

A SHORT COURSE IN HAPPINESS AFTER LOSS (AND OTHER DARK, DIFFICULT TIMES)

March 16-18, 2018

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

The target audience is for all levels—introductory, intermediate, and advanced.

Program Schedule

SUNDAY | MARCH 16

7:30–9:00 pm

Resilience

Learning Objectives

- Define resilience and post-traumatic growth.
- Explain the Positive Psychology principle of growth mindset.

SATURDAY | MARCH 17

8:30–11:30 am

Growth Through Difficult Moments

Learning Objectives

- Explain the positive psychology principle of growth mindset.
- Explain the resilient and non-resilient perspectives on stress with health outcomes.

1:45–3:45 pm

Strength, Wisdom and Returning to Calm

Learning Objectives

- Recognize how to lead patients/clients through the processes of mindfulness practice.
- Practice signature strengths application in order to apply to self and train others.

SUNDAY | MARCH 18

9:00–11:00 am

The Art of Rising

Learning Objectives

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

Psychology | 8.25 CE Credits

Kripalu Center for Yoga & Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Kripalu Center for Yoga & Health maintains responsibility for this program and its content.

All programs eligible for Psychology CE credits are given full credit (excluding breaks/meals) unless otherwise noted in the schedule above.

CE credits for psychologists are only available for workshops or sessions that are at least one hour in length.

As an APA-approved sponsor of continuing education, Kripalu Center for Yoga & Health is committed to the identification and resolution of potential conflicts of interest in the planning, promotion, delivery, and evaluation of continuing education. Consistent with concepts outlined in the APA Ethical Principles of Psychologists and Code of Conduct, potential conflicts of interest occur when an individual assumes a professional role in the planning, promotion, delivery, or evaluation of continuing education where personal, professional, legal, financial, or other interests could reasonably be expected to impair his or her objectivity, competence, or effectiveness.

(*Note* All 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 on this program's webpage.)

Social Work | 8 CE Credits

Programs have been approved for Category I 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.

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