

Technology For Your Psychology
Continuing Education Course Adapted

from the text:

“Living Life As A Joyful Being; be ready for whatever life brings!”

Business/Cell 347-545-8539

Website: JoyEventsLLC.com

Email: joy@joyEventsLLC.com

“This is a book to be reviewed again and again as new life stresses occur. Clinicians can recommend it as part of a comprehensive lifestyle medicine approach. Joy Jangdhari also provides highly acclaimed personalized life seminars and workshops to businesses and groups for the purpose of personal, professional and business development.” Reviewed by:

Dr. Gregory S. Pokrywka, MD FACP FNLA NCAMP Assistant Professor of Medicine at Johns Hopkins University School of Medicine.

This program provides evidence-based and practical methods to Enhance Creativity, Strengthen Emotional Intelligence, Facilitate Well-Being and Improve Stress Responses.

The Education, Training and Research of this high-quality program is committed to providing science-based, innovative solutions for Health Care Professionals, Educators and Consumers.

It is specifically designed to bring about positive and permanent shifts in the quality of the clinician’s life and the lives of their patients.

Technology For Your Psychology has been presented and approved by:

Hagerstown Community College: authorized by Board of Social Work Examiners in Maryland to sponsor Category 1 activities, and by the Maryland Board of Professional Counselors and Therapists, MD Board of Psychologists to sponsor Continuing Education. This training qualifies for 6 Category 1 Continuing Education Units.

Seaside Counseling & Wellness Center: Authorized by the Board of Social Work Examiners in Maryland for Continuing Education Unit. The Annual conference was conducted via zoom for 1.5 CEU’s in category 2.

Technology For Your Psychology is a six-hour educational course/wellness program that creates positive change by combining neuroscience, mind-body training, and social-emotional

learning. This curriculum has been effective in reducing depression, anxiety, stress and increasing peace, optimism, satisfaction and joy. The Health Care professionals, through their own raised awareness and improved skills, can educate & motivate patients/clients to gain healthier coping skills.

Overview of Course

Definition

Technology-The application of scientific knowledge for practical purposes.

Psychology-The scientific study of the human mind and its functions, especially those affecting behavior in a given context.

We are wired to a certain way of thinking, acting, and believing.

Stress generally refers to two things:

The psychological perception of stressors on one hand and the body's responses to it on the other hand. As we rebalance the mind and body, we can experience new thoughts, emotions, feelings and beliefs to experience new possibilities!

This course combines:

- Neuroscience information
- Mind-Body activities
- Social and Emotional Training
- Tools and Techniques to create deeper self-awareness, balance, harmony and a clear and understanding mind.

This course is intended to:

- Improve Psychological self-sufficiency
- Develop deeper self-awareness
- Recognize vulnerabilities and behaviors
- Examine Social and Emotional skills
- Improve Self-regulation, Social Interactions, and Problem Solving

Rationale

Depression and Anxiety are worldwide problems that the World Health Organization had predicted as the number one disability in 2020. According to the US & World report, there is a

growing demand for fitness and wellness coordination to teach the knowledge and skills to help people develop and sustain healthier lifestyles.

This course can provide information to reduce depression and anxiety and sustain a healthier lifestyle.

Course Objectives/Goals

Upon completion of the *Technology For Your Psychology* course participants will be able to:

1. Identify their own thoughts, emotions, feelings and beliefs.
2. Analyze their own programming and conditioning.
3. Apply methods to evaluate their own condition, habitual responses, and survival skills.
4. Recognize their own self-regulation (the ability to control one's physical stress response, as well as one's emotional response).
5. Explain chemical reactions that increase the risk of stress, anxiety, and depression.
6. Examine reactions when buttons get pushed and learn better responses.
7. Understand Emotional and Social Intelligence and learn to recognize emotional toxicity and effectively metabolize it.
8. Use breathing techniques to calm the mind and body.
9. Incorporate a few good moves (movements to energize and release stress in the mind and body).

Content Outline

The *Technology For Your Psychology* course has three major components.

The first component focuses on "Looking Within"...investigation of one's own thoughts, emotions, feelings, and beliefs.

"Looking Within" introduces principals to be more resilient physically, mentally and emotionally. These skills lead to higher self-efficacy. There will be a decrease in the chances of physical and mental uproar.

The second component emphasizes knowledge of Mental Models (Freudian, Behavioristic, Humanistic, Religious, and Self-Actualization) and how they influence perception.

The Mental Models affect a person's self-efficacy.

The third component emphasizes practical tools and techniques to alter reactions and improve mind/body balance.

THE MODULES

- The psychological terrain that can help with Reason, Logic and Joy.
- Personal Infrastructure “Know Thyself” before wanting to change yourself.
- Identify mental models that influence our personal beliefs that are connected to emotions.
- Identify and Explain chemical reactions that increase the risk of stress, anxiety and depression.
- Explain what happens when our buttons get pushed.
- Climbing the emotional hill
- The “power of practice” Breathing techniques that can rebalance mind and body.
- “A few good moves” body movements to release stress and tension and strengthen the body.

TYPES OF ACTIVITIES

The **Technology for Your Psychology** program includes a series of interactive learning experiences designed to increase participation and help with the understanding of stress, anxiety, depression, joy, peace and balance.

Activities are designed to help people understand how to manage their psychological framework to have a higher self-efficacy.

The activities include viewing videos and engaging in skill building exercises. Each activity is brief and few require participants to get out of their chairs.

A few good moves are used to release stress and tension from the body. This physical participation maintains their interest and attention in a way that lectures or lengthy group discussions do not.

Below is a description of the types of researched activities presented in the course.

- Personal infrastructure activities encourages the participants to look within at the many different facets of their life. It makes clear the safest strategy for the prevention of anxiety and depression is self-awareness of their own personal infrastructure. This education builds the inner resilience for self-reliance, self- sufficiency and self – sustainability, which leads to higher self-efficacy.
- Videos are used to depict the agreements and stands we make to survive and protect ourselves in this world. i.e. “Looking Within” video and “Lights, Camera, Action” Video The participants get a greater self-understanding of their personal infrastructure and learn to identify their own emotional and social intelligence.

- “The power of practice” education i.e. breathing techniques, introspection and physical movements provide participants with the confidence and skills to “ride the emotional wave” and “climb the emotional hill.” They learn a variety of ways in which the skills, tools and techniques can be implemented in their lives. The participants’ knowledge of relationship with thoughts, emotions, feelings and beliefs assists them in reaching their full potential in all areas of life which includes health and well-being.
- The program incorporates one to know the internal landscape as well as the external relationship with thoughts, emotions, feelings and beliefs. This education is for the participant to blossom to their full potential in all areas of life which includes health and well-being.

DEVELOPER & PRESENTER; JOY JANGDHARI IS RECOMMENDED BY WORLD CLASS EXPERTS!

BOB YOUNGLOVE (FEATURED IN THE BOOK SPEAKING OF SUCCESS ALONG WITH KEN BLANCHARD, JACK CANFIELD, STEVEN COVEY)

“In all my years of graduate studies in the field of human behavior, I have never come across a person or practical book that so accurately describes with examples how our thoughts, beliefs, emotions, and behaviors effect our health and happiness. We are truly blessed, to have Joy Jangdhari to give us a preview of her upcoming workshop! “

Bob Younglove

Endorsement:

Perry Psaros, Lieutenant Colonel

Anyone who has served in the military will find this book to be an excellent resource when dealing with the unique challenges of a military family, such as the pain of multiple deployments. “Living Life As A Joyful Being” provides the soldier with a clear path for introspection and an understanding of the dynamics of relationships with loved ones. And if Jangdhari roadmap for life is a “difference maker” for the reader, then it is far more than a good read: it’s compelling.

Carol Murphy Certified Alcohol & Drug Counselor

Living Life As A Joyful Being offers profound life-changing tools in a simple, readable engaging style.

Joy’s desire to touch, move and inspire people and her lifelong research education and training has culminated in this delightful gem. The book meets you “where you are” and helps you understand how you may be “stuck” in past experiences and negative “self-talk” unable to fulfill your potential and live your life with purpose and joy!

This is a Universal book for all: teenagers to seniors, laborers to corporate executives, those struggling with a few emotional scars to those dealing with post-traumatic stress. As an Alcohol and Drug Counselor, I can see the value of Jangdhari’s book and the

workshops based on her book for recovering people. They will learn self-acceptance, letting go and techniques for living one day at a time, one moment at a time. Joy will walk you through a "hands-on" experience of self -understanding, self-acceptance and self-improvement. Enjoy!