



2025 Duke University Faith, Holiness, and Human Flourishing Workshop

Given increased interest in the topic of “Human Flourishing” (a state of happiness/well-being, meaning and purpose, virtue/morality, close social relationships, mental/physical health, & financial/material stability) and the narrow pathway that leads to it, we will be holding a full-day online workshop on Faith, Holiness, and Human Flourishing. This workshop is designed for mental health professionals (counselors, psychologists, pastoral counselors), chaplains (healthcare, VA, and active-duty military), healthcare professionals (physicians, nurses, social workers, rehabilitation therapists, etc.), community clergy, students of every type (high school, undergraduate, graduate, etc.), and anyone else interested in learning skills and tools for maximizing human flourishing at home, in social relationships, and in work or school settings. This 8-hour online workshop via Zoom is being held on **Saturday, June 7, 2025**.

Schedule

8:45-9:15	Introduction and review of schedule
9:15-9:30	Definitions (faith, holiness, human flourishing)
9:30-9:35	Sources of information on human flourishing
9:35-9:50	Q & A
9:50-10:00	Break
10:00-10:15	Review of research on faith/holiness and human flourishing
10:15-10:30	Overview of 8 programmatic interventions to enhance human flourishing
10:30-11:00	1. Loving God
11:00-11:30	2. The 30-day Kindness Challenge
11:30-12:00	3. Expressing Appreciation
12:00-12:15	Q & A
12:15-1:15	Lunch break
1:15-1:45	4. The 30-day Gratitude Challenge
1:45-2:15	5. Building Character Strengths
2:15-3:00	6. REACH to become more Forgiving
3:00-3:15	Q & A
3:15-3:25	Break
3:25-4:10	7. PROVE to become more Humble
4:10-4:55	8. The Brain, Body, and Happiness
4:55-5:15	Final Q & A
5:15	Adjourn

Faculty (for 1-day workshop)

Harold G. Koenig, M.D.

<https://spiritualityandhealth.duke.edu/index.php/harold-g-koenig-m-d/>

Location

On-line EST (New York time)

Cost for Human Flourishing workshop (June 7)

\$199 (includes PDF of PowerPoint presentation and certificate of attendance if requested)

Registration

- Write out check to: "Duke University, Department of Psychiatry"
- Send to:
CSTH
415 Clarion Drive
Durham, NC 27705-1818
- Provide email address where receipt can be sent
- To wire tuition funds for online workshop see **next page**. However, **please avoid wiring funds whenever possible** (wired funds are almost always lost in the huge Duke University accounting system). Even if you are from a country outside of USA, simply send a check or money order from a major bank in your country to the address above.

Questions

Harold.Koenig@duke.edu

Please forward this information to anyone you think might be interested

**Duke University
Electronic Funds Transfer Information**

Please use the following information for **INTERNATIONAL and DOMESTIC** wire transfers.

Bank Wells Fargo Bank, N.A.
 420 Montgomery Street
 San Francisco, CA 94104 USA

Swift Code WFBIUS6S (International only)

Wire Routing Transit Number (RTN/ABA) 121000248 (Domestic only)

Beneficiary Duke University Concentration Account
Beneficiary Address 324 Blackwell St., Suite 900, Durham, NC 27701
Account # 2023740253053

Amount: \$199.00 USD [plus any wire transfer fee, which must be added]

Details: For deposit in **Duke University Medical Center, Department of Psychiatry, Duke workshop Fund Code (WBSE) 392-0310, GL 340900**

Contact: Harold G. Koenig, Department of Psychiatry and Behavioral Sciences, 919-949-3854

E-mail: Harold.Koenig@duke.edu.

Significant delays in posting wires to the appropriate Duke University fund codes may occur if details are not included in the wire reference field.

*****Send copy of documentation of wire transfer to Harold G. Koenig at Harold.Koenig@duke.edu after transfer is made to ensure that the money goes into the correct account, otherwise the funds will not be credited*****