

CP-21 Advanced Counseling Skills I

\$275

Narrative Therapy

14 hours

Objective: To provide the counselor with a broader background in the theory and therapeutic techniques involved in Narrative Therapy.

Text: Narrative Therapy: An Introduction to Counseling, 2nd ed by Martin Payne ISBN-10: 1412920132

Life Coaching

14 hours

Objective: To give the therapist a deeper understanding of how the concepts, theory and principles of coaching can be utilized to enhance their therapeutic skills.

Text: Therapist as Life Coach: An Introduction for Counselors and Other Helping Professionals by Pat Williams ISBN-10: 0393705226

Mastering Resistance

14 hours

Objective: Examines specific approaches and techniques the therapist can utilize to effectively deal with resistant clients.

Text: Mastering Resistance: A Practical Guide To Family Therapy by Carol M. Anderson & Susan Stewart ISBN-10: 0898620449

Eclectic Therapy

14 hours

Objectives: A pragmatic examination of the how the various approaches and theories about human behavior and mental disorders can effectively be used in providing therapy with clients.

Text: Integrative Therapy: A Practitioner's Guide by Maja O'Brien & Gaie Houston ISBN-10: 076195385X

System Theory In Therapy

12 hours

Objectives: Examines the theory and the application of Systems Theory with families and individuals.

Text: Systems Theory & Family Therapy: A Primer by Raphael J. Becvar ISBN-10: 0761812954

Strategies Promoting Mental Health

14 hours

Objective: To help the counselor to identify the resources that are available in the client, their family and community that can help promote greater resilience and improved mental health in the client thereby reducing the odds a client will turn to substance abuse or other such unhealthy activities.

Text: Community Mental Health: Challenges for the 21st Century Jessica & Samuel Rosenberg ed. ISBN-10: 0415950112