

CP-19 Essentials of Counseling II

\$330

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

Family Therapy

14 hours

Objectives: Explores family therapy from the first interview to termination. Helps the therapist to see family therapy as a process that involves planned interventions, sensitivity and clarity on the part of the therapist.

Text: Essential Skills in Family Therapy by JoEllen Patterson, Lee Williams, Claudia Grauf-Grounds & Larry Chamow ISBN-10: 1572303077

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

Motivational Interviewing

12 hours

Objectives: Identifies strategies that develop a counseling relationship that motivated the client to change. Prepares clients to utilize their skills as they create an environment that fosters client change.

Text: Motivational Interviewing: Preparing People for Change by William K. Miller & Stephen Rollnick ISBN-10: 1572305630

Physical Health & Mental Disorders

12 hours

Objectives: Explores the often-ignored connection between a client's physical illness and mental disorders. Enables the therapist to assess for and to identify when an apparent psychological disorder may have a physical cause requiring an appropriate referral.

Text: When Psychological Problems Mask Medical Disorders by James Morrison ISBN-10: 1572305398

Crisis Intervention

14 hours

Objectives: Provides the therapist with a background in the theory of client crisis and its treatment. Introduces the therapist to the methodology and application of the theory to clients in crisis.

Text: Crisis Intervention: Theory and Methodology by Donna C. Aguilera ISBN-10: 0815126042

Improving Therapeutic Skills

14 hours

Objectives: Provides the therapist the opportunity to reflect on how therapeutic mistakes and failures occur. Gives the therapist a framework they can use to learn from those situations and improve their future practice.

Text: The Imperfect Therapist by Jeffrey A. Kottler ISBN-10: 1555421458