

IN-PERSON LIVE-ONLINE**JULY 3rd - JULY 7th, 2023****LINDA GRAHAM, MFT**

Linda Graham, MFT is an experienced psychotherapist in the San Francisco Bay Area and leads trainings internationally on the emerging integration of relational psychology, mindfulness and neuroscience. She is the author of *Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster* (New World Library, 2018) and *Bouncing Back: Rewiring Your Brain for Maximum Resilience* (New World Library, 2013) and publishes weekly resources for Recovering Resilience archived at lindagraham-mft.net.

Linda Graham, MFT

The Resilience Mindset: The Neuroscience of Coping with Disappointment, Difficulty, even Disaster

15-Hour In-Person & Live-Online Course

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

Dealing effectively with challenges and crises is the core of resilience and well-being. Helping clients develop flexible and adaptive strategies for coping with everyday disappointments, existential dread, and extraordinary disasters is the heart of the therapeutic process. Helping clients harness the brain's processes of change to rewire coping strategies that are defensive, dysfunctional, and blocking of growth, and to encode new more flexible patterns of response, is the focus of this workshop.

Modern neuroscience is teaching us how to use the brain's innate neuroplasticity to rewire coping behaviors, even when they are seemingly "stuck" and intractable. Clinicians will learn through didactics, experiential exercises, and group discussions, which cutting edge tools and techniques of brain change best help clients reverse the impact of stress and trauma, come out of anxiety, depression, grief, loneliness, guilt and shame, deepen the self-compassion and empathy that connect them to their own inner strengths and resources, strengthen the healthy interpersonal relationships that empower them to take wise action, and shift their perspectives through mindful awareness to discern options and make wise choices.

Participants will learn to apply these tools and techniques, which underlie the therapeutic modalities they are already familiar with – Internal Family Systems, Sensorimotor Psychotherapy, AEDP, DBT, EFT, ACT – to five intelligences - somatic, emotional, relational within ourselves, relational with others, reflective - and develop a healthy resilience mindset that supports post-traumatic growth, well-being and flourishing. Clinicians will also learn to apply these tools to their own brain care as self-care to avoid compassion fatigue and burnout.

Course Agenda

Monday:

Basics of Neuroscience of Resilience

- Capacities of resilience innate in the brain; focus on response flexibility, an essential capacity of executive functioning
- Impact of attachment conditioning, including early developmental trauma, on brain development and resilience
- Mechanisms of brain change to create new neural pathways, rewire old traumatic memories, and access the "mental play space" of imagination and visualization to connect the dots in new ways
- Executive functions of the pre-frontal cortex – the brain's CEO of resilience
- Lifestyle choices that promote neurogenesis, accelerate brain change, and prevent-reduce-reverse cognitive decline

Tuesday:

Somatic Intelligence

- Body-based tools to regulate the nervous system's automatic survival responses, and return the body-brain to the safety net of its natural physiological equilibrium, its range of resilience
- Application of polyvagal theory to generate a neuroception of safety, and prime the brain's plasticity-receptivity to learning

Linda Graham, MFT | The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster | July 3rd - July 7th, 2023**Wednesday:***Emotional Intelligence*

- Cultivating positive, pro-social emotions to shift the functioning of the brain out of contraction and reactivity to more openness, receptivity, the bigger picture
- Exercises to manage signal anxiety when facing radical transitions or any unknown
- Mindfulness and self-compassion-based ABC model to antidote the brain's negativity bias and manage disruptive emotions

Thursday:*Relational Intelligence within Ourselves, with Others*

- Practices of conscious, compassionate connection to help clients recover the internal secure base of earned secure attachment
- Practices of self-awareness, self-acceptance to heal toxic shame and retire the inner critic
- Teach clients skills of resonant relationships: reaching out for help, setting limits and boundaries, repairing ruptures, resolving conflicts, negotiating change, that allow them to navigate their world with skill and love
- Exploration of the "othering", discrimination and oppression most relevant in our society today.
- The impact of digital technology on the brain, on relationships, on resilience

Friday:*Reflective Intelligence*

- Practices of mindfulness – knowing what you're experiencing while you're experiencing it - that strengthen the brain's response flexibility that leads to therapeutic change
- Tools to notice, name and tolerate what's happening and reactions to what's happening, to step back and unpack thoughts, emotions, "rules," belief systems, to shift perspectives and discern options
- Tools to cultivate a resilience mindset; shift from fixed to growth mindset
- Tools to create the coherent narrative of experience that leads to post-traumatic growth

Course Objectives

Upon completion of this course participants will be able to:

1. Describe the neuroplasticity involved in four basic processes of rewiring the brain's patterns of coping, even when they are "stuck" and dysfunctional
2. Identify the seven functions of the pre-frontal cortex most essential to resilience

3. Teach clients to use body-based tools to regulate their nervous system and recover their baseline physiological equilibrium in ways that are safe, efficient, and effective
4. Demonstrate to clients practices of gratitude, kindness, compassion, and joy that counterbalance the innate negativity bias of the brain, coming out of contraction and reactivity
5. Use tools to manage surges of powerful negative emotions, reduce anxiety and depression, and heal toxic shame
6. Use tools of memory deconsolidation-reconsolidation to reverse the impact of stress and trauma
7. Teach basic mindfulness practices to help shift client's perceptions, attitudes, and behaviors, discern options, and wise choices
8. Help clients re-connect with people who can serve as effective refuges and resources of safety and healing
9. Help strengthen clients' self-awareness and self-acceptance so they can transform mistakes, losses, and regrets into opportunities for learning and growth
10. Apply micro-practices involving exercise, sleep, nutrition, learning, play, and social interactions that foster brain health and prevent-reduce-reverse cognitive decline

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.

Psychologists: This course is *only* eligible for continuing education credits in California, Canada, New York, Ohio, and Pennsylvania.

The Resilience Mindset: The Neuroscience of Coping with Disappointment, Difficulty, even Disaster, Course #4100, 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 General Social Work Practice continuing education credits. **Please note this ASWB ACE individual course approval is for in-person attendance only.*

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: Linda Graham has no relevant financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-Financial: Linda Graham has no relevant non-financial relationships with ineligible organizations.

Tuition, Registration & Course Formats

Registration:

Visit 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 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.

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
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E-mail: 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

FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT : WWW.CAPE.ORG