

IN-PERSON    LIVE-ONLINE
**JULY 28-AUGUST 1, 2025**

**Farah Harris, MA, LCPC** is a psychotherapist and workplace belonging and well-being expert dedicated to disrupting unhealthy work environments. She is the founder and CEO of WorkingWell Daily®, a company that approaches workplace belonging and well-being from a psycho-social and emotional intelligence lens. Farah has helped individuals and Fortune 500 companies develop healthier workplaces where employees want to stay and thrive because their leaders and teams have grown in empathy, self-awareness, social awareness, and cultural awareness.

As a mental health practitioner and consultant, Farah is aware of the intersectionality between well-being, equity, and inclusion. She is a sought-after expert on mental health, psychological safety, workplace culture, and emotional intelligence. Her work has been featured in media and podcast platforms such as Forbes, Fast Company, Business Insider, Harvard Business Review, Huffington Post, Essence, Good Morning America, Martha Stewart, Thrive Global, and Therapy for Black Girls.

Farah is also the author of the international bestselling book, *The Color of Emotional Intelligence: Elevating Our Self and Social Awareness to Address Inequities*, a groundbreaking exploration of how cultural background and identity influence our emotional intelligence and shape our relationships with others.

#### Speaker Disclosures

Financial: Farah Harris receives a fee as a speaker/trainer from AbbVie. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-financial: Farah Harris has no relevant non-financial relationships with ineligible organizations.

## Farah Harris, MA, LCPC

### The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice

**Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily  
15-Hour Course | Delivery Format: In-Person or Live-Online**

This course will explore the intersection of emotional intelligence (EI/EQ) and equity and well-being, emphasizing the transformative power of self-awareness in addressing systemic inequities. Grounded in the principles of the book, *The Color of Emotional Intelligence*, this course will equip participants with practical strategies to enhance self and social awareness, fostering more inclusive and equitable clinical and organizational practices.

### Course Agenda

#### Monday:

Foundations of Emotional Intelligence and Inequity (EQ in Black and White)

- Emotional Intelligence 101: definitions, competencies, frameworks
- Neuroscience of EQ
- Exploring Emotional Narratives How can our past emotional narratives impact the current ways we work/lead/live
- Inequities in Clinical and Organizational Contexts: A Systems Perspective Introduction to Barriers to Emotional Intelligence

#### Tuesday:

The Power of Self-Awareness and Social Awareness

- Recognizing Personal Biases and Triggers: The Importance of Self-Regulation
- Exploring Power, Privilege, and Systems of Oppression
- Learning How to Read the Room: Effective Communication Strategies for Productive Interactions
- Understanding Intersectionality

#### Wednesday:

Empathy and Leveraging Psychological Safety

- Understanding Empathy and Its Impact
- Recognizing and Acknowledging Code-Switching and Masking
- Psychological Safety 101: definitions, frameworks
- The Role of Empathy in Creating Inclusive Practices

#### Thursday:

Applying EQ to Foster Equity in Teams and Systems

- EQ in Leadership: Leading with Authenticity and Inclusivity
- EQ and Conflict Resolution: Navigating Difficult Power Dynamics
- Discussion on Challenges and Opportunities
- Understanding the Barriers to Psychological Safety and Inclusive Leadership Microaggressions Bias Reasons why people code-switch/mask
- Actionable Steps for Inclusive Leadership Recognizing and addressing biases Promoting diverse perspectives

#### Friday:

Building Sustainable Change Through EQ and Self-Awareness

- Recap of Key Concepts and Insights
- Understanding the Need for Healthy Self-care Practices For Applying High Emotional Intelligence
- Course Reflection and Commitments to Change

**Farah Harris, MA, LCPC | The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice | July 28-August 1, 2025**

## Course Objectives

Upon completion of this course participants will be able to:

1. Define emotional intelligence (EQ) and its role in addressing systemic inequities.
2. Explain how self-awareness serves as a foundational element for personal and organizational change.
3. Identify and examine biases, power dynamics, and inequities within clinical and organizational contexts.
4. Evaluate the impact of emotional intelligence on relationships, communication, and leadership practices.
5. Develop strategies to strengthen self and social awareness to foster psychologically safe spaces.
6. Develop actionable tools for navigating emotionally charged situations with empathy and intentionality.
7. Evaluate barriers to equity and inclusion through a lens of emotional intelligence.
8. Create personalized action plans to implement EQ-driven change within their personal and professional settings.
9. Define Authentic Leadership: Understand the significance of authenticity in leadership and discover how aligning personal values with professional responsibilities leads to more genuine and impactful leadership.
10. Apply course concepts to real-world clinical or organizational scenarios in collaboration with peers.

## Continuing Education

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced. **Courses must be completed in one delivery format.***

This program is being offered for 15 NBCC credit hours. Please see the CE section starting on pg. 71 for the NBCC Approval Statement.

Please see the [course CE page](#) for a complete listing of course-specific CE approvals

For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>.

## Tuition, Registration & Course Formats

### Registration:

Visit [www.cape.org](http://www.cape.org) to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

### Course Formats:

**15-hour course format:** Monday-Friday 9:00a.m. - 12:30p.m. EDT with a 30 min break daily

**12-hour course format:** Monday-Wednesday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

**8-hour course format:** Thursday-Friday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

### In-Person Location:

**Nauset Regional Middle School**, 70 MA-28, Orleans, MA 02653

### Live-Online Course Format:

**Interactive synchronous online:** Live-Online sessions are held via Zoom Meetings. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

**System requirements:** • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible.

### Tuition:

Early tuition rates (through 4/1/25)		Full tuition rates (after 4/1/25)		Student pricing*:	
15-hour in-person early:	<b>\$750</b>	15-hour in-person full:	<b>\$800</b>	15-hour in-person:	<b>\$600</b>
15-hour live-online early:	<b>\$625</b>	15 hour live-online full:	<b>\$675</b>	15 hour online:	<b>\$475</b>
12-hour in-person early:	<b>\$650</b>	12-hour in-person full:	<b>\$700</b>	12-hour in-person:	<b>\$500</b>
12-hour online early:	<b>\$550</b>	12-hour online full:	<b>\$600</b>	12-hour online:	<b>\$400</b>
8-hour in-person early:	<b>\$450</b>	8-hour in-person full:	<b>\$500</b>	8-hour in-person:	<b>\$300</b>
8-hour online early:	<b>\$350</b>	8-hour online full:	<b>\$400</b>	8-hour online:	<b>\$200</b>

\*Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition

### Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

## Cancellation & Change Policy

**Up until two weeks (14 days) prior to your course start date:** For cancellations (in-person or live-online), you will receive a refund less a \$50 cancellation fee

**Between 14 days and 1 day:** Credit may be applied to any 2025 or 2026 Cape Cod Institute course. No refunds will be issued within this time period.

**Once your course begins:** No credit or refund is available if you cancel on the day of arrival, do not show up, are dissatisfied with the presentation or content, or leave an event early for any reason. No partial credit/CE hours can be given if you need to leave for any reason. We understand that circumstances outside of your control may impact your ability to continue attending your course. Common examples include: situations affecting a participant directly or their travel plans, unexpected injury or illness, and significant connectivity problems; however, we cannot offer credit or refunds for these scenarios.

The Cape Cod Institute is not responsible for participants' travel, lodging, or incidental expenses.

### Course Changes:

**Before June 1:** You may switch your course or the format (in-person or live-online) without a fee. A refund will be provided for the difference in price.

**After June 1:** Course or format (in-person or live-online) changes made after June 1, will incur a \$50 change fee. There will be no price reduction for switching to a live-online course.

You can notify our staff of your cancellation or change requests at [info@cape.org](mailto:info@cape.org)

Please visit <https://www.cape.org/policies> for more information.

## Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

**Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.**

### Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or [info@cape.org](mailto:info@cape.org).

## Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

## Contact Information

Cape Cod Institute Administration  
MAK Continuing Education, LLC  
2 Belden Ave  
PO Box 2225  
Norwalk, CT 06852  
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267  
E-mail: [info@cape.org](mailto:info@cape.org)

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

## JUNE 30 - AUGUST 22, 2025

### JUNE 30-JULY 4, 2025

**Amanda Blake, PhD**

*Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance*  
*In-Person*

**Janina Fisher, PhD**

*Transforming Trauma-Related Resistance and Stuckness*  
*In-Person & Live-Online*

**Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT**

*Expressive Arts Therapy and Sensory Processing to "Reset" the Nervous System*  
*In-Person & Live-Online*

**Natasha Prenn, LCSW**

*Put Deliberate Practice into your AEDP Practice*  
*In-Person & Live-Online*

### JULY 7-11, 2025

**Suzanne Goh, MD, BCBA**

*Transformative Care for Neurodivergent Individuals: State-of-the-art Therapies to Optimize Health, Development and Wellbeing*  
*In-Person & Live-Online*

**Gabriella Rosen Kellerman, MD**

*Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond*  
*In-Person & Live-Online*

**Licia Sky**

*Embodied Awareness: The Art of Presence & Attunement*  
*In-Person*

**Bessel van der Kolk, MD**

*Frontiers of Trauma Treatment*  
*In-Person & Live-Online*

### JULY 14-18, 2025

**Lana Epstein, MA, LICSW**

*Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR*  
*In-Person & Live-Online*

**Meghan Riordan Jarvis, MA, LICSW**

*Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss*  
*In-Person & Live-Online*

**Richard Schwartz, PhD & Jeanne Catanzaro, PhD**

*Internal Family Systems Workshop*  
*In-Person & Live-Online*

**Stan Tatkin, PsyD, MFT**

*Introduction to a Psychobiological Approach to Couple Therapy (PACT)*  
*In-Person & Live-Online*

### JULY 21-25, 2025

**Sebastian Barr, PhD**

*Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults*  
*In-Person & Live-Online*

**Jeanne Catanzaro, PhD**

*Unburdened Eating: An IFS Workshop for Mental Health Professionals*  
*In-Person & Live-Online*

**Deb Dana, LCSW**

*Polyvagal Theory in Therapy: Practical Applications for Treating Trauma*  
*In-Person & Live-Online*

**Richard Schwartz, PhD**

*Transformative Healing: An IFS Workshop on Addressing Legacy Trauma*  
*In-Person & Live-Online*

### JULY 28-AUGUST 1, 2025

**Farah Harris, MA, LCPC**

*The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice*  
*In-Person & Live-Online*

**Deborah Korn, PsyD**

*EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect*  
*In-Person & Live-Online*

**Maria Sirois, PsyD**

*The Fateful Story: How Narratives Shape Health, Growth and Resilience*  
*In-Person & Live-Online*

**Jeffrey Zeig, PhD & Julie Anné Zeig, PhD**

*Master Class in Experiential Psychotherapy*  
*In-Person & Live-Online*

### AUGUST 4-8, 2025

**Gloria Burgess, PhD**

*Sanctuary: Rekindling the Heart of Leadership®*  
*In-Person*

**James Hawkins, PhD, LPC**

*Emotionally Focused Therapy: Strengthening Bonds in Couples, Individuals, and Families*  
*In-Person & Live-Online*

**George McCloskey, PhD**

*Intervention for Child and Adolescent Executive Function Difficulties*  
*In-Person & Live-Online*

### 8 & 12 HR COURSES - NEW!

#### AUGUST 4-6, 2025 \*12-HR

**Jonah Paquette, PsyD**

*Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection*  
*In-Person & Live-Online*

#### AUGUST 7-8, 2025 \*8-HR

**Christopher Willard, PsyD**

*Adapting Mindfulness Techniques for Children, Teens, and Adults*  
*In-Person & Live-Online*

### AUGUST 11-15, 2025

**Bob Anderson**

*The Journey of Conscious Leadership*  
*In-Person*

**John Forsyth, PhD & Jamie Forsyth, PhD**

*Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard*  
*In-Person & Live-Online*

**Pilar Jennings, PhD**

*Buddhism & Psychotherapy in Conversation: A Healing Partnership*  
*In-Person & Live-Online*

**Cece Sykes, LCSW, ACSW**

*Internal Family Systems: Compassion for "Big A" and "Small a" Addictive Processes*  
*In-Person & Live-Online*

### AUGUST 18-22, 2025

**Edward Hallowell, MD with Sue George Hallowell, LICSW**

*Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span*  
*In-Person & Live-Online*

**Rubin Naiman, PhD, FAASM**

*Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach*  
*In-Person*

**Ronald D. Siegel, PsyD**

*What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy*  
*In-Person & Live-Online*

**Eboni Webb, PsyD, HSP**

*From Chaos to Calm with DBT – A Path to Connection and Emotional Regulation*  
*In-Person & Live-Online*

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted. For a complete list of CE approval statements, please visit: [www.cape.org/ce-credit](http://www.cape.org/ce-credit)

**FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: [www.cape.org](http://www.cape.org)**