

✓ IN-PERSON   ✓ LIVE-ONLINE

**JULY 28-AUGUST 1, 2025**

**Maria Sirois, PsyD** is a master teacher, facilitator and author. As a positive psychologist and international consultant, she focuses on the resilience of the human spirit when under pressure and/or during significant transition. Known for her wisdom, authenticity and rampant humor, she brings a depth of experience in resilience training, leadership development and stress management for therapeutic, corporate, and community audiences alike. Her work builds capacity and engagement around stressors such as conflicting goals, difficult conversations, unrealistic expectations and moments of failure — using such moments to leverage sustained positive shifts in perspective and ability. She is the author of two books: *A Short Course in Happiness After Loss* and *Every Day Counts*.

[www.mariasirois.com](http://www.mariasirois.com) & [www.wholeleader.com](http://www.wholeleader.com)

#### Speaker Disclosures

Financial: Maria Sirois has no financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

Non-financial: Maria Sirois has no non-financial relationships with ineligible organizations.

## Maria Sirois, PsyD

### The Fateful Story: How Narratives Shape Health, Growth and Resilience

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

As counseling professionals, supervisors, and program directors we are called upon to witness suffering, pain, loss and upheaval and enable our clients and patients to make sense of that suffering such that it can, one day, become integrated into a more healthful living. Much of what is disturbing is captured in story: the narratives our clients have developed that represent their understanding of themselves and their place in the world. Yet narratives often, over time, become rigid and stuck in limited understandings both of what had occurred and what was still yet possible; of who one was, and who one might yet become. When this occurs, the client or supervisee may lose sight of their capacity, resilience, and worth. In this course we explore the power of narrative to shape our understandings of self and self-in-relation. We examine the value of asking questions that stem from an appreciative or benefit-finding perspective and determine how we might encourage clients and/or those we lead to construct more productive perspectives using practices that establish a growth, learning-oriented mindset.

This approach complements current models of treatment with supportive tools and strategies, articulated in a range of fields including Narrative Psychology, Positive Psychology, Appreciative Inquiry, and Narrative Medicine. Participants will be invited to consider how to best influence positive change in their current practice or management role through examination of clinical vignettes, small group discussion, and in vivo practice of tools/perspectives.

Further, this work has an additional benefit of reducing limiting beliefs, i.e. narratives, that contribute to internal distress, compromised esteem and/or doubt about one's future potential as a provider of care.

### Course Agenda

#### Monday:

Our Framework: The Power of Narrative

- The Emergence of Narrative in Psychology and Medicine
- Narrative Impact on Understanding Behavior
- Narrative and the Growth Mindset

#### Tuesday:

Questions that Drive Us Forward

- Questioning Harmful Beliefs
- Exploring Appreciative Inquiry
- The Mindful Pause
- Questions that Elevate Health and Resilience

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### Wednesday:

Narratives Construction

- Narrative Examples: Elevating Growth, Strength and Grit
- Story Arcs: How to Shift the Lens of Story Toward Resilience
- The Central Character: Personal Accountability and Agency

### Thursday:

Meaning, Cohering and Integration of Loss

- Recohering Meaning in Times of Loss and Upheaval
- Organizing the Whole: Acceptance of Fragility and Integration of Strength

### Friday:

Framing the Future

- Imagination and the Better Future
- Fantastic Future and Best Self Explorations
- Review of Major Concepts

## Course Objectives

Upon completion of this course participants will be able to:

1. Summarize essential narrative elements
2. Examine the role of narrative vis-à-vis identity and self-in-relation understandings
3. Describe the relevance of narrative in clinical settings, and supervisory roles
4. Apply Mindful Awareness and the Mindful Pause tools
5. Define Appreciative Inquiry and its essential tenets
6. Explain why narrative enables resilience and post-traumatic growth
7. Apply Appreciative Inquiry concepts
8. Discover the power of questions to shift understanding
9. Develop a framework for shaping narrative futures that stabilize health
10. Describe the integration of narrative approaches with current treatment models

## 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)**