

☑ IN-PERSON ☑ LIVE-ONLINE

JULY 7-11, 2025**Gabriella Rosen Kellerman, MD****Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond****Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily
15-Hour Course | Delivery Format: In-Person or Live-Online**

Today's world of work threatens our personal and organizational health in a thousand ways. The level of uncertainty, volatility, and constant change is unprecedented in human history. And yet it's the same 70,000-year-old forager's brain we will need to use to navigate it. How can we not only survive but thrive in this whitewater environment?

Our course begins with the key principles of Tomorrowmind (Atria, January 2023), including the five psychological meta-skills—PRISM—most essential for flourishing as individuals, leaders, and organizations in the whitewater:

- **Prospection (P):** the ability to imagine and plan for the future
- **Resilience (R):** the ability to respond to change without harm, and even to grow stronger through challenge
- **Innovation (I):** the creativity to find solutions to rapid, novel problems
- **Social Connection (S):** building trust efficiently with strangers by way of Rapid Rapport
- **Mattering (M):** the drive that fuels our efforts as we pivot again and again.

The organization of the future will thrive not through a single transition but through change after change, reinvention after reinvention, by prioritizing the development of these capabilities in its employees.

Resilience, the bedrock of all five of the PRISM meta-skills, is the focus of this course. We'll start with understanding individual-level resilience. Five drivers predict resilient outcomes for individuals. Each of us - as practitioners, leaders, therapists, patients - has unique strengths and opportunities across these five. We'll explore our individual resilience profiles while learning how to identify the resilience strengths and opportunities for our patients, colleagues, and organizations.

Next, we will examine resilient relationships, starting from trust. Without trust, relationships cannot accommodate challenge. We'll explore how trust differs in personal versus professional contexts, and define dimensions of trust. We will also explore how the science of individual resilience overlaps the science of relational resilience, asking questions like, "How can we build durable connection with people with low resilience?"

On our fourth day, we will explicitly explore resilient leadership and the determinants of trust of a leader, including prospection and foresight. We'll review data suggesting that vertical trust - trust in leadership - is declining.

We'll end by exploring organizational resilience: its definition, components, and common obstacles. How do we define organizational resilience? Are resilient organizations simply organizations composed of resilient individuals, with high-trust relationships? Is anything else required? How do organizations get in their own way when they seek resilient outcomes?

Throughout the course, we'll utilize small group work, practice vignettes, and case studies to deepen our learning. Come ready to challenge your own assumptions about what resilience looks like at every level of society.

Gabriella Rosen Kellerman, MD is an author, entrepreneur, start-up executive, and Harvard-trained physician with expertise in behavioral and organizational change, digital health, wellbeing, and AI. Her book, *Tomorrowmind*, co-authored with Professor Martin Seligman, was published by Atria in January 2023. She has served as Chief Product Officer and Chief Innovation Officer at BetterUp, a transformation platform for global professionals, and as Head of BetterUp Labs, BetterUp's research arm, which studies whole person development in partnership with labs at Harvard, University of Pennsylvania, Stanford, and many more.

Gabriella began her career in psychiatry and fMRI research and has worked on global mental health policy and interventions for the World Health Organization. She is the founding CEO of the healthcare technology company Lifelink, former Director of Health and Quality Products at Castlight Health, and a serial executive at, and advisor to, healthcare, coaching, and behavior change technology companies.

As a thought leader, Gabriella is published widely for both popular and technical audiences in *The Atlantic Online*, *Scientific American Mind*, *JAMA*, and the *Harvard Business Review*. She has been profiled in *Inc Magazine*, and her work has been featured on *CNBC*, *Entrepreneur*, and *Forbes*. Gabriella holds an MD with honors from Mount Sinai School of Medicine, and a BA summa cum laude from Harvard University.

She completed her internship in psychiatry at UCSD and holds a California physician's license. Gabriella was awarded Harvard's Captain Jonathan Fay Prize; Hoopes Prize; Rothschild Prize; and Joseph Garrison Parker Prizes for her research. She received both the Eben-Fiske Harvard-Cambridge Fellowship and Frank Knox Memorial Fellowships for post-graduate studies. At Mount Sinai, Gabriella was honored with a Tylenol scholarship and the Gold Humanism award. In 2021, she was named to both the *Software Report's* top 50 Women in Software and to the Anchor List for Product.

Speaker Disclosures

Financial: Gabriella Rosen Kellerman has no financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-financial: Gabriella Rosen Kellerman has no non-financial relationships with ineligible organizations.

Gabriella Rosen Kellerman, MD | Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond | July 7-11, 2025

Course Agenda

Monday:

Our Brains In Uncertainty, at Work and Beyond

- Opening Circle: Our Big Why
- Understanding the work and interpersonal context within which our brains first evolved
- Lessons from the transitions to agriculture and industrialization
- The twin trials: The pace and nature of change
- Our unique advantage: The positive behavioral sciences
- Overview of PRISM: Prospection, Resilience, Innovation, Social Connection, Mattering
- Closing Circle: Our Fuel

Tuesday:

The Resilient Individual at Work: Five Drivers of Individual Anti-Fragility

- Opening Circle: Resilient Heroes
- The Spectrum of Resilience
- Five Drivers of Resilience: emotional regulation, cognitive agility, optimism, self-compassion, and self-efficacy
- Self-Assessment
- Practice Vignettes: Diagnosing individual resilience profiles
- "Putting it in perspective": A practical resilience-building exercise
- Closing Circle: Do-Over Moments of Low Resilience

Wednesday:

Resilient Relationships: Interpersonal Trust In and Outside of Work

- Opening Circle: Gratitude to resilient partner/colleague
- The biological, professional, and organizational benefits of resilient connection
- Three modern barriers: Time, space, and us/them
- Rapid Rapport: Navigating building rapport with high vs low resilience individuals
- Definition of Trust
- Trusting leaders vs peers vs partners/family
- Interplay between individual resilience and relationship resilience
- Practice Vignettes
- Closing Circle: The One that Got Away

Thursday:

Resilient Leadership in Uncertainty: Why is it in Decline, Whence the Repair

- Opening Circle: Leadership Fears
- Data review: Trust in Decline
- Data review: The rise of Emotional Labor
- Case Study: Leading Tech Company
- The role of prospection and self-efficacy
- Self-Assessment: Two Phases of Prospection
- Practice Vignettes: What does resilient leadership look like today?
- Closing Circle: Leadership Hopes

Friday:

The Resilient Organization

- Opening Circle: Self-Healing Communities
- Review: Resilient individuals, resilient relationships
- Small group work: What's the recipe for organizational resilience
- Convergence: Definition of organizational resilience
- Barriers to organizational resilience
- Opportunities for a holistic approach
- Priorities and Commitments
- Closing Presentations: Our Investment

Course Objectives

Upon completion of this course participants will be able to:

1. Express the distinct challenges posed to our wellbeing and performance by the pace and nature of change
2. Name and describe the five PRISM skills
3. Summarize the five building blocks of resilience
4. Discover individual resilience strengths and opportunities
5. Discuss the interplay between individual resilience and relationship resilience
6. Define trust and describe how it differs in relationships at work and outside of work
7. Analyze relationship conflict through the dual lens of intra- and interpersonal- resilience
8. Describe why prospection is essential to resilient leadership and how to build it
9. Describe the key ingredients for a resilient organization
10. Develop clarity and motivation to build resilience personally and professionally

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.

Courses must be completed in one delivery format.

This program is being offered for 15 NBCC credit hours. Please see the CE section starting on pg. 71 for the NBCC Approval Statement.

This course is not eligible for ASWB ACE, NYSED, and PA psychologists.

Please see the [course CE page](#) for a complete listing of course-specific CE approvals.

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

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:

15-hour course format: Monday-Friday 9:00a.m. - 12:30p.m. EDT with a 30 min break daily

12-hour course format: Monday-Wednesday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

8-hour course format: Thursday-Friday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

In-Person Location:

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

Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings. 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:

Early tuition rates (through 4/1/25)		Full tuition rates (after 4/1/25)		Student pricing*:	
15-hour in-person early:	\$750	15-hour in-person full:	\$800	15-hour in-person:	\$600
15-hour live-online early:	\$625	15 hour live-online full:	\$675	15 hour online:	\$475
12-hour in-person early:	\$650	12-hour in-person full:	\$700	12-hour in-person:	\$500
12-hour online early:	\$550	12-hour online full:	\$600	12-hour online:	\$400
8-hour in-person early:	\$450	8-hour in-person full:	\$500	8-hour in-person:	\$300
8-hour online early:	\$350	8-hour online full:	\$400	8-hour online:	\$200

*Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition

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 & Change Policy

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

Between 14 days and 1 day: Credit may be applied to any 2025 or 2026 Cape Cod Institute course. No refunds will be issued within this time period.

Once your course begins: No credit or refund is available if you cancel on the day of arrival, do not show up, are dissatisfied with the presentation or content, or leave an event early for any reason. No partial credit/CE hours can be given if you need to leave for any reason. We understand that circumstances outside of your control may impact your ability to continue attending your course. Common examples include: situations affecting a participant directly or their travel plans, unexpected injury or illness, and significant connectivity problems; however, we cannot offer credit or refunds for these scenarios.

The Cape Cod Institute is not responsible for participants' travel, lodging, or incidental expenses.

Course Changes:

Before June 1: You may switch your course or the format (in-person or live-online) without a fee. A refund will be provided for the difference in price.

After June 1: Course or format (in-person or live-online) changes made after June 1, will incur a \$50 change fee. There will be no price reduction for switching to a live-online course.

You can notify our staff of your cancellation or change requests at info@cape.org

Please visit <https://www.cape.org/policies> for more information.

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 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 + 1(203) 781- 6492 or info@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

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

JUNE 30 - AUGUST 22, 2025

JUNE 30-JULY 4, 2025

Amanda Blake, PhD

Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance
In-Person

Janina Fisher, PhD

Transforming Trauma-Related Resistance and Stuckness
In-Person & Live-Online

Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT

Expressive Arts Therapy and Sensory Processing to "Reset" the Nervous System
In-Person & Live-Online

Natasha Prenn, LCSW

Put Deliberate Practice into your AEDP Practice
In-Person & Live-Online

JULY 7-11, 2025

Suzanne Goh, MD, BCBA

Transformative Care for Neurodivergent Individuals: State-of-the-art Therapies to Optimize Health, Development and Wellbeing
In-Person & Live-Online

Gabriella Rosen Kellerman, MD

Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond
In-Person & Live-Online

Licia Sky

Embodied Awareness: The Art of Presence & Attunement
In-Person

Bessel van der Kolk, MD

Frontiers of Trauma Treatment
In-Person & Live-Online

JULY 14-18, 2025

Lana Epstein, MA, LICSW

Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR
In-Person & Live-Online

Meghan Riordan Jarvis, MA, LICSW

Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss
In-Person & Live-Online

Richard Schwartz, PhD & Jeanne Catanzaro, PhD

Internal Family Systems Workshop
In-Person & Live-Online

Stan Tatkin, PsyD, MFT

Introduction to a Psychobiological Approach to Couple Therapy (PACT)
In-Person & Live-Online

JULY 21-25, 2025

Sebastian Barr, PhD

Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults
In-Person & Live-Online

Jeanne Catanzaro, PhD

Unburdened Eating: An IFS Workshop for Mental Health Professionals
In-Person & Live-Online

Deb Dana, LCSW

Polyvagal Theory in Therapy: Practical Applications for Treating Trauma
In-Person & Live-Online

Richard Schwartz, PhD

Transformative Healing: An IFS Workshop on Addressing Legacy Trauma
In-Person & Live-Online

JULY 28-AUGUST 1, 2025

Farah Harris, MA, LCPC

The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice
In-Person & Live-Online

Deborah Korn, PsyD

EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect
In-Person & Live-Online

Maria Sirois, PsyD

The Fateful Story: How Narratives Shape Health, Growth and Resilience
In-Person & Live-Online

Jeffrey Zeig, PhD & Julie Anné Zeig, PhD

Master Class in Experiential Psychotherapy
In-Person & Live-Online

AUGUST 4-8, 2025

Gloria Burgess, PhD

Sanctuary: Rekindling the Heart of Leadership®
In-Person

James Hawkins, PhD, LPC

Emotionally Focused Therapy: Strengthening Bonds in Couples, Individuals, and Families
In-Person & Live-Online

George McCloskey, PhD

Intervention for Child and Adolescent Executive Function Difficulties
In-Person & Live-Online

8 & 12 HR COURSES - NEW!

AUGUST 4-6, 2025 *12-HR

Jonah Paquette, PsyD

Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection
In-Person & Live-Online

AUGUST 7-8, 2025 *8-HR

Christopher Willard, PsyD

Adapting Mindfulness Techniques for Children, Teens, and Adults
In-Person & Live-Online

AUGUST 11-15, 2025

Bob Anderson

The Journey of Conscious Leadership
In-Person

John Forsyth, PhD & Jamie Forsyth, PhD

Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard
In-Person & Live-Online

Pilar Jennings, PhD

Buddhism & Psychotherapy in Conversation: A Healing Partnership
In-Person & Live-Online

Cece Sykes, LCSW, ACSW

Internal Family Systems: Compassion for "Big A" and "Small a" Addictive Processes
In-Person & Live-Online

AUGUST 18-22, 2025

Edward Hallowell, MD with Sue George Hallowell, LICSW

Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span
In-Person & Live-Online

Rubin Naiman, PhD, FAASM

Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach
In-Person

Ronald D. Siegel, PsyD

What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy
In-Person & Live-Online

Eboni Webb, PsyD, HSP

From Chaos to Calm with DBT – A Path to Connection and Emotional Regulation
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