

Technology For Your Psychology
CE-CEU Continuing Education Course
By Joy Jangdhari, is adapted from the text

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

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“This is a book to be reviewed again and again as new life stresses occur. Clinicians can recommend 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.”

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, Board of Psychologists as the 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 1 Category 2 Continuing Education Continuing Education Unit 1 in Maryland.

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, and 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 is a worldwide problem that the World Health Organization had predicted as the number one disability in 2020. According to US & World report there is a growing demand for fitness and wellness coordination with the knowledge and skills to help people develop and sustain healthier lifestyles.

This course can provide information to reduce depression, anxiety and sustainability of a healthier lifestyles.

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.

Theory of Self-Efficacy

As defined by Psychologist Albert Bandura in 1977

A Professor at Stanford University

Self-Efficacy describes one's beliefs in their capabilities to exercise control over their own functioning and other events that affect their lives.

When a person believes in their ability to succeed in a particular situation, their sense of self-efficacy can provide a foundation for motivation, well-being, and personal accomplishment.

High self-efficacy has been linked to numerous benefits in daily life, such as resilience to adversity and stress, healthy lifestyle habits, improved job performance, and educational achievement.

Bandura showed that difference in self-efficacy correlates to fundamentally different world views. People **with high self-efficacy** generally believe that they are in control of their own lives, that their own actions and behaviors shape their lives...

While people with **low self-efficacy** may see their lives as outside their control...

A person with high self-efficacy tends to take a wider view of a task to determine the best plan.

While someone with **low self-efficacy** will tend towards discouragement and giving up...

A person with **high self-efficacy** will attribute failure to external factors, where a person with **low** self-efficacy will blame low ability.

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

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