



Joy
IL ARC QIDP
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Tammy Besser, LCSW, NCG, QIDP, Clinical Supervisor
Jennie Marble, MA, CCC-SLP, Director Integrated Pediatric
Therapies

JCFS Chicago



John O'Brien and Connie Lyle O'Brien



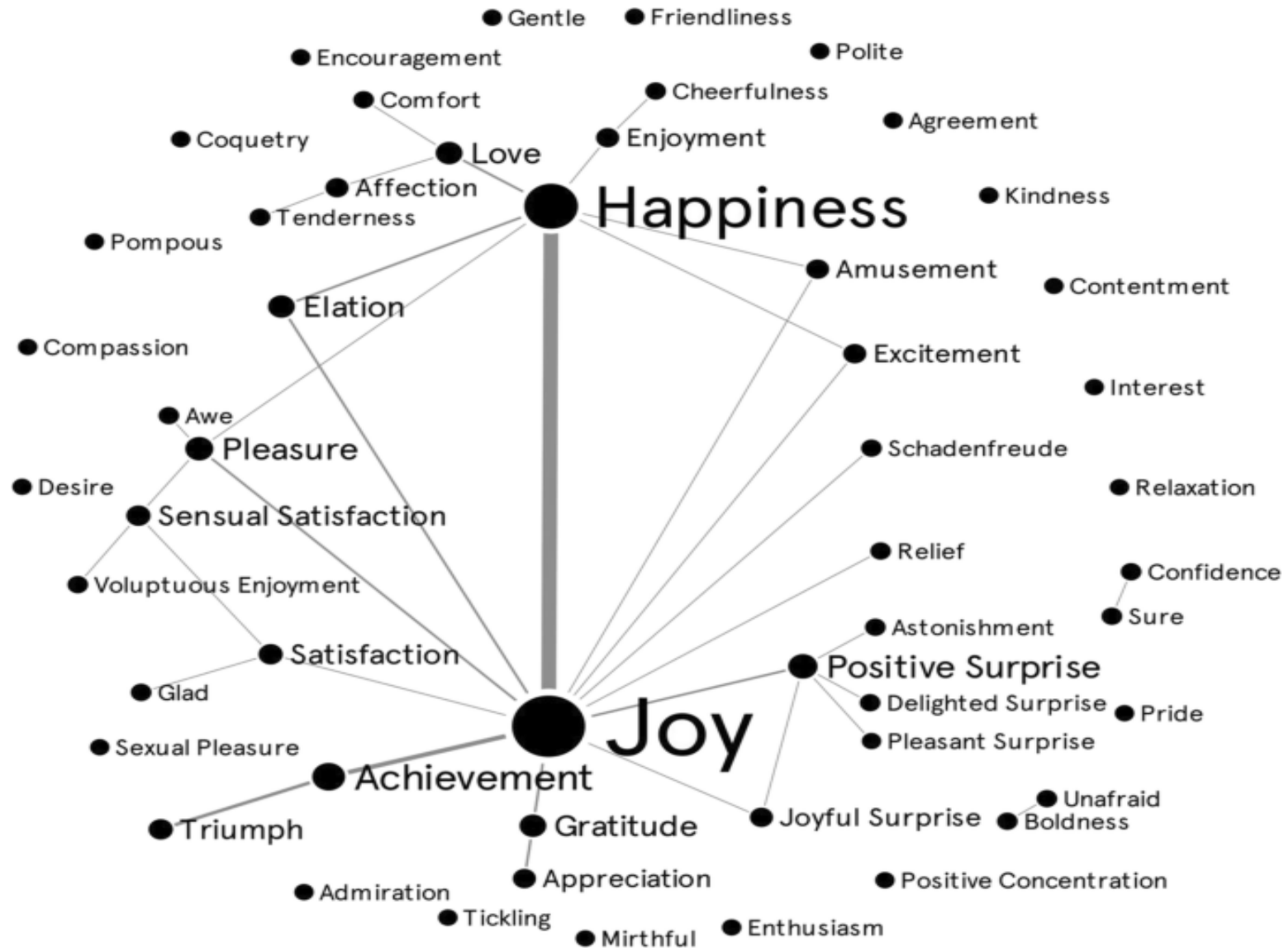
Our Path to Joy:
Creating Community



What brings
you joy?

What do we know about joy?

- It is different than happiness
- It is often spontaneous, serendipitous, uncontrollable, a surprise
- It can share space with other emotions; joy happens in difficult times and good times
- It can be serene/peaceful or exuberant/excited
- It is frequently relational, but does occur in moments when one is alone



Five Tools



Priming for
Joy



Sharing
Experiences



Reading
Cues



Knowing the
Baseline



Asking Why

Contact Information

Tammy
Besser,
LCSW

- E-mail: TamaraBesser@jcfs.org
- phone: 773-765-3159

Jennie
Marble,
CCC-SLP

- E-mail JennieMarble@jcfs.org
- Phone: 773-765-3142

Resources, References, Suggestions

The Journal of Positive Psychology, Vol. 15, Issue 1 Joy and Positive Psychology: Special Issue
<https://www.tandfonline.com/toc/rpos20/15/1>

The Helper's High <https://www.sciencedirect.com/science/article/pii/S1550830718304178>

John O'Brien and Connie Lyle O'Brien (and many collaborators) have written multitudes of articles, books, handbooks, blogs, etc.. Please google them and find what speaks to you. This video is an introduction to the roots of their work <https://youtu.be/p5iMTSF938I> You may wish to visit inclusion.com

Lama, Dalai, Tutu, Desmond, & Abrams, Douglas. [The Book of Joy: Lasting Happiness in a Changing World](#)

Gay, Ross [The Book of Delights](#)