

Prof. Paul T. P. Wong
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Bio

He is a Fellow of APA, APS, and CPA, and the founding President of the [International Network on Personal Meaning](#) and the [Meaning-Centered Counselling Institute](#). He is Editor-in-Chief of the [International Journal of Existential Positive Psychology](#) and Consulting Editor of the [Journal of Humanistic Psychology](#). As a research psychologist, he is well known as a leading authority on Viktor Frankl and Logotherapy. As a [pioneer of the positive psychology of suffering](#), he is responsible for a [major paradigm shift](#) from positive psychology to the existential positive psychology of flourishing through suffering. He has published 8 books and more than 300 articles and book chapters. He is also shortlisted by [AcademicInfluence.com](#) as one of the most “noteworthy and influential psychologists,” with a world ranking of No. 155. He has been invited to give keynotes, webinars, workshops and lectures on all 7 continents. His brand of Integrative Meaning therapy (IMT) aims at unlocking the transforming power of suffering. Rather than focusing on symptom reduction, IMT emphasizes that both healing and flourishing can be achieved by meeting the basic human need for meaning, relationships, and faith.

Keynote Address on:

The Emerging Paradigm of Positive Psychology in The Midst of Existential Crises

Abstract

Positive psychology needs a paradigm shift in a world full of existential threats, from nuclear war and climate change to artificial intelligence (AI), systemic discrimination and widespread disinformation (Wong et al., 2022). Some parts of the world are already dystopian societies. This keynote introduces existential positive psychology (EPP) as the emerging paradigm dedicated to the study of wellbeing and flourishing within the larger context of human existence in all its complexities, depths, and heights. This new science (Wong, 2023a) navigates a world full of evil and suffering but also full of meaning and opportunities through dialectical yin-yang interactions. EPP transcends polarities, limitations, and obstacles through spiritual triad of faith, hope, and love (Wong, 2023b). The outcome of healing the broken people, making them whole, and enabling them to fulfill their dreams is mature happiness or existential wellbeing (Wong & Bower, 2018), characterized inner harmony and peace with self, others, and the Higher Power. I will present both the foundational issues and relevant research findings for global flourishing from the perspective of EPP. This paradigm shift requires a shift in mindset, attitudes, and actions. I will describe the types of re-orientation needed in order to achieve regeneration and personal transformation.