

## CP-09 Cognitive Therapy II

\$275

### **Recovery By Rational Means**

**12 hours**

**Objectives:** Examines the concepts and the treatment applications inherent in using the Rational/Behavioral Model. Prepares the therapist to apply this alternative paradigm to the problem of substance abuse.

**Text:** Stay Sober & Straight: How To Prevent Relapse with the Rational Self-Help Treatment Method by Maxie Maultby ISBN-10: 0932838006

### **Counseling Adolescents**

**18 hours**

**Objectives:** Examines the various theories and practice of providing counseling services to children and adolescents.

**Text:** What Work When With Children & Adolescents: A Handbook of Individual Counseling Techniques by Ann Vernon ISBN-10: 0878224386

### **Counseling Clients w/ Disabilities**

**18 hours**

**Objective:** Provides the counselor with a background in the special needs and considerations needed when treating clients who have disabilities.

**Text:** Cognitive-Behavioral Therapy for Persons with Disabilities by Cynthia L. Radnitz ISBN-10 076570238X

### **Facilitating Client Change**

**14 hours**

**Objective:** Examine how client change is brought about through the use of rational emotive behavior therapy. Familiarizes the student with the RET approach to detecting irrational beliefs & distinguishing them from rational beliefs/Socratic disputing of irrational beliefs.

**Text:** Facilitating Client Change In Rational Emotive Behavior Therapy by Windy Dryden ISBN-10: 189763532X

### **Cognitive Therapy**

#### **w/ Personality Disorders**

**18 hours**

**Objective:** Help the therapist in obtaining a greater understanding how cognitive therapy can be used in the treatment of clients with emotional disorders.

**Text:** Cognitive Therapy of Personality Disorders by Aaron T. Beck, et. al. ISBN-10 1593854765

### **Cognitive Approaches**

#### **Dealing w/ Resistance**

**14 hours**

**Objective:** The counselor who primarily uses a Cognitive-Behavioral approach will learn how to more effectively deal with client's who don't seem to improve and the issue of client resistance.

**Text:** Overcoming Resistance in Cognitive Therapy by Robert L. Leahy ISBN-10: 1572309369