

SYMPOSIUM: The Science and Spirit of Gratefulness:  
25 years of Progress  
Feb, 16, 17, 18, 2022

Travis Auditorium at Fuller School of Psychology & MFT

## Course Schedule

10AM to 12PM Each section is 2 hours long with panel response (worth two (2) CE credits per day)

## Learning Objectives

Lecture 1 (2/16)

1. Participants will be able to state 2-3 of the latest research benefits of gratitude in the domains of mental and physical health.
2. Participants will be able to identify three mechanisms linking grateful thinking and grateful emotions with improved mental, physical, and relational outcomes.
3. Participants will be able to implement 2-3 concrete gratitude exercises in their personal life and with clients.

Lecture 2 (2/17)

1. Participants will be able to name two differences between gratitude between persons and gratitude to God and their connection of each to personal identity.
2. Participants will be able to identify why recent research on gratitude to God matters in the context of both suffering and flourishing.
3. Participants will be able to name 2-3 functions of public expressions of gratitude to God.

Lecture 3 (2/18)

1. Participants will be able to name the main reason how the human capacity for environmental gratitude supports humanity's innate systems of moral judgment is key to fighting climate change.
2. Participants will be able to name 2-3 of the latest social science research linking gratitude and other moral affects to environmentally responsible choices and behaviors.
3. Participants will be able to state 2-3 ways to cultivate gratitude as an action at the core of the struggle against climate change.

## Instructor Info

Robert A. Emmons, Ph.D.  
Professor Emeritus, UC Davis  
Visiting Distinguished Scholar, Biola University  
Editor-in-Chief, *The Journal of Positive Psychology*

FULLER THEOLOGICAL SEMINARY / GRADUATE SCHOOL OF PSYCHOLOGY & MFT (PROVIDER#1000085) IS APPROVED BY THE CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS AND THE AMERICAN PSYCHOLOGICAL ASSOCIATION TO SPONSOR CONTINUING EDUCATION FOR PSYCHOLOGISTS AND FOR LMFT'S, LCSW'S, LPCC'S AND LEP'S AS REQUIRED BY THE CALIFORNIA BOARD OF BEHAVIORAL SCIENCES. FULLER THEOLOGICAL SEMINARY MAINTAINS RESPONSIBILITY FOR THIS PROGRAM AND ALL ITS CONTENT.

## Target Audience

This is for everyone from graduate-level students to working professionals, especially Mental Health Professionals!

**Cost:** \$15 per credit

Refunded with advance notice

## Accommodations

To request accommodations for special needs, please email [specialevents@fuller.edu](mailto:specialevents@fuller.edu)

## Grievances

To obtain the grievance policy or report a grievance please email [psychce@fuller.edu](mailto:psychce@fuller.edu) or call 626-584-5544

## Certificates

Course Completion certificates will be awarded at the end of the Symposium.

Course meets the qualifications for up to 6 hours (two per day) of continuing education credit for LMFT's, LCSW's, LPCC's and LEP's as required by the California Board of Behavioral Sciences and for psychologists/others.