

# Updates in Positive Psychology: The Science of a Meaningful Life

Outline  
Happiness 101

Begin 12 PM ET  
Happiness 101  
Awe  
Break 1:30-1:45 PM ET  
Gratitude  
Compassion  
Self-Compassion  
Lunch Break 4-4:30 PM ET  
Mindfulness  
Savoring the Good  
Break 5:30-5:45 PM ET  
Cultivating Strengths  
Connection  
End 7 PM ET

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## 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 6 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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## 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. Identify the key benefits of happiness to our physical health, emotional well-being, interpersonal relationships, and job performance
2. Define the concept of the negativity bias, as it pertains to clients struggling with depression or anxiety
3. Employ research-backed approaches to effectively treat common mental health struggles, drawn from positive psychology and other strength-based methods
4. Administer specific practices to cultivate gratitude, compassion, self-compassion, awe, and connection - and describe how to integrate these effectively into treatment
5. Practice specific techniques to regulate the central nervous system and stimulate the vagus nerve, to help promote feelings of

## Seminar Schedule

Begin 12 PM EST and end 7:00 PM, with 15 minute breaks at 1:30 and 5:30, and a 30 minute lunch break at 4 PM