

## Introduction to Positive Psychology

Dates: August 2-4, 2019

Presenters: Maria Sirois

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

### Program

A happier, healthier life is available to you. By exploring the science of optimal functioning—including research from the fields of Positive Psychology, neuroscience, and mind-body medicine—you can create a life that centers on what works. This program addresses the realms crucial to well-being (spiritual, physical, intellectual, relational, and emotional) and grounds your learning in the ancient wisdom available through meditation and yoga.

Create a life of greater health, happiness, meaning, and overall well-being by gathering the tools, practices, and attitudes that make a profound difference.

- Positivity spiral
- Math of happiness: how much is genetic and how to boost it daily
- Science of appreciation, gratitude, and optimism
- Art of mindfulness practice, and how it amplifies happiness
- Barriers that make change difficult
- Technology of sustaining positive transformation over time.

Target Audience: Introductory level mental and behavioral-health professionals

### AGENDA

#### Friday, August 2, 2019

5:30-7:00pm Dinner

#### **7:30pm-9:00pm - Program Session**

The Science of Happiness

##### Learning Objective:

- *Define practices of positivity: specifically mindfulness, gratitude, optimism and meaning*
- *Explain the fundamentals of mindfulness practice*

#### Saturday, August 3, 2019

7:00-8:30am Breakfast

#### **8:30am-10:00am - Program Session**

Building Toward Our Best Lives

##### Learning Objectives:

- *identify mindfulness as a path for creating health benefits for staff, clients, patients and teams.*

10:00am-10:15am – Break

#### **10:15am-11:30am – Program Session**

Building Toward Our Best Lives (cont'd)

##### Learning Objectives:

- *Identify the benefits of gratitude practice*

11:30-1:30pm Lunch

**1:45pm-3:45pm - Program Session**

Barriers to Growth

Learning Objectives:

- Summarize common barriers to positive cognitions, emotions and behavior.
- Describe growth-mindset and its application to positive change

5:30-7:00pm Dinner

**Sunday, August 4, 2019**

7:00-8:30am Breakfast

9:00am-11:00am - Program Session

Why Positivity Matters

Learning Objectives:

- Explain the latest research addressing benefits of positivity at work, in relationship, and for overall health
- Summarize therapeutic benefits of increasing optimism for clients/patients and teams

**Learning Objectives**

Participants will be able to:

- Define practices of positivity: specifically mindfulness, gratitude, optimism and meaning
- Explain the fundamentals of mindfulness practice
- identify mindfulness as a path for creating health benefits for staff, clients, patients and teams.
- Identify the benefits of gratitude practice
- Summarize common barriers to positive cognitions, emotions and behavior.
- Describe growth-mindset and its application to positive change
- Explain the latest research addressing benefits of positivity at work, in relationship, and for overall health
- Summarize therapeutic benefits of increasing optimism for clients/patients and teams

**Presenter(s) Bio**

Maria is a positive psychologist who practices executive coaching and leadership development in the world of business. Known for her broad-based perspective and the ability to apply psychology to the practical daily issues that occur in organizations both large and small, she has worked with more than 200 large companies and served as a trusted advisor within AT&T, Best Buy, and UPS. Karissa is the author of The Art of Authenticity and a regular contributor to Fast Company magazine.

**Program Costs and Registration**

Please visit [www.kripalu.org](http://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](mailto: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. CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, 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 or out each day 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>*