

Agenda Overview

AI and the Future of Wellbeing



VIRTUAL SUMMIT

Daily Theme	Day 1: Where We Stand and Where We Stumble March 23	Day 2: The Personalized Mind March 24	Day 3: Unexpected Side Effects March 25	Day 4: Ethical Labyrinths March 26	Day 5: AI Competencies March 27
Overview	Distinguish genuine breakthroughs from marketing claims. Identify immediate opportunities alongside emerging risks. Understand what AI can do for wellbeing — and what it can't.	Explore AI's capabilities in precision diagnostics and hyper-personalized interventions. Discover how AI-driven insights can deepen — not replace — therapeutic and coaching relationships.	Learn what few practitioners are prepared for: AI-induced phenomena, cognitive offloading, and how constant AI interaction affects capacities we're trying to strengthen. Practical prevention strategies included.	Navigate algorithmic bias, privacy concerns, and the balance between efficiency and empathy. Learn how ethical AI implementation actually enhances human connection and trust.	Build competencies that define thriving professionals: AI literacy, human-AI collaboration skills, and ethical discernment — while strengthening empathy, creativity, and moral imagination.
Opening Keynote 6:30 - 7:05 (15:30 - 16:05)	The Promise and the Perils of AI for Psychology <i>An Ask Me Anything session with Martin Seligman</i>	The Last Generation to Define Wellbeing: How to Protect Human Agency Before AI Optimizes It Away Llewellyn van Zyl	When We Outsource Thinking, We Pay the Hidden Cost of AI Dependence Michael Gerlich	Session details will be available soon	Reframing Talent Development in the Intelligence Age Ederick Stander
Second Keynote 7:05 - 7:40 (16:05 - 16:40)	Psychological Evidence on AI Coaching and Well-Being: Early Findings and Open Questions Kate Niederhoffer	Evergreen: A Novel AI-enabled Platform to Promote Flourishing in Student Life Lisa Marsch & Nicholas Jacobson	Equations for Happiness Robb Rutledge	Well-Being in the Age of AI Lyle Ungar	Being Met: AI, Humanity, and the Real Work of Healing Steve Peralta
Panel Discussion 7:40 - 8:20 (16:40 - 17:20)	Featuring: Melissa Crawford, Rudi Oosthuizen, Kaiping Peng, Jazz Rasool, Yukun Zhao	Featuring: Michael Heinz, Adam Nissen, Ana Alina Tudoran	Featuring: Raymond R. Bond, Sebastian Dohnány, Michael Gerlich, Sachin Pendse	Featuring: Aaron Jarden, Tamara Lechner, Julie Prescott, Justin Scaini	Featuring: Kirsty Gardiner, Jazz Rasool, Sebastiaan Rothmann, Ederick Stander
Roundtables for Q&A 8:25 - 8:35 (17:25 - 17:35)					
Exhibition Hall & Networking 8:35 - 9:35 (17:35 - 18:35)					
Live Workshops <i>Not recorded</i> 9:35 - 10:35 (18:35 - 19:35)	Choose Your Track: <ul style="list-style-type: none">Practice: The Psychologist's Prompt Playbook: Prompt & Context Engineering for Effective AI Use in Wellbeing Practice (Llewellyn van Zyl)Research: Using ASReview for Trustworthy AI-Driven Systematic Literature Reviews (Rens van de Schoot)	Choose Your Track: <ul style="list-style-type: none">Practice: Building Your Own AI Powered Supervising Psychologist: A Hands-On Workshop For Psychologists (Llewellyn van Zyl)Research: Digital Health Personalization: GameBus and Experienter (Pieter Van Gorp)	Choose Your Track: <ul style="list-style-type: none">Practice: Hidden in plain site: How AI systems shape our decisions and how we judge others who use AI (Emir Efendić)Research: Technological folie à deux: Feedback Loops Between AI Chatbots and Mental Health (Sebastian Dohnány)	Choose Your Track: <ul style="list-style-type: none">Practice: A Hero's Journey through the Ethical AI Landscape (Tamara Lechner & Jazz Rasool)Research: Value Aware AI (Nardine Osman)	Choose Your Track: <ul style="list-style-type: none">Practice: Building with AI for Practitioners (Sepehr Khosravi)Research: Aligning Conversational AI with Human Values (Malak Sadek & Dorian Peters)
Closing Session 10:40 - 11:15 (19:40 - 20:15)	Using AI to Improve Mental Health and Well-Being Johannes Eichstaedt	Multiple Selves and Alignment Angela Duckworth	The Future of Epistemic Infrastructure: AI, Trust, and Human Wellbeing Don Shin	Talking to the Dead: Large Language Model-Assisted Analysis of Ancient Texts for Well-Being Science Yukun Zhao	Session details will be available soon Sepehr Khosravi