

CP-18 Essentials of Counseling I

\$330

Psychopharmacology

14 hours

Objectives: To gain a broader understanding of the role of pharmacology in the treatment of psychiatric disorders. Enables the non-medical practitioner to have a greater understanding of the medications their clients may be taking, its impact on the client and impact on the course of therapy, and make appropriate referrals for pharmacological therapy.

Text: Handbook of Clinical Psychopharmacology for Therapists, 4th edition by John Preston, John H. O'Neal, & Mary C. Talaga ISBN-10: 1572243996

Brief Therapy

12 hours

Objectives: Understand the value, efficacy, implications and applications of utilizing brief therapy. Understand how brief therapy might be implemented in their practice.

Text: A Brief Guide to Brief Therapy by Brian Cade & William Hudson O'Hanlon ISBN-10: 0393701433

Ethics in the Helping Professions

14 hours

Objectives: Gain an understanding of the ethical and legal implications of providing counseling services. Learn how to apply ethical standards to the practice of the helping professions.

Text: Ethics in Psychotherapy and Counseling by Kenneth S. Pope & Melba J. T. Vasquez ISBN-10: 0787994006

Dealing With Resistant Clients

14 hours

Objectives: Studies the reasons and dynamics for client resistance. Prepares the therapist to more effectively prevent client resistance and to deal with resistance when it does occur.

Text: Compassionate Therapy, Working with Difficult Clients by Jeffrey Kottler ISBN-10: 1555424228

Client Diagnosis & Assessment

14 hours

Objectives: Explores the challenge of accurately assessing and diagnosing clients in the current mental health setting. Enables the therapist to better lay out the road map for ongoing therapy.

Text: Diagnosis Made Easier: Principles and Techniques for Mental Health Clinicians by James Morrison ISBN-10: 1593853319

Effective Therapeutic Strategies

14 hours

Objectives: Examines the factors that the therapist needs to consider when implementing treatment strategies. Prepares the therapist to better connect a client's diagnosis with the most effective treatment strategy.

Text: Selecting Effective Treatments: A Comprehensive, Systematic Guide to Treating Mental Disorders by Linda Seligman ISBN-10: 0787988685

Stress Among Helping Professionals

14 hours

Objectives: Explores the challenges helping professionals face as they deal with stress in their workplace. Offers strategies that, if implemented, can begin to reduce the impact that stress has.

Text: Resilient Practitioner: Burnout Prevention & Self-Care Strategies for Counselors, Therapists Teachers & Health Professionals by Thomas M. Skovholt ISBN-10: 020530611X