

A Short Course in Happiness After Loss (and Other Dark, Difficult Times)

January 31, 2020 – February 2, 2020

Presenter: Maria Sirois

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA

Program

This course examines the consequences of loss upon the mental, emotional and physical wellbeing of adults, as well as the potentially damaging shifts in relational health, the capacity to function, and the disruption of meaning. Course material is drawn from the latest research in the fields of positive psychology and resilience, particularly as that research relates to individual, family and group/team wellbeing. Loss in many forms will be addressed, e.g. death, loss of work, loss of ability, loss of relationship, loss of health, as well as loss of belief, will, meaning and volition. In addition, resilience, from the perspective of post-traumatic growth, will be defined and examined. Attendees will be instructed in the application of positive psychology-based tools and perspectives that potentiate a return to whole person wellbeing as well as elevate resilience-building strategies in moments of chronic and/or acute stress. Specifically we will examine the use of activating growth mindsets, mindfulness practice, and applying signature strength tools as they apply to personal growth as well as clinical work with clients and patients. We'll explore perspectives on stress vis-à-vis health outcomes and examine the relationship of those perspectives to building daily resilience-enhancing habits.

Further, attendees in the psychological, social work and medical fields will explore the direct application of these perspectives on their clinical and/or supervisory practices.

The target audience is for all levels: Introductory, intermediate and advanced mental health professionals.

Friday, January 31, 2020

7:30pm–9:00pm – Resilience

Learning Objectives:

- *Define Resilience and Post-Traumatic Growth*
- *Explain the positive psychology principle of growth mindset*

Saturday, February 1, 2020

8:30am-10:00am – Growth Through Difficult Moments

Learning Objectives:

- *Explain the positive psychology principle of growth mindset*

10:00am-10:15am – Break

10:15am-11:30am – Growth Through Difficult Moments (cont'd)

Learning Objectives:

- *Explain the resilient and non-resilient perspectives on stress with health outcomes*

1:45pm-3:45pm – Strength, Wisdom and Returning to Calm

Learning Objectives:

- *Practice Recognize the processes of mindfulness with patients/clients.*
- *Practice signature strengths application in order to apply to self and train others.*

Sunday, February 2, 2020

9:00am-11:00am – The Art of Rising

Learning Objectives:

- Summarize the benefits of applying resilience-based tools including mindfulness, signature strengths and gratitude practice.

Presenter(s) Bio

Maria Sirois, PsyD, is a Positive Psychologist and seminar leader who teaches internationally at the intersection of resilience and flourishing. Known for her wisdom, authenticity, and rampant humor, she brings invigorating practices and perspectives to corporate and nonprofit audiences alike. Maria is the author of *A Short Course in Happiness After Loss (And Other Dark, Difficult Times)* and *Every Day Counts*. A master teacher, Maria has been called an orator of great power and beauty. With Tal Ben-Shahar, she co-leads a year-long certificate program in Positive Psychology for executives, educators, entrepreneurs, counselors, and the general public.

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 CE 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.

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