

# Awestruck: How the New Science of Awe Can Make Us Happier, Healthier, and More Connected

What do you feel when you gaze up at the Milky Way, see a beautiful rainbow, or stand before a mountain that seems impossibly high? This feeling – often complete with goosebumps and a shiver down our spine – is known as awe. And as it turns out, this underappreciated and often misunderstood emotion just might hold the key to a happy, meaningful, and healthy life.

Recent research has shown that awe can improve our physical health, strengthen our social bonds, and become lastingly happier. Experiences of awe strengthen our immune system, improve our psychological well-being, and even change our brain in unique ways. In this seminar, participants will explore the nature and benefits of awe, and how learning to become more awestruck can improve our psychological, physical, and social well-being. Through lecture, vignettes, and hands-on practice, you'll learn to harness these breakthrough findings and transform your clinical practice.

## 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 benefits of awe for psychological well-being.
2. Describe the impact of awe on physical health, including its effect on inflammation and the immune system.
3. Explain the positive effect of awe on social relationships.
4. Describe the ways that experiences of awe change the body and brain.
5. Integrate strategies for increasing awe in daily life to enhance wellbeing.

## Seminar Schedule

Begin 12 PM EST and end 3:15 PM, with a 15 minute breaks at 1:30.

## Outline

Happiness 101

Begin 12 PM ET

Defining Awe

A Brief History of Awe

Why do we experience Awe?

The Mental Health Benefits of Awe

How Awe impacts our brain and body

Break 10:30-10:45 AM ET

Becoming More Awestruck: 10 paths to an awe-inspired life

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.

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## The Presenter

Jonah Paquette, PsyD, is a licensed clinical psychologist, speaker, and author. He is the author of *Real Happiness: Proven Paths for Contentment, Peace, and Well-Being* (PESI Publishing, 2015), a research-based self-help book in which he distills the key findings in the fields of happiness, and offers user-friendly tools to achieve lasting well-being. His second book, *The Happiness Toolbox* (PESI Publishing, 2018), a research-based self-help workbook, provides easy-to-use handouts and worksheets designed to increase happiness and life satisfaction.

Dr. Paquette is a psychologist at Kaiser Permanente in the San Francisco Bay Area, where he conducts group and individual psychotherapy, performs crisis evaluations, and serves as the Training Director for an APA-Accredited postdoctoral residency program. In addition to his clinical work and writing, Dr. Paquette offers training and consultation to therapists and organizations on the promotion of happiness and conducts professional workshops around the country. He is also a frequent media contributor, having been featured regularly in print, online, and radio outlets. Dr. Paquette's clinical experiences have spanned a broad range of settings, including Veterans hospitals, community mental health clinics, college counseling centers, and his current work at Kaiser Permanente.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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