



Continuing Education Information

This program offers 20 "homestudy" credits 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 health care professionals.

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>
3. **Please Note:** The CE program records close January 31, 2027

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

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

See subsequent pages for detailed information on the Awakening Joy CE Program.



Questions?

info@mindfulcecs.com

<https://mindfulcecs.com/>



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

Attendance Requirements

- Register and pay both the CE fee and the full course fee.
- 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. 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 January 31, 2027.** 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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