

HOW WE CHANGE AND WHY WE DON'T: THE ART AND SCIENCE OF TRANSFORMATION



Information on Continuing Education Credit for Health Professionals

- CE credits for psychologists are provided by the Spiritual Competency Academy (SCA) which is co-sponsoring this program. The Spiritual Competency Academy is approved by the American Psychological Association to sponsor continuing education for psychologists. Spiritual Competency Academy maintains responsibility for this program and its content.
- The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association.
- LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association.
- SCA is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. RNs must retain their certificate of attendance for 4 years after the course concludes.
- For questions about receiving your Certificate of Attendance, contact Cassandra Vieten at cassandra.vieten@gmail.com
- For questions about CE, contact Spiritual Competency Academy at info@spiritualcompetencyacademy.com.

This workshop is for people who are in the process of change, and those who work as professionals with individuals in clinical practice, consultants to groups or organizations, or as change-makers in society. Through dialogue, experiential practice, and creative process, we will bridge the science of breakthroughs with indigenous, religious, spiritual, and secular models of transformation to: Learn what works and what doesn't to inspire lasting change in yourself and others. Explore how peak experiences, a-ha! moments and awe can stimulate change. Examine how we and the people we work with can get stuck or lost, and ways to shake free from periods of inertia or patterns that prevent us from moving forward. Investigate the transformative potential of pain, hitting bottom and post-traumatic growth. Delve into stories, symbols, and metaphors of transformation to guide your path. This workshop is based on over two decades of research on how people transform their worldviews and behaviors. Some of this work is encapsulated in the book *Living Deeply: The Art and Science of Transformation in Everyday Life*.

Learning Objectives

- +++Describe stages in the process of change, and pitfalls associated with each stage in treatment planning and implementation of care
- +++Discuss specific practices that support adult development and how they can be integrated into everyday life and clinical care
- +++Apply new techniques and skills of change-making to your work
- +++Demonstrate skills to connect your message to people's sense of identity and values in treatment planning and implementation of care
- +++Utilize a Motivational Interviewing-inspired method for motivating behavior change in clients
- +++Describe how quality of life and psychological health is being redefined with clients in clinical practice
- +++Describe how we are "hard-wired" to resist new information that contradicts current meaning systems and some ways to overcome this
- +++Describe several elements of human flourishing or "living deeply" that represent stages of development beyond what is currently understood to be psychological health or quality of life
- +++Apply reinvigorating techniques to counter demoralization and burnout in the course of delivering clinical care

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