilled to be organising a Positive Gut Health preconference workshop with the Annette Sweeney. Details are still simmering, but this session will nourish your brain and your gut alike!



MEET OUR SPEAKERS

Get ready for a truly inspiring experience!

ECPP 2026 will bring together over 30 keynote and invited speakers from a wide variety of fields. Many of our speakers were already featured in the previous edition of the ECPP Newsletter, which you can find [HERE](#).

This is your chance to connect, learn and be inspired by the leading voices you've been eager to hear from. Whether your interests lie in positive health, interventions, resilience, education or global challenges, you'll hear from experts who push boundaries ask bold questions and shape the future of Positive Psychology and the world.

Prof. Carol D. Ryff



Positive Health

If **Prof. Carol D. Ryff** isn't in your radar yet, you're in for a treat! She is a psychologist whose work bridges social, psychological and biological perspectives on human health and aging. Prof. Carol D. Ryff is Director of the Institute on Aging and Hilldale Professor of Psychology at the University of Wisconsin-Madison. More than 30 years ago, she developed a model of psychological wellbeing which still inspires people all over the world as it has been translated to 40 languages and generated over 2000 publications. A guiding theme of her work is resilience: understanding the factors that help people maintain or regain well-being in the face of adversity. Lately, she's focused on how major global events or social disadvantages impact wellbeing, highlighting growing inequality.

Dr. Tayyab Rashid



**Positive
Psychotherapy**

Step into the world of Positive Psychotherapy with **Dr Tayyab Rashid** as he takes us on an inspiring journey through the approach he co-developed. Dr Rashid specializes in strengths-based approaches, resilience and posttraumatic growth. He has worked with communities facing severe trauma worldwide, delivered talks and helped develop professionals all over the world. Dr. Rashid is President-Elect (2025-27) of the International Positive Psychology Association (IPPA). His acclaimed books *Positive Psychotherapy* (2018) and *Strengths-Based Resilience* (2025) have shaped the field and continue to guide practitioners everywhere.

MEET OUR SPEAKERS

Dr. Stewart I. Donaldson



**Human
Flourishing**

Have you heard about the latest PERMA+4 model which explores additional components to PERMA such as Physical health? **Dr. Stewart I. Donaldson** is a globally renowned scholar, educator and leader committed to advancing human flourishing. He is also the President of the Flourishing centre and will explore the latest advances during his talk. He has played a pivotal role in shaping the fields of positive psychology, wellbeing science and evaluation science. Dr. Donaldson is a prolific author with numerous scientific publications, including more than 20 influential books and numerous scholarly peer-reviewed articles that bridge research and real-world application.

Dr. Liana Lianov



Positive Health

What if told you the key to unlocking sustainable lifestyle change is related to integrating positive psychology with elements such as meaning, purpose and spirituality? Step into **Dr. Liana Lianov's** ground-breaking vision of lifestyle medicine and positive health and explore how the reciprocal and reinforcing relationship between lifestyle habits and positive health interventions can deepen motivation, resilience and engage in health-promoting behaviours. She is the president and founder of the Global Positive Health Institute. A global leader in the field, Dr Lianov helped shape the core competencies of lifestyle medicine and continues to play a key role in redefining the future of healthcare.

Prof. Michael Pluess



**Developmental
Psychology**

Understanding why people respond so differently to the same environments lies at the heart of **Prof. Michael Pluess'** work. He teaches Developmental Psychology at the University of Surrey and specializes in epigenetics. His research focuses on individual differences in environmental sensitivity, as well as positive development and the promotion of well-being across the lifespan. In addition, he also studies mental health and resilience in humanitarian crises. His work is widely published in leading journals. In his talk, **Prof. Pluess** will go beyond models of resilience we already know to bring a fresh new perspective to positive development. What does research say and what role does *environmental sensitivity* play in this?

Click the links to learn more about the inspirational speakers joining us

Keynote

Invited

Workshop



THE ROOM WHERE IT HAPPENS

We're excited to announce our first series of meet-ups within our **communities this February!**

We're bringing people together to talk about the issues shaping our world — climate change, poverty, global conflict, and so much more. No topic is off the table, and every voice matters.

These meet-ups are your chance to connect with others who care, share ideas, challenge perspectives, and explore meaningful solutions in a supportive and open space.

Calling all Positive Psychology graduates worldwide! Join **Alumni** from around the world for pre-conference meetups, networking and discussions on the topics that matter to you.

[Register Here - Meeting led by Kate Brassington - ALUMNI](#)

If you are passionate about bringing wellbeing science into your professional world, whatever the sector, Join us to connect with the **Professional** community in Positive Psychology.

[Register Here - Meeting led by Kristina Vigna - PROFESSIONAL](#)

Join our growing network of **Researchers** in Positive Psychology where we aim to create an inspirational space for meaningful connection, collaboration and discuss new initiatives together.

[Register Here - Meeting led by Jolanta Burke- RESEARCHER](#)

Welcome to Our Venue

Sustainability at the Convention Centre Dublin (CCD)

We are incredibly excited to host ECPP 2026 at the Convention Centre Dublin (CCD), a striking venue located on the banks of the River Liffey, offering panoramic views across Dublin and towards the Wicklow Mountains. From the moment you enter the iconic glass atrium, you'll experience the impressive architecture designed by Pritzker Prize-winning architect Kevin Roche, making the CCD a truly memorable setting for the conference.

Sustainability is at the heart of both the venue and the conference. The CCD was the world's first carbon-neutral convention centre and holds LEED Platinum certification, the highest international standard for sustainable buildings. Its design prioritises energy efficiency through advanced energy-management systems, high-performance glazing, low-energy lighting, and extensive use of natural daylight, significantly reducing environmental impact.

The CCD works closely with local Irish suppliers to provide sustainably sourced catering, reducing food miles while showcasing high-quality Irish produce. In addition, the centre actively offsets carbon emissions through renewable energy and verified environmental projects. Our conference will also be largely paperless, with key information available via a dedicated app, and delegates will receive lanyards made from recycled PET, supporting waste reduction and responsible resource use.



Funding to support your attendance

To help ensure broad and inclusive participation, we are pleased to offer **€3000 bursary** to support attendance cost.

Full details on eligibility and the application process will be shared soon. We encourage interested delegates to look out for further information.

Early Bird Registration

-Limited time Only-

Early bird registrations are open for a **limited time only**. This is your opportunity to secure your place at a reduced rate and join us in Dublin, for what is shaping to be an exceptional event in Positive Psychology this July.

[Register Today](#)



Conference Cultural Evening - Gala Dinner

After a full day of ground-breaking research and engaging discussion, join us for our Gala dinner and cultural evening.

This is your chance to experience Ireland at its finest, with music and dancing in one of Dublin's most prestigious venues, home to Irish rugby, the Aviva Stadium.

Whether you're reconnecting with colleagues or making new friends, the cultural evening is a highlight you won't want to miss. Come for the research. Stay for the craic.

📍 **Aviva Stadium**
📅 **3 July 19:00 - 22:30**



ENPP

European Network for Positive Psychology

Established in 2002, the European Network on Positive Psychology (ENPP) is a non-profit organisation with a strong international focus. It is supported by a network of Country Representatives and overseen by an Executive Board. All work is done on a voluntary basis and the European Conferences on Positive Psychology held every second year are the most important events in the organization



European Conferences on Positive Psychology

- ECPP 2002 in Winchester, United Kingdom
- ECPP 2004 in Verbania, Italy
- ECPP 2006 in Braga, Portugal
- ECPP 2008 in Opatija, Croatia
- ECPP 2010 in Copenhagen, Denmark
- ECPP 2012 in Moscow, Russia
- ECPP 2014 in Amsterdam, the Netherlands
- ECPP 2016 in Angers, France
- ECPP 2018 in Budapest, Hungary
- ECPP 2022 in Reykjavik, Iceland
- ECPP 2024 in Innsbruck, Austria



Calling all sponsors



Are you offering a product or service associated with the positive psychology and positive health research and practice? If so, we want to hear from you! ECPP 2026 is expecting delegates from around the globe, researchers, practitioners, educators, coaches and leaders, all passionate about positive psychology and eager to discover the tools, services and innovations that can improve their work.

This is your chance to:

- Position your brand at the heart of Europe's main positive psychology event.
- Connect directly with a highly engaged, international audience.
- Showcase your expertise alongside the world's leading positive psychology researchers.
- Make meaningful connections that extend far beyond the conference.

Whether you're launching something new or want to deepen your relationship with the positive psychology community, ECPP2026 offers tailored sponsorship packages designed to help your business shine.

We want to hear from you: ecpp2026@abbey.ie

More Information





Céad Mile Failte

'A hundred thousand welcomes'

The perfect escape? The city break you've been dreaming of? The cliff-path walk you'll remember forever? Well, Ireland has you covered.

This magical island is just waiting to thrill you with its stunning windswept scenery along the Wild Atlantic Way, to capture you with its history of ancient sites such as Newgrange and to entice you with its traditional music.

Wild, astounding, inspirational – there are so many words to describe the awesome majesty of the Irish Coast. But one thing's for sure: this place is pure magic. From Ballycastle in the north of Country Antrim to Allahies in the west of County Cork, this stunning country is renowned for its sylvan beauty, rich shades of green and individual character. You'll find quiet villages, rugged mountain roads, tranquil rivers and mythical tales.

Whether you're looking for stories of old, dreaming of fantastical castles, or just want to visit some of the most romantic settings imaginable there is something to suit every taste. From charming coastal villages to spectacular natural wonders, taking to the road on the island of Ireland reveals surprises at every turn.

[VISA & Passports](#)

www.visitdublin.com



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