



Awakening Joy

This internationally recognized course is designed to provide practical tools for clinicians who want to bring mindfulness into their clinical practice. It includes key tenets of positive psychology and takes a secular approach to age old spiritual practices and wisdom. It provides themes and practices that incline the mind toward well-being and deeper insight. It offers clinicians a multitude of modalities and methods to infuse their work with mindfulness which has been shown by scientific research to lessen depression and anxiety, increase a sense of well-being and joy, and support people in living a healthier, more balanced life.

Course Objectives:

- Develop a skill set to support clients in inclining their mind towards more well-being, happiness, and ease.
- Demonstrate a solid understanding of the 10 themes of Awakening Joy along with the accompanying practices that will support a client in developing a specific wholesome state.
- Compile a set of tools that bring attention to and awareness of feelings of uplift that accompanies each wholesome state.
- Create a plan to address potential impediments to a client's ability to access wholesome states through the exploration of activities and practices that foster these desired states.
- Design your client's treatment plan with appropriate mindfulness practices that increase beneficial habits of mind.

Course Schedule:

Awakening Joy is an online course with an option to join the live Zoom sessions which are held bi-weekly on Tuesdays, January 26 - June 1, 2021. Class recordings are posted within a week of each session.

Each of the 10 sessions is 1.5 hours long. In order to receive 30 CE hours, participants are required to watch each session, read *Awakening Joy: 10 Steps to Happiness* and the class practice letters, engage in a daily meditation practice, and other activities such as exercise and journaling.

The online course can be taken at any time during the year; you can work at your own pace. Materials are available on the website throughout the year.

with **JAMES BARAZ**

About James:

James Baraz is the creator and facilitator of Awakening Joy, a live and online course taken by over 15,000 in the US and abroad since its inception in 2003. He has been teaching mindfulness meditation retreats and classes since 1978.

A co-founding teacher at Spirit Rock Meditation Center, James obtained his M.A. in Psychology from Fairleigh Dickinson University and has studied with many meditation masters, including Ram Dass, Joseph Goldstein, Jack Kornfield, Tsoknyi Rinpoche, and U Pandita Sayadaw.

Together with Shoshana Alexander, James is the co-author of *Awakening Joy: 10 Steps That Will Put You on the Road to Real Happiness*.

Together with Michele Lilyanna, James is the co-author of *Awakening Joy with Kids*.



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Contact Information:

AWAKENING JOY

For questions about the Awakening Joy course content or signing up for the course itself, please contact Awakening Joy staff via email at admin@awakeningjoy.info or via regular mail at:

Awakening Joy
661 Neilson Street
Berkeley, CA 94707

RELATIONSHIPS THAT WORK®

For questions about continuing education credits, including how to register, access to the course post-test and evaluation form, and how to obtain your CE certificate, contact us at Relationships That Work® via email at admin@relationshipsthatwork.com or via regular mail at:

Relationships That Work
19 Winged Foot Drive
Novato, CA 94949

Who Attends:

Anyone who wants to develop their natural capacity for well-being, joy, aliveness, and mindfulness, as well as:

Educators	Counselors	Coaches	Mentors
Therapists	Managers	Parents	Supervisors
Clinicians	Executives	Social Workers	Facilitators

Cost & Enrollment:

- \$280 Course Fee (\$220 if you sign up by December 31, 2020) includes access to all materials online until December 31, 2021.
- A limited number of scholarship slots are available for those who cannot afford the full course fee.
- To enroll in the course, visit <https://awakeningjoy.info/signup.php>
- Additional \$90 fee for 30 Continuing Education Hours (see below for more information).
- To register for CE Hours: 1st register for the course. 2nd, visit <https://awakeningjoy.info/aboutOrigTheCourseMoreCE.php> and follow directions.

Continuing Education Hours:

Awakening Joy partners with Relationships That Work® (RTW) to offer CE hours. Relationships That Work® is approved by the California Association of Marriage and Family Therapists to provide continuing education to LMFTs, LCSWs, LPCCs, and LEPs. Relationships That Work maintains responsibility for this course and its content. Provider #78987. The Awakening Joy course meets the qualifications for 30 continuing education hours for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences. CE certificates are distributed upon successful completion of the course post-test and receipt of the course evaluation form.

For RTW's Cancellation/Refund Policy, Grievance Procedures, or to Request Accommodations for a Disability*, please contact us at 1.415.883.5600 or via email at admin@relationshipsthatwork.com

* RTW will make every reasonable effort to adapt course materials, content, and/or venue to accommodate participants with disabilities if it is made known to us upon enrollment in one of our courses.