



# 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.

## Specific Learning Objectives—Clinicians Will Be Able To:

1. Guide patients in practices of inclining the mind towards more joy, putting well-being at the center of their lives, and widening their own well-being to be of benefit to others. This can improve patient self-care and/or reduce patient burnout. (Class #1: 120 minutes)
2. Demonstrate ways that patients can use mindfulness to interrupt confused and negative thinking and to cultivate calm by coming into the present moment. (Class #2: 120 minutes)
3. Instruct patients in gratitude practices that support well-being and reduce the effects of stress, anxiety, or depression on their lives. Examples of such practices are: A) create a gratitude list of people and things they are grateful for and B) share a letter of appreciation with someone they are grateful for. (Class #3: 120 minutes)

[Specific Learning Objectives continued on page 4](#)

## Course Schedule:

Awakening Joy is an online course with an option to join the live Zoom sessions, which are held bi-monthly on Tuesdays from January 30 - June 4, 2024. Class recordings are posted within 48 hours of each session.

To receive 20 CEs, the online course can be taken at any time during the year; you can work at your own pace. Materials are available throughout the year. To receive 30 CEs, the course must be taken Feb - June, in sync with the live Zoom sessions and the accompanying consultation group sessions. (See below for more information.)

with  
**JAMES BARAZ, MA**

James Baraz is the course creator and instructor of Awakening Joy, a live Zoom course (with recordings), taken by over 24,000 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*.

James is the coauthor with Michele Lilyana of *Awakening Joy for 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 the Awakening Joy staff at [admin@awakeningjoy.info](mailto:admin@awakeningjoy.info)

### RELATIONSHIPS THAT WORK®

For questions about CEs, how to register, requirements for 20 and 30-hour programs, how to access the course post-test, “The Log” (Clinical Consult Group Log of Attendance & Clinical Applications), evaluation form, and to obtain your CE certificate, please contact Judith Bell at Relationships That Work® via [email admin@relationshipsthatwork.com](mailto:admin@relationshipsthatwork.com) or via snail mail: 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:

- \$349 Course Fee includes access to all materials online.
- No course discounts apply with CE hours.
- To enroll in the course, visit <https://awakeningjoy.thinkific.com>.
- Additional \$90 fee for 20 CEs, \$120 for 30 CEs (see below for more information).

To register for both the course and for CE Hours: 1st register for the course. 2nd, use this link to get information to register for CEs.

<https://awakeningjoy.thinkific.com/pages/continuing-education-ce-ceu>.

### CE Hours Offered by Relationships that Work (RTW)

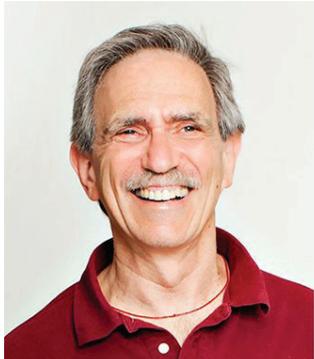
“Awakening Joy” is a course offered by Relationships That Work® which maintains responsibility for the course and its content. Relationships That Work® is approved by the CAMFT to sponsor continuing education to LMFTs, LCSWs, LPCCs, and LEPs. Provider #78987.

The Awakening Joy course meets the qualifications for 20 or 30 continuing education hours (with different requirements) 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, receipt of the course evaluation form, and log of Consultation and Clinical Applications.

For RTWs Cancellation/Refund Policy, Grievance Procedures, or to Request Accommodations for a Disability\*, please contact Judith Bell at 1.415.425.6300 or via email at [judith@relationshipsthatwork.com](mailto:judith@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.

# Awakening Joy



James Baraz, MA



Linda Graham, LMFT

## Requirement for the 20-Hour CE program

1. Learn the themes and tools of Awakening Joy in ten 2-hour online sessions
2. Achieve a passing grade on the Post-Course Test
3. Submit the post-course Self-Evaluation form

## Requirement for the 30-Hour CE program

The additional 10 hours are in partnership with Linda Graham, LMFT.

1. Accomplish all of the objectives of the 20-Hour program, listed above.
2. To receive an additional 10 hours, licensed therapists will participate throughout the course in a clinical case consultation group with Linda Graham, LMFT. Linda's bi-monthly consultation group will discuss how to use the Awakening Joy themes in therapy practice.
3. Implement James' recommended exercises with clients, as found in the Practice Letter for each of the 10 themes. Document one's experience doing so, as the course progresses, in "The Log" (Clinical Consult Group Log of Attendance & Clinical Applications)
4. Engage in daily meditation practice
5. Submit all forms to [admin@relationshipsthatwork.com](mailto:admin@relationshipsthatwork.com):
  - A) the Post-Course Test
  - B) the Self-Evaluation
  - C) "The Log" (Clinical Consult Group Log of Attendance and Clinical Application)

**Earn 10 extra CE hours (30 total) through participation in the consultation group offered by Linda Graham, LMFT**

Linda is an experienced psychotherapist, author and pioneer of clinical and popular interest in the neuroscience of resilience.

Linda's consultation group will focus on how to incorporate the Awakening Joy themes and exercises into therapy practice.

**Schedule for 30-Hour CEs with 10 hours of Consultation Group:**

**10am to 12pm Pacific time**  
(For privacy reasons, the sessions cannot be recorded)

1. Feb. 13
2. Mar. 12
3. Apr. 09
4. May 14
5. June 11



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## Testimonials

“I now incorporate everything I’ve learned into my practice and actively share with clients.” D.S., LCSW

“I loved the course and found it important for both my life and work as a therapist. I wish I had this Information 45 years ago!”  
L.M., MFT

“So many of my clients come to me seeking more joy and less suffering in their lives, so everything I learned in this course feels directly applicable to my work with them.”  
T.R., LMFT

“This will help my clients interrupt their negative thinking about themselves and their current situation and offer some hope.”  
J.C., LMFT

## Specific Learning Objectives Continued from page 1 Clinicians Will Be Able to:

4. Teach patients the core practices of Mindful Self-Compassion and RAIN [Recognize, Allow, Investigate, Nurture] that help them cope with difficult events and emotions. (Class #4: 120 minutes)
5. Guide patients in tools for practicing integrity that can increase well-being. These include the Five Habits of Happiness method to align with their highest values and to heal from past habits and conditioning. (Class #5: 120 minutes)
6. Identify three reasons why attachment/grasping can lead to patient suffering. Teach practices to simplify material possessions or busyness in one’s schedule and encourage letting go of negative stories that patients believe about themselves. (Class #6: 120 minutes)
7. Guide patients to counteract tendencies towards self-judgment and feelings of unworthiness through classic loving-kindness practice towards themselves. (Class #7: 120 minutes)
8. Teach patients methods of connecting with others as a source of inner well-being, such as extending loving-kindness to others and tuning into sympathetic joy – having others’ happiness act as an activator for their own well-being. (Class #8: 120 minutes)
9. Teach patients how compassion affects the nervous system, how to skillfully respond to suffering nearby or more distant, and how to create their personal “Bodhisattva Vow”. (Class #9: 120 minutes)
10. Instruct patients in ways to shift from “doing” to “being” mode to lessen anxiety and dysregulation. This includes discerning between internal messages coming from fear and those aligned with their highest values plus the practice of Pause. Relax. Open. (P.R.O.) (Class #10: 120 minutes)