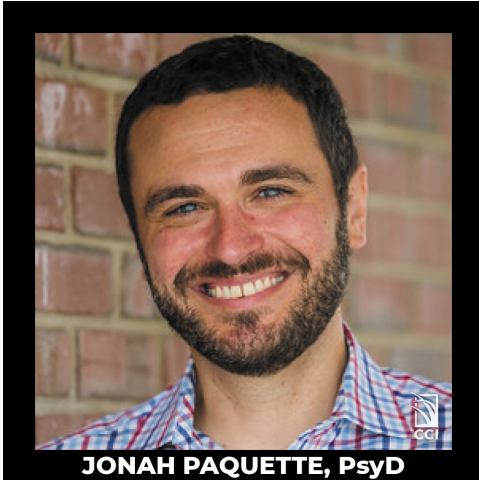


☑ IN-PERSON ☑ LIVE-ONLINE

**AUGUST 21st - AUGUST 25th, 2023**

**Jonah Paquette, PsyD** is a clinical psychologist, international speaker, and writer. He is the author of four books including *Happily Even After* (PESI Publishing, 2022), *Awestruck* (Shambhala Publications, 2020), *The Happiness Toolbox* (PESI Publishing, 2018), and *Real Happiness: Proven Paths for Contentment, Peace, and Well-Being* (PESI Publishing, 2015). His writing aims to provide both clinicians and the public with practical, research-backed strategies to foster greater well-being and connection in our everyday lives.

In addition to his clinical work and writing, Jonah offers training and consultation to therapists and organizations on the promotion of well-being and conducts professional workshops around the country and internationally. He is a frequent media contributor, having been featured regularly in print, online, and radio outlets. Jonah's clinical experiences have spanned a broad range of settings, including Veterans hospitals, community mental health clinics, college counseling centers, outpatient medical centers, and private practice. He has a passion for imparting the key findings related to happiness and wellbeing with a broader audience, and he is honored to share these with you. To learn more about Jonah and his work, visit [www.jonahpaquette.com](http://www.jonahpaquette.com).

## **Jonah Paquette, PsyD**

### ***Awe, Wonder, And The Science Of A Meaningful Life***

**15 Hour In-Person & Live-Online Course**

**Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.**

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 holds an important key to a happy, meaningful, and healthy life.

Although we think of awe as a rare emotion, reserved only for the most exhilarating of life's marvels, studies have shown that awe-inspiring experiences are all around us. And when we get more in touch with these experiences, we 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. As it turns out, the moments that make us go "Wow!" can be the very moments that lastingly change our life forever.

In addition to awe, attendees will learn about how similar states have been more broadly linked to greater overall well-being, meaning, and life satisfaction. In particular, recent research on the psychotherapeutic effects of psychedelic-assisted therapy have shown fascinating parallels between experiences of awe and common experiences evoked by many psychedelics. Attendees will learn about this exciting emerging part of the field, and the role of mental health clinicians in this rapidly-developing space.

Lastly, participants will also explore the importance of other positive psychological principles – including gratitude, flow, self-compassion, and more, with a particular focus on how to apply these concepts during times of hardship and challenges. Best of all, we'll be reviewing dozens of evidence-based practices that can easily be integrated into your clinical work. Through discussion, lecture, clinical vignettes, and small group work, you will learn to harness these breakthrough findings and transform your clinical practice.

### **Course Agenda**

#### **Monday: Understanding Awe**

- A brief history of Awe
- Who experiences Awe: Personality, character traits, and cross-cultural research
- Why we experience Awe: How Awe increases connection, compassion, and curiosity
- The Benefits of Awe: How Awe improves our psychological and physical health

#### **Tuesday: Becoming More Awestruck**

- Your Brain and Body on Awe: How moments of Awe activate distinct neural pathways in our brain along with changes to our nervous system
- Becoming Awestruck: A review of 10 distinct strategies for becoming more awestruck, including nature, social connection, inspiration, the arts, and more

**Jonah Paquette, PsyD | Awe, Wonder, And The Science Of A Meaningful Life |  
August 21st - August 25th, 2023****Wednesday:****Related States: Flow, Psychedelics, and Peak Experiences**

- An Overview of Flow and the importance of fostering Flow States
- Peak Experiences and Psychological Richness: A New Paradigm?
- An Overview of Psychedelics: A Focus on Psilocybin, MDMA, and Ketamine
- Risks and Misconceptions about psychedelic-assisted psychotherapy
- The Impact of Psychedelic-Assisted Therapy on Mental Health Disorders
- Harm Reduction and Integration Therapy

**Thursday:****The Science of Well-Being**

- How positive mental health is different from the absence of pain
- Roadblocks to wellbeing: Why happiness can feel so elusive
- The benefits of happiness to our health, relationships, and lives at large
- Strengths and limitations of applied positive psychology

**Friday:****Happily Even After: Applying Positive Psychology Principles After Hardship**

- The Core Habits of Well-Being: Gratitude, compassion, mindful awareness, savoring the good, self-compassion, psychological richness, post-traumatic growth, social connection, and flow
- Fostering Resilience through the principles of applied positive psychology

**Course Objectives**

Upon completion of this course participants will be able to:

1. Explain the importance of Awe as a fundamental human emotion
2. Explain the benefits of Awe for psychological well-being
3. Describe the impact of Awe on physical health, including its effect on inflammation and the immune system
4. Describe the ways that experiences of Awe change the body and brain
5. Describe the key potential benefits and risks associated with psychedelic-assisted psychotherapy
6. Integrate strategies for increasing Awe in daily life to enhance wellbeing
7. Explain the impact of happiness on health, relationships, creativity, and job performance for purposes of client psychoeducation
8. Apply simple, effective strategies that help clients increase gratitude, mindfulness, self-compassion, savoring, and other positive psychological skills

**Continuing Education**

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced.*

**Awe, Wonder, and the Science of a Meaningful Life**, Course #4121, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 04/26/2022 - 04/26/2024. Social workers completing this course receive 15 Clinical continuing education credits.

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>

**Speaker Disclosures:**

**Financial:** Jonah Paquette has no relevant financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

**Non-Financial:** Jonah Paquette has no relevant non-financial relationships with ineligible organizations.

## Tuition, Registration & Course Formats

### Registration:

Visit [www.cape.org](http://www.cape.org) to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

### Course Formats:

**In-Person Course Format:** Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30 minute break.

**In-Person Location:**

Nauset Regional Middle School, 70 MA-28, Orleans, MA 02653

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

**Live-Online Course Format:**

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

### Tuition:

**In-Person Course:**

Early Tuition Rate: \$700 (through 04/01/2023)

Full Tuition: \$750

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

**Live-Online Course:**

Early Tuition Rate: \$575 (through 04/01/2023)

Full Tuition: \$625

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

### Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

## Cancellation & Refund Policy

**Up until two weeks (14 days) prior to your course start date:** For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

**Within two weeks:** If you give notice between fourteen and one day(s) before your course start date a credit for a 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

**Once your course begins:** No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at [info@cape.org](mailto:info@cape.org) or by calling + 1 (203) 781-6492.

## Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

**Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.**

### Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at (203) 781- 6492 or [certificate@cape.org](mailto:certificate@cape.org).

## Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

## Contact Information

Cape Cod Institute Administration  
MAK Continuing Education, LLC  
2 Belden Ave  
PO Box 2225  
Norwalk, CT 06852  
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267  
E-mail: [info@cape.org](mailto:info@cape.org)

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

## JULY 3-AUGUST 25, 2023

### JULY 3-JULY 7, 2023

**Bessel van der Kolk, MD**

*Frontiers Of Trauma Treatment*

*In-Person, Live-Online*

**Anatasia S. Kim, PhD**

*Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice*

*In-Person, Live-Online*

**Linda Graham, MFT**

*The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster*

*In-Person, Live-Online*

### JULY 10-JULY 14, 2023

**Lana Epstein, MA, LICSW**

*Putting It All Together: Combining Somatic And Ego-State Therapies With EMDR To Change The Valence Of Emotional Memories*

*In-Person, Live-Online*

**Joe Kort, PhD, LMSW**

*Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies*

*In-Person, Live-Online*

**Licia Sky, BFA & Bessel van der Kolk, MD**

*Come to Your Senses: Embodied Self Awareness*

*In-Person*

**Richard Schwartz, PhD**

*Internal Family Systems Workshop*

*In-Person, Live-Online*

### JULY 17-JULY 21, 2023

**Paul Foxman, PhD**

*The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians*

*In-Person, Live-Online*

**Janina Fisher, PhD**

*Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation*

*In-Person, Live-Online*

**Flint Sparks, PhD**

*Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice*

*In-Person*

### JULY 17-JULY 21, 2023

**James Hawkins, PhD, LPC**

*Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework*

*In-Person, Live-Online*

### JULY 24-JULY 28, 2023

**Gabriella Rosen Kellerman, MD**

*Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future*

*In-Person, Live-Online*

**Rubin Naiman, PhD, FAASM**

*Healing Our Sleep, Dreams, And Consciousness: An Integrative Approach*

*In-Person*

**Franklin King, MD**

*The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments*

*In-Person, Live-Online*

**John P. Forsyth, PhD &**

**Jamie R. Forsyth, PhD**

*Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard*

*In-Person, Live-Online*

### JULY 31-AUGUST 4, 2023

**LaTonya Wilkins, PCC, MBA**

*Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself*

*In-Person, Live-Online*

**Amy Weintraub, MFA &**

**Angela Huebner, PhD**

*Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning*

*In-Person, Live-Online*

**Maria Sirois, PsyD**

*Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth*

*In-Person, Live-Online*

### AUGUST 7-AUGUST 11, 2023

**Deborah Korn, PsyD**

*EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect*

*In-Person, Live-Online*

### AUGUST 7-AUGUST 11, 2023

**Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC**

*Doing IMAGO Relationship Therapy In The Space Between*

*In-Person, Live-Online*

**Bob Anderson**

*Conscious Leadership: A Unified Model Of Leadership Development*

*In-Person*

**George McCloskey, PhD**

*Intervention For Child And Adolescent Executive Control Difficulties*

*In-Person, Live-Online*

### AUGUST 14-AUGUST 18, 2023

**Deborah Dana, LCSW**

*Polyvagal Theory In Therapy: Practical Applications For Treating Trauma*

*In-Person, Live-Online*

**Mary-Frances O'Connor, PhD**

*The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss*

*In-Person, Live-Online*

**Salman Akhtar, MD**

*In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment*

*In-Person*

**Edward Hallowell, MD**

*Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span*

*In-Person, Live-Online*

### AUGUST 21-AUGUST 25, 2023

**Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW**

*"HOT" Topics In AEDP™*

*In-Person, Live-Online*

**Jonah Paquette, PsyD**

*Awe, Wonder, And The Science Of A Meaningful Life*

*In-Person, Live-Online*

**Donald Meichenbaum, PhD**

*Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities*

*In-Person, Live-Online*

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: [www.cape.org/ce-credit](http://www.cape.org/ce-credit)

**FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : [WWW.CAPE.ORG](http://WWW.CAPE.ORG)**