Leader Name: Rick Hanson with Jan Hanson

Workshop Title: Positive Neuroplasticity and Resilient Well-Being: Growing an Unshakable Core of Calm Strength and Happiness

Workshop Description:
The world is increasingly volatile and uncertain, so we need to develop psychological strengths such as grit, gratitude, and compassion. This unshakable core is the essence of resilience and the foundation of lasting well-being in a changing world. During this workshop, we'll explore how to use modern neuroscience informed by ancient contemplative wisdom to turn everyday experiences into powerful inner strengths hardwired into your own nervous system. You will be introduced to effective ways to steady the mind, cool stress and reactive emotions, communicate resiliently, and heal from past painful experiences. We will also discuss research-based nutritional neurochemistry. As you train your brain in these ways, you'll meet the next moment feeling already centered in happiness, love, and peace. This workshop is especially useful for those in the helping and healing professions.

Recommended reading: Hanson, Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness.

LEARNING OBJECTIVES

Participants will be able to:
1. Describe how an individual's course is a function of the combination of challenges, vulnerabilities, and resources.
2. Describe the two-stage process of learning.
3. Describe three fundamental ways to engage the mind skillfully.
4. Describe the two ways to have a beneficial experience.
5. Describe five ways to enrich an experience.
6. Name three ways to encourage others to internalize beneficial experiences.
7. Describe the three-stage evolution of the human brain.
8. Give three examples of specific psychological resources matched to particular psychological issues.
9. Describe three levels of engagement with painful or upsetting thoughts, feelings, memories, or sensations.
10. Define self-compassion.
11. Name two ways that people can recognize genuine protections for themselves.
12. Name two ways to prompt an experience of calm strength.
13. Name two examples of goal-attainment in everyday life.
14. Describe one difference between liking and wanting.
15. Guide others in being aware of both a desired behavior and an anticipated reward of it.
16. Name five ways to feel cared about.
17. Describe two ways to evoke compassion for another person.
18. Describe one psychological cue each to evoke a sense of peace, contentment, and love.
COURSE OUTLINE

Schedule:  Session-by-Session CEU Syllabus
Total:  Ten Sessions / 26 CEU Class Hrs.

(1) Day 1, SUNDAY 8:30-10pm: The Essence of Positive Neuroplasticity (1.5 hours)
  •  Introduction to Positive Neuroplasticity
  •  The critical role of psychological resources in dealing with challenges and vulnerabilities

(2) Day 2, MONDAY 9:30am-12.45pm: The Essence of Positive Neuroplasticity (3.25 hours)
  •  The neuropsychology of learning: the essence of healing, development, and growth – moving from passing states to lasting traits
  •  The three fundamental ways to engage the mind skillfully: letting be, letting go, and letting in

(3) Day 2, MONDAY 4:00-6.30pm: Having, Enriching, and Absorbing Experiences (2.5 hours)
  •  Noticing or creating beneficial experiences
  •  Skillful ways to deepen the registration of experiences
  •  Sensing and intending that experiences are sinking in, becoming a part of oneself

(4) Day 3, TUESDAY 9:30am-12.45pm: Linking Positive and Negative Material (3.25 hours)
  •  Our three fundamental needs – for safety, satisfaction, and connection – and the reptilian, mammalian, and primate/human stages of brain evolution
  •  Identifying “key resource experiences” to meet individual needs

(5) Day 3, TUESDAY 4:00-6:30pm: Linking Positive and Negative Material (2.5 hours)
  •  Mental skills for being aware of both positive and negative material at the same time

(6) Day 4, WEDNESDAY 9:30am-12.45pm: Growing Strengths for Safety Neuroplasticity (3.25 hours)
  •  Perspectives and practices for self-compassion
  •  Feeling protected and alright right now

(7) Day 4, WEDNESDAY 4:00-6.30pm: Growing Strengths for Safety (2.5 hours)
  •  Managing threats from calm strength rather than fear, anger, or helplessness

(8) Day 5, THURSDAY 9:30am-12.45pm: Growing Strengths for Satisfaction (3.25 hours)
  •  Internalizing experiences of accomplishment and success
  •  Enjoying life’s pleasures without getting driven or addicted

(9) Day 5, THURSDAY 4:00-6.30pm: Growing Strengths for Satisfaction (2.5 hours)
  •  Associating healthy rewards to that which one seeks to motivate

(10) Day 6, FRIDAY 10:00am-12:00pm: Growing Strengths for Connection (2 hours)
  •  Self-acceptance and self-worth
• Approaching relationship issues from compassion and self-respect rather than resentment and inadequacy
• Centering in peace, contentment, and love instead of fear, frustration, and heartache

This course meets the qualifications for 26 hours of continuing education credit for: LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Esalen is an approved provider of continuing education by the California Association of Marriage and Family Therapists.

Esalen Institute maintains responsibility for this program and its content. You may contact us at CE@esalen.org. We encourage you to be in touch with our office with any grievances in a timely manner.