

COURSE DESCRIPTION

COURSE TITLE:	<i>FIND YOUR HAPPY</i>
SUBJECT/CONTENT/ SKILLS:	COUNSELING SERVICES/COUNSELING SKILL GROUPS/COGNITIVE-BEHAVIORAL COUNSELING TECHNIQUES/ MINDFULNESS-BASED INTERVENTIONS/ HOLISTIC WELLNESS MODALITIES
OHIO CONTENT AREAS:	PREVENTION R1 CHEMICAL DEPENDENCY R1
COURSE FORMAT:	ONLINE COURSE; DIGITAL WORKBOOK/ ONLINE TEST & COURSE EVALUATION/ INSTANT TEST SCORES/DOWNLOADABLE COMPLETION CERTIFICATE
INTENDED AUDIENCE:	THIS COURSE IS APPROPRIATE FOR PRACTITIONERS OF ALL LEVELS AND IS APPLICABLE WITHIN VARIOUS PROFESSIONAL SPECIALTIES (ADDICTION, MENTAL HEALTH, ETC.) AND SETTINGS (CLINICS, SHELTERS, JAILS, ETC.).
CE HOURS:	20
COST INITIAL/RENEWAL:	\$140/\$70
NUMBER OF PAGES: (INCLUDING INTRO MATERIALS)	192
NUMBER OF POST-TEST QUESTIONS:	70

NAMES/CREDENTIAL(S) OF PRESENTER/AUTHOR:

Kelly Sinclair-McClintock, MA, LICDC-CS, MCAP

Kelly has spent the better part of her career working with a criminal population, often within the walls of the jail system, and (oddly enough) has loved every moment of it. Kelly says, "it's easy to enjoy being institutionalized-when you have the keys to the joint"! (So true).

Since 2005, she has served as the CEO of Project Solutions, a social service organization that provides counseling services to a criminal population. Kelly has authored numerous professional training manuals and is a sought-after speaker/presenter.

EDUCATION/ACHIEVEMENTS:

- AA/BS Degree Criminal Justice/Sociology
- Master of Arts Degree, Professional Counseling
- Licensed Independent Chemical Dependency Clinical Supervisor (Ohio)
- Certified Masters Addictions Professional (Florida)
- Find Your Strong Campaign findyourstrong.info
- Graduate Leadership Stark County, 18th Class
- Commendations Stark County Jail Treatment Program 2006, 2010
- Recipient Bliss Scholarship Akron University, 1991
- Internship Capitol Hill, 1991

COURSE DESCRIPTION:

Living a happy life is really our most important life's work.

While our clients are diverse in many ways, underneath all the presenting problems, precipitating events, hurt, and dysfunction is a very similar and

consistent yearning to find fulfillment. The truth is, everyone is on a quest to discover more happiness; clients, friends, neighbors, co-workers, family (and counselors too!). And yet, few people know how to get there. We all want to live an elevated life, where we experience a deep **SOULFUL REVOLUTION**, understand our **PURPOSE**, live with **INTENT**, and GET OUR "HAPPY" ON! And as a counselor, we want our clients to be happier leaving therapy, than when they came in.

Kelly McClintock's journey to becoming a "happiness expert" started in one of the most unhappy places on earth—the jail. As a jail-based therapist, Kelly worked with thousands of incarcerated individuals who knew the meaning of "rock bottom", sadness, and despair; providing her a unique view of the profound human desire for happiness. Kelly realized that everyone seemed to be on a quest to discover more happiness; clients, friends, neighbors, co-workers, family, etc. And then in early 2014, it was she who was on a mission to escape the darkness that had suddenly engulfed her life. As the 2nd and 3rd opinions confirmed the news of a life-threatening diagnosis, she wondered if she would ever feel joy again.

Find Your Happy is a no frills, cut to the chase (30 keys in 150 pages), comprehensive guide to happiness. Not the kind of fleeting happiness that comes with a joyful event (you get a new bike for Christmas, score a touchdown, get a date with your crush) -most everyone experiences these. This book is about living an elevated life. A higher consciousness. A soulful awakening, where happiness and fulfillment are mainstays.

This book is as much for the counseling professional, as it is for the clients they serve!

This course outlines a holistic approach to wellness and includes information on meditation, mindfulness, cognitive-behavioral strategies, stress reduction, nutrition, etc. Content applicable for prevention professionals and practitioners of all levels. This course applies to various client populations (i.e., addiction, mental health, etc.) and is relevant for services provided in a variety of settings (clinics, shelters, jails, etc.).

GOAL:

Participants will learn strategies to assist clients in seeking a deeply happy and fulfilling life.

OBJECTIVES:

1. Participants will be able to recognize and understand that "happiness" is the goal of counseling (and life in general).
2. Participants will be able to recognize, understand, and describe the challenges to happiness in our modern world.
3. Participants will understand the 5 Happiness Domains and what truly makes people happy.
4. Participants will understand the meaning and importance of purpose and passion.
5. Participants will recognize and understand the impact of kindness, love, and a positive attitude on overall happiness (positive attracts positive).
6. Participants will be able to recognize, understand, and describe how obstacles can inspire profound growth and guide one's purpose.

7. Participants will understand how gratitude and mindfulness impact happiness.
8. Participants will be able to recognize, understand, and describe the importance of serving others as it pertains to personal growth and fulfillment.
9. Participants will be able to recognize, understand, and describe the adverse effects of stress on the mind, body, spirit and identify effective stress reduction techniques.
10. Participants will be able to recognize and describe the importance of healthy/supportive relationships and understand effective ways to cope with toxic people.
11. Participants will understand the process of forgiveness and recognize the importance of letting go of resentments.
12. Participants will be able to recognize, understand, and describe the importance of structure/rituals as it pertains to happiness.
13. Participants will be able to recognize, understand, and describe the reasons that financial stability is important to happiness.
14. Participants will be able to recognize, understand, and describe how to utilize Cognitive Behavioral techniques (i.e., TFA Formula) and Mindfulness-Based Interventions (MBI's) to inspire client happiness.

COURSE OUTLINE

- I. INTRODUCTION MATERIALS (TECH SUPPORT, HOW IT WORKS, ABOUT THE AUTHOR, WELCOME, DISCLAIMERS)
- II. PRE-TEST
- III. THE QUEST FOR HAPPINESS
- IV. SCRATCH YOUR ASS & GET GLAD

V. BUILDING THIS PLAYBOOK

VI. OUR STORY

VII. HAPPINESS 101: WHAT MAKES YOU HAPPY

VIII.A NOTE ABOUT SPIRITUALITY

IX. THE HAPPINESS PLAYBOOK

- 1.PLAY #1 KNOW YOUR PURPOSE
- 2.PLAY #2 FIND YOUR PASSION/CALLING
- 3.PLAY #3 ALL THAT EXISTS IS DIVINE & CONNECTED
- 4.PLAY #4 GRATITUDE
- 5.PLAY #5 LIVE RIGHT
- 6.PLAY #6 CONNECT WITH MOTHER EARTH
- 7.PLAY #7 LAW OF ATTRACTION
- 8.PLAY #8 LOVE & ABUNDANCE
- 9.PLAY #9 T-F-A & 3 C'S FORMULA
- 10.PLAY #10 GETTING IT
- 11.PLAY #11 MINDFULNESS; LIVE IN THE PRESENT
- 12.PLAY #12 HONOR THE DIVINE STORM
- 13.PLAY #13 FIND YOUR TRIBE
- 14.PLAY #14 BOUNDARIES
- 15.PLAY #15 MIND LESS & FORGIVE
- 16.PLAY #16 REDUCE STRESS
- 17.PLAY #17 MEDITATION/PRAYER/SELF-HYPNOSIS
- 18.PLAY #18 MANIFEST YOUR INTENTIONS
- 19.PLAY #19 YOUR INNER GUIDE
- 20.PLAY #20 HEALTH & NUTRITION
- 21.PLAY #21 EXERCISE
- 22.PLAY #22 REST
- 23.PLAY #23 AVOID TOXINS
- 24.PLAY #24 MONEY

- 25.PLAY #25 SACRED TIME/BALANCE
- 26.PLAY #26 STRUCTURE & RITUALS
- 27.PLAY #27 SAY "NO"
- 28.PLAY #28 DON'T BE CHICKENSHIT, JUST BE YOU
- 29.PLAY #29 NO MUD, NO LOTUS
- 30.PLAY #30 IMPACT THE WORLD
- X. FAQs 151
- XI. THAT'S A WRAP 155
- XII. KEYS TO HAPPINESS 157
- XIII. REFERENCES/BIBLIOGRAPHY 159
- IX. POST-TEST
- X. COURSE EVALUATION/SURVEY