

The Art of Authenticity

March 20-22, 2020

Presenters: Maria Sirois

Mental health requires a capacity to both understand oneself and to elevate the aspects of the self which serve to increase clarity, self-esteem, capacity to navigate difficult/traumatic moments, as well as create elevated life satisfaction and robust meaning or purpose. Authentic self-development is crucial to the achievement of this growth. However, authenticity, or rather the movement toward a more authentic understanding of oneself is complicated for both the client/patient and the clinician or professional. What does one do with aspects of the self that are true yet harmful? How do we help clients integrate aspects of the self that are authentic and yet in conflict, such as the desire for healthy self-care and the tendency to self-sabotage? What is the best path forward in an environment (work, home, community) that supports suppression of core aspects of one's self? The appreciation of the complexity of this work, its importance in creating healthful living, and the exploration of tools and perspectives relevant to an increase in authentic healthful living is the focus of this course. Participants will be presented with current research examining the application of authenticity practices in clinical and work settings and will have opportunity to discuss and examine the relevance of this research and related tools to their particular settings and clinical/medical challenges.

The weekend program, The Art of Authenticity, is an opportunity for people to step back and really think about how to become more authentic in their real lives. Research has made two things clear: People who become more authentic over time are more resilient and practicing authenticity is more complicated than just being yourself. The perspective and practices presented in the program derive from the eudaimonic tradition in positive psychology. Simply put, this tradition examines how people can live "meaningfully ever after".

The target professional audience is for novice and experience practitioners in the clinical, coach and medical settings

Program

AGENDA:

Friday, March 20, 2020

5:30pm-7:00pm – Dinner

7:30pm–9:00pm – Program Session

Authenticity Revealed

Learning Objectives:

- *Define the Art of Authenticity versus simply being yourself*
- *Explain how to become clear about why authenticity matters in general and specifically in each participants' unique life/work situation*

Saturday, March 21, 2020

7:00am-8:30am - Breakfast

8:30am-11:30am – Program Session (15 min. break mid session)

The Ideal Self

Learning Objectives:

- *Identify with the real, ought, and ideal selves*
- *explain how to clarify the concept of a growth mindset and how it applies in general and in participants' individual lives*

Foundational Strengths

Learning Objectives:

- *Explain the VIA character strengths as a tool and practice shaping character in self and others.*
- *Define a signature contribution and link the critical importance of signature contributions in the workplace of the 21st century.*
- *Describe the tricky issue of transparency across various roles in life and work.*

The Complexity of Authentic Development

Learning Objectives:

- *Explain the benefits and barriers to moving toward an ideal true self.*

11:30am-1:30pm - Lunch

1:45pm-3:45pm – Program Session

Authentic Living/Working

Learning Objectives:

- *Use the template for direct application of the ought/real/ideal model to a current work/life situation*
- *Identify positive personal/professional benefits*
- *List specific short- and long-term goals*

Visioning

Learning Objectives:

- *Integrate practical goals with visioning*
- *Discuss relevance of goals/vision to increasing experience of clear purpose and of meaning*

5:30pm-7:00pm – Dinner

Sunday, March 22, 2020

7:00am-8:30am - Breakfast

9:00am-11:00am – Program Session

Moving Toward What is True

Learning Objectives:

- *Apply or implement the ideal self tool by creating “ideal self version 1.0”*
- *Identify clearly the one or two steps that can be taken in the short term toward a more authentic life*
- *Explain how to make change last*

Presenter(s) Bio

Maria Sirois, PsyD, is a positive psychologist and seminar leader who teaches internationally in the intersection of resilience and flourishing. Known for her wisdom, authenticity, and rampant humor, she delivers invigorating practices to corporate and nonprofit audiences alike. Maria offers a wealth of perspective from decades of study in the areas of mind-body medicine and resilience to those who seek personal transformation and an increase in meaning, happiness, and health. Maria has been called an orator of great power and beauty and is the author of *A Short Course in Happiness After Loss (And Other Dark, Difficult Times)* and *Every Day Counts*.

Program Costs and Registration

Please visit www.kripalu.org

Cancellation Policy

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

Conflict of Interest/Commercial Support

Programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted.

Grievance Policy

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at cec@kripalu.org or 413.448.3127.

Certificate Issuance

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

Psychology - 8 CE Hours

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 8 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed into each session, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in for each session will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

Social Work – 8 Credits

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

For additional CE information, please visit <https://kripalu.org/continuing-education-credits>