

The How of Happiness:

A Science and Practice

Sunday, March 7, 2010

12:30 pm - 3:30 pm - General Session I
12:30 pm - 5:30 pm - Professional Sessions I & II

Receptions Conference Center

10681 Loveland-Madeira Road, Loveland, OH 45140
1 mile north of I-275 Exit #52

**Go Green
Please Carpool**

Who Should Attend

This event is for professionals and community members:
Social Workers • Counselors • General Public
Teachers • Psychologists • Parents • Case Managers
Nurses • Nursing Home Administrators
Massage Therapists • Chemical Dependency Counselors
Life Coaches • Occupational Therapists

Agenda

11:30 am - 12:30 pm Registration, Book Signing
12:30 pm - 2:00 pm Session I with Sonja Lyubomirsky, PhD
(for all participants)
2:00 pm - 2:20 pm Break with Snacks, Book Signing
2:20 pm - 3:20 pm Session I continues
3:20 pm - 3:30 pm Break
Evaluations by General participants
General Public session ends
3:30 pm - 5:00 pm Session II with Donna Mayerson, PhD
(for Professional participants only)
5:00 pm - 5:15 pm Evaluations by Professional participants
Professional certificates distributed



The Miriam O. Smith Educational Series was established to honor the memory of Miriam O. Smith, a long time social worker at Jewish Family Service who provided extensive individual and family therapy, headed the adoption program, assisted in forming the Alan R. Mack Parents Center and also served as interim director of the agency.



Jewish Family Service
11223 Cornell Park Dr.
Cincinnati, OH 45242

www.jfscinti.org

The How of Happiness:
A Science and Practice

*Learn how to
increase happiness
to get the life you want*

Non Profit Org.
U.S. Postage
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Cincinnati, OH
Permit No. 1404

7th Annual Miriam O. Smith Educational Series



Internationally
Renowned
Bestselling Author

A Guest on Dr. Oz &
Good Morning America

Sonja Lyubomirsky, PhD

The How of Happiness:

A Science and Practice

Sunday, March 7, 2010



Co-founder of
Hummingbird, LLC

Donna Mayerson, PhD

Another program of:



Program eligible for 4.0 Continuing Education Units

Registration Form

Please register online at www.jfscinti.org, call Sandee at (513) 766-3352, or complete this form and return with payment by March 4, 2010 to:

The How of Happiness, Jewish Family Service
11223 Cornell Park Drive, Cincinnati, OH 45242

SEATING LIMITED - REGISTER EARLY

One registration per form

Please photocopy this form for additional registrations

Name _____

Place of Employment/Company Name _____

Mailing Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Evening Phone _____

Email _____ **Confirmation will be sent via email only**

General Registration

- \$20 by March 4 \$25 at the door

Professional Credit Registration

4.0 CEUs, MCEs, RCHs, or Contact Hours for the following:

- \$70 by March 4 \$85 at the door

Please check up to two, included in fees:

- Chemical Dependency RCH (PID # 10-061-R)
 Counseling CEU*
 Life Coach CCEU*
 Marriage and Family Therapy CEU*
 Nursing Home Administrator CEU (BENHA# 011-L-10)
 Occupational Therapy CEU
 Psychology MCE (Provider # 31744789)
 Social Work CEU (Reciprocal for Nursing CEU)
 Teacher Contact Hours
 Certificate of Completion

* Application in Process

Enclosed is a check made payable to Jewish Family Service in the amount of \$ _____

Please charge the amount of \$ _____ to my: _____
 VISA MC Amex Discover

Credit Card # _____ Expiration Date _____

Signature _____

Name as it appears on card _____

Learn how to increase happiness to get the life you want

Sessions I for all participants

You will learn about the Science of Happiness and how to apply it to daily life.

- Learn what happiness is and how it can be measured
- Identify six critical factors to increase and sustain well-being
- Learn strategies to integrate happiness into everyday life
- Understand how to cope with life's challenges by increasing intentional happiness

Presenter



Sonja Lyubomirsky, PhD is the author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*; is an associate editor of the *Journal of Positive Psychology*; and (with Ken Sheldon) holds a five-year million-dollar grant from the National

Institute of Mental Health to conduct research on the possibility of permanently increasing happiness.

She has been the focus of dozens of magazine and newspaper articles and she has appeared on multiple TV shows, radio shows, and feature documentaries in North America and Europe. This includes appearances on Good Morning America and Dr. Oz. She has lectured widely to a variety of audiences, including business executives, life coaches, retirees, students, and scholars.

Lyubomirsky is Professor of Psychology at the University of California, Riverside. Originally from Russia, she received her AB, summa cum laude, from Harvard University and her PhD in social/personality psychology from Stanford University.

Session II for professionals only

You will learn to link research in positive psychology and character strengths to clinical practice.

- Learn how character strengths can be utilized to:
 - Build a therapeutic alliance
 - Activate a client's motivational system
 - Construct a more fulfilling life
 - Boost happiness and improve well-being

Presenter



Donna Mayerson, PhD is Chief Coaching Officer and a Co-Founder of Hummingbird Coaching Services, an organization that has imbedded best practices to date of positive psychology into its coaching model and strives to keep on top

of the current research to continually improve coaching practices.

She developed Hummingbird's proprietary coaching model and each of its topic-specific protocols. Mayerson is known to be a gifted therapist and coach with uncanny powers of intuition and sensitivity that allow her to quickly discern the core issues and suggest very pragmatic solutions.

Mayerson earned her MEd in Special Education from the University of Cincinnati and her PhD in Counseling Psychology at the University of Utah. She is also on the Board of the Values in Action Institute (VIA) along with Drs. Neal Mayerson, Chris Peterson and Martin Seligman.

Registration Information

General Registration fees for Sessions I only:

12:30 pm - 3:30 pm
\$20 by March 4 \$25 at the door

Professional Credit Registration fees for Sessions I & II:

12:30 pm - 5:15 pm
\$70 by March 4 \$85 at the door

Participants of both sessions are required to pay the Professional Credit Registration fee. See Registration Form to the left for a complete listing of available Professional Credits.

Cancellation Policy:

Cancellations by 5 pm, March 4, 2010 will receive a refund of \$10 for General or \$35 for Professional registrations. No refunds will be made after this date.

For more information, to register by phone, and for disability accommodations, contact Sandee at (513) 766-3352 or sgolden@jfscinti.org

Register online at www.jfscinti.org