



Awakening Joy

This internationally recognized course (distance learning & face-to-face) 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 practice and wisdom. It provides themes and practices that incline the mind toward well-being and deeper insight. It provides clinicians with a multitude of modalities and methods to infuse their practices 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 to include appropriate mindfulness practices that increase their understanding of beneficial habits of mind.

Course Schedule:

Awakening Joy is an online course with an option to join the live taping in Berkeley, CA. The live taping sessions of the course are held bi-weekly on Tuesdays, January 29 - June 11, 2019. Course material is posted on the website 1 week after each live taping session.

Each of the 10 sessions is 1.5 hours long and requires viewing of the video plus additional reading and homework practices.

The online course can be taken at any time of the year, allowing you to work at your own pace. All of the material is left 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 14,000 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*.



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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 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, please contact Judith Bell at Relationships That Work® via email at judith@relationshipsthatwork.com or via regular mail at:
448 Ignacio Boulevard
PMB 180
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 includes unlimited access to all materials online.
- A limited number of scholarship slots are available for those who cannot afford the full course fee.
- To enroll in the course, please visit <https://awakeningjoy.info/signup.php>
- Additional \$50 Fee for Continuing Education Credits (see below for more information)
- To register for CE Credits, you must first register for the course. Then visit <https://awakeningjoy.info/aboutTheCourseMoreCEU.html> to register for CE credits

Continuing Education Credits:

Awakening Joy partners with Relationships That Work® (RTW) to offer continuing education credits. Relationships That Work® is approved by the California Association of Marriage and Family Therapists to provide continuing education to LMFTs, LCSWs, LPCCs, and LEPs. Provider #78987.

The Awakening Joy course meets the qualifications for 15 hours of continuing education credits 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 RTWs Cancellation/Refund Policy, Grievance Procedures, or to Request Accommodations for a Disability*, please contact Judith Bell at 1.415.883.5600 or via email at 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.