

The Art of Authenticity

February 16–19, 2018

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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 are presented with current research examining the application of authenticity practices in clinical and work settings and have the opportunity to discuss and examine the relevance of this research and related tools to their particular settings and clinical/medical challenges.

This program 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 “meaningful ever after.”

Target Professional Audience Novice and experienced practitioners in clinical, coaching, and medical settings.

Program Schedule

FRIDAY | FEBRUARY 16

7:30–9:00 pm

Authenticity Revealed

Learning Objectives

- Define the Art of Authenticity versus simply being you.
- Explain how to become clear about why authenticity matters in general and specifically in each participant's unique life/work situation.

(Eligible for partial PSY continuing education credits.)

SATURDAY | FEBRUARY 17

8:30–11:30am

The Ideal Self

Learning Objectives

- Explore the real, ought, and ideal selves
- Recognize and explain how to clarify the concept of a growth mindset and how it applies in general and in participants' individual lives.

1:45–3:45 pm

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.

7:30–9:00 pm

The Complexity of Authentic Development

Learning Objectives

- Explain the benefits and barriers to moving toward an ideal true self.

SUNDAY | FEBRUARY 18

8:30–11:30 am

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.
- (Not eligible for PSY continuing education credits.)

1:45–3:45 pm

Visioning

Learning Objectives

- Integrate practical goals with visioning.
 - Discuss relevance of goals/vision to increasing experience of clear purpose and of meaning.
- (Eligible for partial PSY continuing education credits.)

MONDAY | FEBRUARY 19

9:00–11:00 am

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.
(Eligible for partial PSY continuing education credits.)

Psychology 8 Continuing Education Credits (CECs)

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 CECs are given full credit (excluding breaks/meals) unless otherwise noted in the schedule above.

CECs 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 CECs 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 Continuing Education Credits Pending; see this program on the Kripalu website for updates.

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.

Find out more: kripalu.org/cecredits