

Certificate in Wholebeing Positive Psychology (In-House Immersion)

Dates: March 10-15, 2019

Presenters: Maria Sirois, Megan McDonough, Lynda Wallace, Karen Whelan-Berry, Phoebe Atkinson, Joan Borysenko, Stephen Cope

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

Program

Whether you want to improve your home life, better your workplace, grow personally or professionally, or start a new career, the Certificate in Wholebeing Positive Psychology offers you in-depth study, world-class faculty, and transformative experiences. This course extends the dimensions of Positive Psychology with a rare whole-person approach. Rather than a cognitive-only perspective on the science of well-being, you follow the SPIRE methodology.

Apply the whole-person approach personally and professionally in leadership, counseling, coaching, parenting, or teaching in order to

- *Bring about lasting change in individuals and organizations
- *Create healthy personal and professional relationships
- *Build positive emotions and the resilience to deal with painful ones
- *Develop constructive self-regard and grounded optimism.
- *Leave with the tools, practices, and research to support an increased capacity for health, resilience, deeper mindfulness, and greater levels of overall well-being.

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

Sunday, March 10, 2019

7:30pm–9:00pm – Setting the Stage: Welcoming and connecting the group. Journaling and connecting exercise to recall a "best group" experience and the characteristics that make a team work.

Learning Objectives:

- *Recognize the fundamental ideas of positive psychology*
- *Recognize how the fundamental ideas of positive psychology can radically change the way we relate to ourselves and others*

Monday, March 11, 2019

8:30am-11:30am – The History of Positive Psychology and Ideal Self: understanding the evolution of a "what works" approach, versus a "what's wrong" approach. Through storytelling

and picking characteristics that you admire, students develop an understanding of an "ideal self" the psychological construct of who we want to become.

Learning Objectives:

- *Recognize the history of positive psychology and how it informs current research and best practices*
- *Recognize the concept of many selves and explore best, authentic, and ideal/aspirational self*

1:45pm-3:45pm – Mind-Body Body-Mind Connection: explore the mind-body and body-mind connection, and how it shapes our physical, emotional and cognitive state.

7:00pm-9:00pm – The Character Strength of Gratitude: When you appreciate the good, the good appreciates. In this session, students go deeper into the character strength of gratitude, understanding its impact in relationship to self and others. An exercise is done where students "fill their own bucket" with what they appreciate about themselves.

Learning Objectives:

- *Recognize and practice gratitude as a cornerstone positive psychology practice*
- *Recognize the key drivers of healthy and happy interpersonal relationships, and how to apply this understanding to one's own and others' relationships.*

Tuesday, March 12, 2019

8:30am-11:30am – Authenticity: embracing the whole of our self, understanding the many (sometimes conflicting inner voices) and the choices we make to live in integrity.

Learning Objectives:

- *Recognize how to cultivate positive relationships and constructively working with conflict when it arises*
- *Recognize how to bring out the best in oneself and others by employing a strengths-based, appreciative approach in conversation, attitude, and behavior*

1:45pm-3:45pm – Resilience: Participants explore the practical application of resilience building strategies such as mindfulness, character strength, reframing, and a growth mindset.

Learning Objectives:

- *Apply SPIRE as a means toward higher levels of whole-person well-being, positivity and resilience*
- *Use a variety of scientifically proven techniques from the positive psychology, neurobiology, and mind-body toolboxes that can lead to lasting change rather than a temporary high.*
- *apply VIA Character Strengths in understanding moments of being at our best*

7:00pm–9:00pm – High Quality Connections and High Performance Teams: students form learning pods and practice positive group development

Learning Objectives:

- *Apply SPIRE as a means of increasing creativity, motivation, health, and overall success in individuals, groups, and organizations*
- *Practice positive team dynamics through working in a learning pod/small-group.*

Wednesday, March 13, 2019

8:30am-11:30am – Systems Thinking and Wholebeing Leadership: This session reviews how to look at the interplay of parts that make up the whole, versus a constructionist view of separateness. The importance of the network is explored, and leadership opportunities discussed.

Learning Objectives:

- *Recognize systems thinking and how it relates to the SPIRE approach to wholebeing positive psychology*
- *Apply the basic tools and techniques of building a capacity for resilience, by using tools that build resilience when times are smooth, and reinforce a resilient response when times are tough*

1:45pm-3:45pm – Listening: the science of how empathic listening impacts outcomes is reviewed, followed by a dyad exercise where listening is practiced. This is followed by writing and discussion.

Learning Objectives:

- *Recognize and practice deep listening*

7:00pm–9:00pm – Digging Deeper and Group work: continue team formation and development, choosing how they will connect and work together in the coming virtual modules. Practice positive team dynamics through working in a learning pod/small-group.

Learning Objectives:

- *Practice positive team dynamics through working in a learning pod/small-group.*

Thursday, March 14, 2019

8:30am-11:30am – Transitioning With EASE: This session brings mindfulness into a daily, lived practice, helping students develop self-leadership—the ability to create your inner experience, orienting actions and thoughts toward an ideal.

Learning Objectives:

- *Recognize how to systematically progress through an evidence-based process towards the realization of life goals and objectives*

1:45pm-3:45pm – Habits and reminders: this session reviews the science of habit formation and the importance of intention and reminders. Students go through a process to commit to a 30 day practice.

Learning Objectives:

- *Recognize the power of habit and routines*
- *Apply the concept of habits and routines to building positive habits using the tools and techniques in the program*

7:00pm–9:00pm – Next steps and group work: finalize group norms and establish working relationship with small group facilitator(s).

Learning Objectives:

- *Recognize the key drivers of healthy and happy interpersonal relationships, and how to apply this understanding to one's own and others' relationships.*

Friday, March 15, 2019

9:00am-11:30am – Moving Forward

Presenter(s) Bio

Megan McDonough is the General Manager of RISE at Kripalu and the cofounder of Wholebeing Institute. Megan's mission in her work (and in her life) is to harness the highest and best in people for the greatest good. From her senior leadership experience in healthcare, two decades as a yoga practitioner and teacher, and as the director of numerous online learning start-ups, Megan helps people move from point A to point B through whole-person engagement. She uses divergent thinking and creative perspectives to lead, and is the award-winning author of four books on mindfulness.

Joan Borysenko, PhD, is a Harvard Medical School-trained cancer cell biologist, a licensed psychologist, and a New York Times best-selling author. A pioneer in mind-body medicine, Joan is also the founder of Mind-Body Health Sciences, LLC, in Santa Fe, New Mexico, and a popular national speaker. Her work has appeared in newspapers ranging from the Washington Post to the Wall Street Journal and online in the Huffington Post, oprah.com, and numerous other forums.

Stephen Cope, MSW, Scholar-in-Residence and Kripalu Ambassador, is the founder and former Director of the Kripalu Institute for Extraordinary Living. He is the author of several best-selling books, including *Yoga and the Quest for the True Self*; *The Wisdom of Yoga*; and *The Great Work of Your Life: A Guide for the Journey to Your True Calling*. His latest book is *Soul Friends: The Transforming Power of Deep Human Connection*.

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 brings invigorating practices and perspectives to corporate and nonprofit audiences alike. She brings a wealth of perspective from decades of study in the mind-body medicine and

resilience disciplines 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*.

Lynda Wallace is one of the country's most highly sought-after positive psychology coaches and teachers, known for helping her clients and students to make rapid progress toward their highest aspirations for their lives and work. In addition to her work coaching individuals and groups from around the world, Lynda is director of the Positive Psychology Coach Certification program at Wholebeing Institute and the author of the Amazon bestseller *A Short Course in Happiness*. She holds an MBA from the Wharton School of the University of Pennsylvania and spent 20 years as an executive with Johnson & Johnson, where she ran a billion-dollar global consumer products business that included some of the world's most iconic brands.

Phoebe Atkinson, LCSW-R, is Teaching Assistant Mentor for the Certificate in Positive Psychology (CiPP) program in the United States. A graduate of the inaugural CiPP program at Kripalu, she is a licensed clinical social worker and a board-certified trainer, educator, and practitioner in psychodrama, sociometry, and group psychotherapy. Phoebe's areas of expertise include design and facilitation of clinical and corporate training programs. As a certified coach, she delivers executive leadership programs for Fortune 500 companies and, for the past 13 years, has co-facilitated a signature program at Rutgers University Institute for Women's Leadership.

Karen Whelan-Berry, PhD, is a positive psychology scholar and practitioner with extensive corporate and higher education experience. She focuses on research and practice at the intersection of ideal self, teams, and performance excellence; instructional design that cultivates immediate and long-term skills and habits; and individual and organizational positive change. Karen has shared her award-winning research in more than 20 publications, and numerous presentations at national and regional positive psychology and management conferences. She has taught undergraduate, graduate, and certificate courses, and has provided training and facilitation in corporate, nonprofit, government, healthcare, and higher education organizations. Karen holds a PhD in organizational studies from the Carroll Graduate School of Management at Boston College, an MBA from Bentley College, and bachelor's degree from Franklin Pierce College, and Certificates in Positive Psychology, Mindfulness and Character Strengths in Coaching, and Positive Psychology Coaching.

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.

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.

Psychology – 29.5 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 – 31 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.

Nursing – 37.2 CE Credits

Nursing Continuing Education Credits provided through Berkshire Area Health Education Center (AHEC). This course is designed for Registered and Licensed Practical Nurses, CNA's, and other health care and human service professionals and meets the requirements nursing contact hours as specified by the Massachusetts Board of Registration in Nursing - 244 CMR 5.04.

Coaches – (Pending Approval)

Programs have been approved for Continuing Coaching Education (CCE) units by the International Coach Federation (ICF).

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