

# Thanks or No Thanks? The Promise and Peril of Gratitude-Based Interventions

Gratitude is one of the most widely researched and widely practiced interventions within positive psychology. A growing body of research suggests that gratitude is associated with lower levels of depression and anxiety, improved physical health, stronger relationships, and greater overall well-being. Yet in clinical settings, gratitude can be far more nuanced than it appears on the surface.

When introduced without care, gratitude practices may feel invalidating, triggering, or even countertherapeutic—particularly for clients struggling with trauma, attachment wounds, shame, or significant distress. Clinicians may find themselves wondering how to incorporate gratitude in ways that are both evidence-based and emotionally attuned.

In this seminar, join Dr. Jonah Paquette for a practical and balanced exploration of the promise and potential pitfalls of gratitude-based interventions. Drawing from contemporary research and real-world clinical experience, attendees will learn how to thoughtfully frame gratitude practices, navigate common barriers, and integrate these tools into therapy in ways that honor both pain and possibility. Participants will leave with concrete strategies they can begin applying in their clinical work immediately.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Explain the three core dimensions of psychological well-being
2. Describe the impact of gratitude-based interventions on various mental health disorders, including major depressive disorder and generalized anxiety disorder
3. Identify ways that gratitude-based practices can backfire and worsen clinical outcomes
4. Explain the impact of gratitude practices on various brain regions
5. Utilize gratitude-based approaches for depression and anxiety

## Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Happiness 101

Begin 12 PM ET

- A brief review of applied positive psychology and how gratitude fits into this broader tradition
- Defining happiness and well-being in a cross-culturally inclusive manner, and explore how gratitude relates to these core ingredients
- Defining gratitude
- Challenges when introducing gratitude-based interventions

Break 1:30-1:45 PM ET

1:45 PM-3:15 PM ET

- The effect of gratitude on mental health outcomes
- The impact of gratitude on the brain and body
- Key skills for incorporating gratitude into clinical practice

End 3:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. You can ask questions of our presenters, either by typing them or speaking into a microphone. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars, llc, Provider Number 1242, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 3/28/25 to 3/28/28. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tkkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tkkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tkkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY0003.

tkkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

## The Presenter

Jonah Paquette, PsyD, is a clinical psychologist, international speaker, organizational consultant, and author. He is the author of numerous books including *Happily Even After* (PESI Publishing, 2022), *Awestruck* (Shambhala Publications, 2020), *The Happiness Toolbox* (PESI Publishing, 2018), and *Real Happiness* (PESI Publishing, 2015). Dr. Paquette's writing and work focus on the science of happiness and helping individuals and organizations improve their emotional fitness and psychological well-being.

In addition to his speaking and writing, Dr. Paquette serves as a psychologist and managing partner at Helyx Health, a group practice spanning the state of California specializing in the provision of evidence-based treatments. He previously spent over a decade in healthcare leadership at Kaiser Permanente, where he served as Assistant Regional Director of Mental Health Training, a role in which he oversaw the training of over 200 mental health trainees across 20 medical centers. For more information about Jonah and his work, visit [www.jonahpaquette.com](http://www.jonahpaquette.com).

## General Information

The tzkseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.

Individuals with a disability or special need can go to [tkkseminar.com](http://tkkseminar.com) to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to [tkkseminars.com](http://tkkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:



tkkseminars, LLC  
168 West Lake Drive  
Annapolis, Md. 21403