



Continuing Education Information

This program offers 20 “homestudy” CE credits/contact hours for \$150, (plus an opportunity for up to 10 live credits) for psychologists + California-licensed MFTs, LCSWs, LEPs, LPCCs, nurses and chiropractors.

Two programs are detailed in the subsequent pages:

- Awakening Joy, 10 Steps to a Happier Life with James Baraz, MA – 20 Credits
- Awakening Joy, Clinical Consultation Group with Linda Graham, MFT – 10 Additional Credits

Registration

1. **Register for the Awakening Joy Course**, paying the full fee (\$399)
https://awakeningjoy.thinkific.com/enroll/3031690?price_id=3894021
2. **Pay the CE fee (\$150)** to Mindful CECs:
<https://pay.mindfulcecs.com/Awakening-Joy-CEs-2026>

Please see our **Continuing Education Provider Information:**

[https://awakeningjoy.info/documents/CE2026/continuing EducationProviderInformation.pdf](https://awakeningjoy.info/documents/CE2026/continuing%20EducationProviderInformation.pdf)



Questions?

info@mindfulcecs.com
<https://mindfulcecs.com/>

See below for **detailed information** on the two Awakening Joy CE Programs.



Awakening Joy, 10 Steps to a Happier Life, with James Baraz, MA

This program offers 20 “homestudy” CE credits.

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.

These teachings are appropriate for health care professionals as well as the general public.

Learning Objectives for Participating Health Care Professionals

At the end of the program, you will be better able to:

1. Utilize and teach patients practices that incline the mind towards more joy to support self-care and reduce burnout.
2. Demonstrate strategies to help patients place well-being at the center of their lives, thus improving personal and professional outcomes.
3. Utilize practices with patients to expand their well-being to benefit others, enhancing both personal fulfillment and care quality.
4. Identify and apply two mindfulness techniques that can improve patient care and mitigate burnout by fostering present-moment awareness.
5. Explain to patients how to develop gratitude practices, such as developing a gratitude list, to reduce stress, anxiety and depression.
6. Demonstrate how gratitude practices, such as writing and sharing a gratitude letter, can support patients' well-being and interpersonal relationships.
7. Utilize and describe to patients or clients integrity practices, such as the Five Habits of Happiness, to align their actions with their highest values and heal past wounds.
8. Describe to patients or clients the practices and benefits of simplifying their lives—reducing material possessions and busy schedules—as a method to address attachment and decrease suffering.



9. Demonstrate how to extend loving-kindness to others, helping patients connect and experience well-being through relationships.
10. Describe sympathetic joy practices, guiding patients to find inner well-being by celebrating the happiness and success of others.
11. Describe to patients and clients how to create a personal “Bodhisattva Vow,” guiding them in aligning compassionate intentions with actions that serve both themselves and others.
12. Describe to patients and clients how to shift from “doing” mode to “being” mode, to reduce anxiety and increase emotional regulation.
13. Explain to patients and clients how to discern between fear-based thoughts and those aligned with their highest values, fostering greater emotional clarity.
14. Describe to patients and clients the Pause, Relax, Open (P.R.O.) practice, helping them regulate stress and improve their ability to respond mindfully.

Continuing Education content level: Introductory

Requirements

- Register and pay the CE fee, in addition to the course fee.
- Complete the comprehension assessments (Post-Test) with at least 75% accuracy. (Participants can retake the test up to 3 times if 75% accuracy is not achieved. The Post-Tests will be available 2 business days after each recording is released.)
- Submit your professional information at the end of the course.

Certification of Completion / Attendance

- Two business days after the end of the course, participants who successfully passed the post-tests will be emailed a form to submit their professional information for the Certificate of Attendance.
- Certificates of Completion will be automatically available after submission of your professional information.

Please note:

- **The CE program records close July 5, 2026.** Please submit your professional information by this date to receive your Certificate of Completion.



- Please review our Continuing Education Provider Information for more information, including license applicability, attendance requirements, cancellation and grievance policies.
- For those licensed by a different board, please contact your licensing board directly to verify that the credits offered by Mindful CECs will be accepted. Mindful CECs does not confirm the applicability of credit for those with licenses other than those listed on the CE information page.
- Credit is awarded for instructional time only and does not include extended silent meditation.
- Mindful CECs is a provider approved by the California Board of Registered Nursing, Provider Number CEP17985 for 20 contact hours.
- Mindful CECs is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists.
- The CE fee is not refundable.

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Questions?

Email info@MindfulCECs.com

Linda Graham's Consultation Program is described in detail, starting on the next page.



Awakening Joy, Clinical Consultation Group, with Linda Graham, MFT

This 5-session series offers up to 10 CE live credits/contact hours.

This clinical consultation group, taught by internationally recognized psychotherapist and author Linda Graham, MFT, is designed for clinicians who want to deepen their application of mindfulness, compassion and resilience practices within clinical care. Drawing from the Awakening Joy curriculum, this program integrates positive psychology, neuroscience and evidence-based practices for mindfulness and self-compassion. Each session explores two of the Awakening Joy themes, providing clinicians with practical methods to help clients interrupt negative thought patterns, regulate the nervous system, reduce self-judgment and cultivate greater emotional balance. Through case consultation, guided practice and interactive discussion, clinicians will strengthen their ability to apply these tools in ways that promote client well-being, resilience and joy in daily life.

Session 1: Cultivating Intention and Mindfulness in Clinical Practice

Date: February 10, 2025 | 2 CE credits/contact hours

Themes: Intention + Mindfulness

Learning Objectives:

- Explain and demonstrate how mindfulness practices interrupt negative thought patterns and foster calm presence in clinical work with patients.
- Apply the practice of setting intention to support clients in orienting their attention toward well-being and resilience.

Session 2: Gratitude Practices and Mindfulness-Based Strategies for Working with Difficult Emotions

Date: March 10, 2025 | 2 CE credits/contact hours

Themes: Gratitude + Joy in Difficult Times

Learning Objectives:

- Describe how gratitude practices can foster positive emotions and reduce stress, anxiety and depression in clients.
- Apply the RAIN practice (Recognize, Allow, Investigate, Nurture) to help clients process difficult emotions with self-compassion.

Session 3: Values-Based Practice (Integrity) and the Joy of Letting Go of Maladaptive Self-Narratives in Clinical Work

Date: April 14, 2025 | 2 CE credits/contact hours

Themes: Integrity + Letting Go

**Learning Objectives:**

- Describe how practices of integrity and values-based reflection can strengthen client resilience and emotional balance.
 - Teach clients practices for letting go of negative self-narratives, reducing self-judgment and emotional suffering.
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Session 4: Self-Compassion and Interpersonal Connection as Clinical Interventions

Date: May 12, 2025 | 2 CE credits/contact hours

Themes: Loving Ourselves + Connection with Others

Learning Objectives:

- Utilize and share with clients core Mindful Self-Compassion practices to foster improved self-care and coping with difficult situations.
 - Describe a loving-kindness practice that helps clients counteract self-criticism and cultivate a sense of worth and connection.
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Session 5: Compassion Practices and Mindfulness of Being for Clinical Application

Date: June 9, 2025 | 2 CE credits/contact hours

Themes: Compassion + The Joy of Being

Learning Objectives:

- Explain the effects of compassion on the nervous system and instruct clients on how compassionate responses can improve well-being.
- Apply mindfulness practices that help clients access moments of stillness and presence, reducing anxiety and increasing emotional balance.

The Continuing Education content level for these sessions is Introductory.

Attendance Requirement:

- Participants will receive separate CE certificates for each session attended live and in full.
- Attend in full. No partial credit will be awarded for missed or partially attended sessions. Missed sessions are not eligible for partial refunds of CE fees.
- It is the responsibility of the participant to ensure adequate internet reliability and bandwidth.



Certification of Completion / Attendance

- Two business days after each session, participants with full attendance will be emailed a form to submit their professional information for the Certificate of Attendance.
- Certificates of Attendance will be emailed automatically after the submission of your professional information.

Please Note:

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3. **To register for Linda's Consultation Group**, email her directly: linda@lindagraham-mft.net. If space is available, she will confirm your participation. CE credits will be awarded, based on Linda's attendance reports to Mindful CECs.

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