



Continuing Education Information

**Earn 20 "Homestudy" Credits for \$150
Plus an Opportunity for up to 10 Live, Bonus Credits**

These programs are applicable for licensed and license-eligible mental health and healthcare professionals, including psychologists, social workers (LCSW, LSW), counselors (LPC, LCPC, LMHC), marriage and family therapists, nurses (RN, NP), chiropractors and other health care professionals.

Two programs are detailed in the subsequent pages:

1. Awakening Joy - Cultivating Well-Being through Mindfulness, Gratitude and Values-Based Practice with James Baraz, MA – 20 "Homestudy" Credits
2. Awakening Joy, Clinical Consultation Group with Linda Graham, MFT – 10 Live *Bonus* Credits (pending group size)

Registration

1. **Register for the Awakening Joy Course**, paying the full fee (\$449)
https://awakeningjoy.thinkific.com/enroll/3851110?price_id=4816886
2. **Pay the CE fee** (\$150) to Mindful CECs:
<https://learn.mindfulcecs.com/>
3. **Request a Seat in Linda Graham's Bonus Group**
Actively practicing clinicians may request participation in the Clinical Consultation Group by clicking "**Request a Spot**" here: <https://learn.mindfulcecs.com/courses/eabe4489-0cc4-4830-bbba-e0124123ba5b>. Once the 10 seats are filled, a waiting list will be created. Each session is LIVE on Zoom; for privacy reasons no recordings are available. (Linda's sessions are offered gratis, based on her appreciation for Awakening Joy's 10 themes and their benefit in therapy practice.)
4. **Please Note:** The CE program records close **July 31, 2027**.

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

<https://awakeningjoy.info/documents/CEMindfulCECs/CEProviderInformation.pdf>



Questions?

info@MindfulCECs.com

<https://mindfulcecs.com>



Awakening Joy - Cultivating Well-Being through Mindfulness, Gratitude and Values-Based Practice with James Baraz, MA

This introductory-level program offers 20 “homestudy” CE credits / contact hours for \$150.

This program is applicable for licensed and license-eligible mental health and healthcare professionals, including psychologists, social workers (LCSW, LSW), counselors (LPC, LCPC, LMHC), marriage and family therapists, nurses (RN, NP), chiropractors, and other healthcare professionals seeking continuing education in mindfulness-based well-being practices and positive psychology applications in clinical and professional settings.

Developed and taught by James Baraz, MA, co-founder of Spirit Rock Meditation Center and author of *Awakening Joy: 10 Steps to Happiness*, this course guides participants through ten themes that progressively incline attention toward well-being: intention, mindfulness, gratitude, joy in difficult times, integrity, letting go, loving ourselves, connection with others, compassion, and the joy of being. Drawing on evidence-informed approaches including mindfulness-based attention training, gratitude interventions, loving-kindness and self-compassion practices, acceptance-based regulation, and values-based reflection, the course equips clinicians with practical tools for personal professional development and client care. Mindfulness-based practices have been associated in peer-reviewed research with reductions in depression and anxiety symptoms and improvements in psychological well-being. The course takes a secular, non-denominational approach. This program is educational in nature and does not constitute clinical training in the diagnosis or treatment of any specific disorder.

Learning Objectives

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

1. Utilize mindfulness-based practices that incline attention toward well-being to support clinician self-care and reduce burnout risk.
2. Demonstrate strategies care providers can use to help patients/clients identify well-being as a values-consistent focus in daily life.
3. Identify and apply two mindfulness-based attention strategies to interrupt rumination and support present-moment regulation in clinical contexts.
4. Explain how gratitude listing practices can be used to support well-being and reduce perceived stress.



5. Demonstrate how gratitude letter practices may strengthen social connection and positive affect relevant to mental health.
6. Apply the R.A.I.N. framework (Recognize, Allow, Investigate, Nurture) to support present-moment emotional processing and reduce experiential avoidance in clinical contexts.
7. Utilize values- and integrity-based reflection practices to support behavior change aligned with core values.
8. Describe how simplifying over-commitment and reducing attachment-driven behaviors can support stress reactivity regulation.
9. Describe self-compassion practices for reducing self-critical patterns and supporting psychological well-being in clinical and professional contexts.
10. Utilize loving-kindness and connection-based practices to cultivate prosocial motivation, social connection, and relational well-being in clinical and professional contexts.
11. Describe sympathetic joy practices and their clinical relevance for increasing positive affect and reducing envy and comparative distress.
12. Describe compassion-based practices and their clinical relevance for supporting prosocial behavior and sustainable ethical care.
13. Describe strategies for shifting from effortful emotion control toward acceptance-based and non-reactive regulation to support anxiety reduction and emotional balance.
14. Explain how to help clients differentiate fear-based cognitions from values-consistent intentions to support adaptive decision-making.

Attendance Requirements

1. Register and pay both the CE fee and the full course fee.
2. Review all Awakening Joy course material in full and 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.)



3. The Post-Tests will be available 2 business days after each recording is released.
4. 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 Completion.
- Certificates of Completion will be automatically available after submission of your professional information.

Please note:

- The CE program records close July 31, 2027. Please submit your professional information by this date to receive your Certificate of Completion.
- Continuing Education is sponsored by Mindful CECs.
- For provider details, attendance requirements and our cancellation and grievance policies, see "Continuing Education Providers Information":
<https://awakeningjoy.info/documents/CEMindfulCECs/CEProviderInformation.pdf>
- Professionals with other license types or credentials may find our programs applicable for continuing education. Please confirm acceptance with your licensing board or certifying organization before registering for CE. Mindful CECs does not confirm CE applicability for license types beyond the scope of Mindful CECs' provider approvals.
- Mindful CECs is approved by the American Psychological Association to sponsor continuing education for psychologists. Mindful CECs maintains responsibility for this program and its content.
- Mindful CECs is a provider approved by the California Board of Registered Nursing, Provider Number CEP17985 for 20 contact hours.
- Conflict of Interest Statement: This instructor may have authored publications relevant to the subjects covered in this course, and may teach additional programs. The instructor might reference these publications and programs during the course, and the instructor may receive financial compensation if participants choose to purchase them.
- The CE fee is not refundable.



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Awakening Joy, Clinical Consultation Group with Linda Graham, MFT

This introductory-level program offers up to 10 live CE credits / contact hours. It is applicable for actively practicing licensed and license-eligible mental health professionals, including psychologists, social workers (LCSW, LSW), counselors (LPC, LCPC, LMHC) and marriage and family therapists.

This 5-session clinical consultation group is developed and taught by Linda Graham, MFT, author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*, and *Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster*, and a recognized clinical educator in mindfulness and resilience.

Drawing from the Awakening Joy curriculum, the program integrates positive psychology, neuroscience, and evidence-informed approaches to mindfulness and self-compassion. Each live Zoom session explores two of the Awakening Joy themes, equipping clinicians with practical methods to support clients in interrupting negative thought patterns, supporting physiological self-regulation, reducing self-judgment, and cultivating greater emotional balance. Through case consultation, guided practice, and interactive discussion, clinicians will strengthen their capacity to apply these tools in ways that support client well-being, resilience, and positive emotional functioning. Mindfulness-based and self-compassion practices have been associated in peer-reviewed research with reductions in depression and anxiety symptoms and improvements in psychological well-being. This program is educational in nature and does not constitute clinical training in the diagnosis or treatment of any specific disorder.

Session 1: Cultivating Intention and Mindfulness in Clinical Practice

Date: February 9, 2027 | 2 CE credits/contact hours

Themes: Intention + Mindfulness

Learning Objectives:

- Explain how mindfulness-based attention practices can interrupt negative thought patterns and support present-moment regulation in clinical contexts.
- Apply mindfulness-based intention practices to support clients in orienting attention toward well-being and resilience.

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

Date: March 9, 2027 | 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.
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Session 3: Values-Based Practice (Integrity) and the Joy of Letting Go of Maladaptive Self-Narratives in Clinical Work

Date: April 13, 2027 | 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 11, 2027 | 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 8, 2027 | 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.

Attendance Requirement:

- Participants will receive **separate CE certificates for each session** attended live, in full, on Zoom.
- 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.
- Submit your professional information at the end of the course.

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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