

The Art of Authenticity

March 29-31, 2019

Presenters: Maria Sirois and Karissa Thacker

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 29, 2019

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 30, 2019

7:00am-8:30am - Breakfast

8:30am-11:30am – Program Session

The Ideal Self

Learning Objectives:

- *explore 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:

- *Develop the template for direct application of the ought/real/ideal model to a current work/life situation*
- *Recognize 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 31, 2018

7:00am-8:30am - Breakfast

9:00am-11:00am – Program Session

Moving Toward What is True

Learning Objectives:

- *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*

Psychology - 8 CE Credits

R. Cassidy Seminars (co-sponsored) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program. 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.

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