



Awakening Joy 2.0

This internationally recognized course (distance learning & face-to-face) is designed to provide practical tools for clinicians who want to bring mindfulness practices focused on compassion and loving-kindness into their clinical work. It includes key tenets of positive psychology and takes a secular approach to age old spiritual practice and wisdom. It provides practices that incline the mind toward well-being and deeper insight with a focus on the three themes of “Loving Ourselves,” “Connection with Others,” and “Compassionate Action.” It provides clinicians with a multitude of modalities and methods to infuse their work with mindfulness practices centered around these three themes 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, compassion, loving-kindness, and generosity.
- Demonstrate a solid understanding of the 3 themes of Awakening Joy 2.0, 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 with a focus on compassion and loving kindness as a basis for personal well-being, deepened relationships, and an inclination to give back to the world.

Course Schedule:

Awakening Joy 2.0 - Awakening the Heart is an online course, with an option to join the live taping sessions in Berkeley, CA. Beginning February 9, 2016, course material is posted bi-weekly on the website, with course closing material being posted on June 28th. Each of the 11 sessions is 2 hours long and requires viewing of a 2 hour 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 until the end of the year.

with JAMES BARAZ

About James:

James Baraz is the creator and facilitator of Awakening Joy and Awakening Joy 2.0, live and online courses 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 live taping sessions, the Awakening Joy 2.0 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: Relationships That Work
448 Ignacio Boulevard,
PMB 180
Novato, CA 94949

Who Attends Awakening Joy 2.0:

Anyone who wants to develop their natural capacity for well-being, joy, compassion, generosity, friendliness, and mindfulness, as well as:

Educators	Counselors	Coaches	Mentors
Therapists	Managers	Parents	Supervisors
Clinicians	Executives	Social Workers	Facilitators

Cost & Enrollment:

- \$250 Course Fee includes access to all materials online.
- A limited number of scholarship slots are available for those who cannot afford the full course fee.
- There is an additional, in person add-on for those who would like to attend the live taping of each session. There is no extra charge for this add-on, however, seating is limited.
- 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 (CAMFT) to provide continuing education to LMFTs, LCSWs, LPCCs, and LEPs. Provider #78987.

The Awakening Joy 2.0 course meets the qualifications for 22 hours of continuing education credits for LMFTs, LCSWs, LPCCs, and LEPs as required by CAMFT and 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.