

CP-08 Cognitive Therapy I

\$275

Treating Borderline Personality Disorder 14 hours

Objectives: Explores the assessment, diagnostic and treatment implication inherent in counseling with BPD clients. Better prepares therapists in effectively working with clients who are diagnosed with BPD.

Text: Cognitive-Behavioral Treatment of Borderline Personality Disorder by Marsha M. Lineham, Ph.D. ISBN-10: 0898620341

Cognitive Approach To Addiction Treatment 12 hours

Objectives: Explores the theoretical and treatment implications of utilizing cognitive strategies when dealing with addicted clients. Prepares the therapist to implement a cognitive approach when providing treatment to the addicted client.

Text: Cognitive Therapy of Substance Abuse by Aaron T. Beck, Fred D. Wright & Bruce S. Liese ISBN-10: 1572306599

Cognitive Therapy 14 hours

Objectives: Examines implementing the basic steps for cognitive therapy. Provides specific instructions on how to identify, evaluate, and respond to a client's automatic negative thoughts using effective strategies for modifying underlying assumptions and core beliefs.

Text: Cognitive Therapy: Basics and Beyond by Judith S. Beck ISBN-10: 0898628474

Cognitive Approaches With Bipolar Disorders 14 hours

Objectives: Explores the implementation of cognitive strategies in dealing with bipolar clients. Enables the therapist to provide an assessment and utilize cognitive techniques when counseling the bipolar client.

Text: Cognitive-Behavioral Therapy for Bipolar Disorder by Monica Ramirez Basco & A. John Rush ISBN-10: 1593854846

Cognitive Approaches With Depression 12 hours

Objectives: Explores the implementation of cognitive strategies in dealing with depressed clients. Enables the therapist to provide an assessment and utilize cognitive-behavioral techniques when counseling those with depression.

Text: Cognitive Therapy of Depression by Aaron T. Beck, Brian F. Shaw, Gary Emery & John Rush ISBN-10: 0898629195

Cognitive Treatment of Trauma 12 hours

Objectives: Explores the implementation of cognitive strategies in dealing with clients who have experienced trauma. Enables the therapist to provide an assessment and utilize cognitive-behavioral techniques when counseling those clients who have experienced trauma.

Text: Cognitive-Behavioral Therapies for Trauma by Victoria M. Follette, Josef I. Ruzek & Francis R. Abueg ISBN-10: 1593855885