

Life Coaching & Positive Psychology Program

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Coaching to Facilitating Change: This program consists of seven (7) units which explore the various aspects of the coaching profession and the provision of coaching services. Topics include: life coaching, coaching in the workplace, mentoring, consulting and more. Texts include those written by: Douglas K. Silsbee, Patrick Williams, Robert Hargrove, Michael Neenan, Windy Dryden, Lloyd J. Thomas, Peter Block, David Meggenson and Dave Clutterbuck. \$255

Coaching & Positive Psychology: This program consists of six (6) units which explore the broad range of topics, concepts, aspects of positive psychology. The factors that make up and contribute to mental health and strategies the counselor/therapist can use to assess a client in order to better promote mental health are also addressed. Texts include those written/edited by P. Alex Linley & Stephen Joseph Shane L. Lopez & C. R. Snyder. \$255

Psychology of Human Strength: This program consists of six (6) units which explore the characteristics which constitute mental health including resilience, happiness, optimism and others as well as how to promote these factors in our clients. Texts include those written/edited by Lisa G. Aspinwall, Ursula M. Staudinger, Karen Reivich, Andrew Shatte & Martin E. Seligman. \$190

Stress Management & Wellness: This program consists of six (6) units which explore issues associated with stress in the workplace and in life in general. The causes, course, management, monitoring and reduction of stress is explored in a way that helps the professional in high stress occupations and, for the helping professional, to give them the information and tools to help their clients. Texts include those written/edited by Vinay Joshi, Thomas Skovholt, Michelle Trotter-Mathison & Brian Luke Seaward. \$230

Discounted price for this course is: \$870

Purchase books at the links available at the

Life Coaching & Positive Psychology

page at our website <http://www.ccmsinc.net>.

<p>NOTICE: The following courses/programs are not eligible for NBCC credit: CP-31 Coaching to Facilitating Change and CP-33 Coaching & Positive Psychology.</p>
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Coaching to Facilitate Change

\$255

Coaching: New Ways of Facilitating Change 14 hours

Objective: To study the relatively new helping profession known collectively as "coaching." The course examines the various client types, the principles, basic concepts and the distinctions between traditional counseling and coaching.

Text: *The Mindful Coach: Seven Roles for Helping People Grow* by Douglas K. Silsbee ISBN-10: 0974500356

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

Performance Coaching In Organizations 14 hours

Objective: The participant learns how coaching and mentoring can be utilized in organizations to get the best possible results from its employees.

Text: *Masterful Coaching* by Robert Hargrove ISBN-10: 0787960845

Life Coaching: A Cognitive-Behavioral Approach 14 hours

Objective: Life coaching has come to be a growing and groundbreaking approach to helping clients. This course examines how the cognitive-behavioral theories and techniques apply to that developing profession.

Text: *Life Coaching: A Cognitive Behavioral Approach* by Michael Neenan & Windy Dryden ISBN-10: 1583911383

Coaching & Mentoring 16 hours

Objectives: This course explores every aspect of the coaching/mentoring relationship from establishing the coach/client relationship to termination and beyond. Topics include dealing with roadblocks, knowing oneself, deciding what to do and commitment to take action.

Text: *Techniques for Coaching & Mentoring* by David Meggenson & Dave Clutterbuck ISBN-10: 075065287X

Life Coaching II 16 hours

Objectives: This course explores the various attitudes, point of view, assessments, strategies, templates, etc. involved in doing the work of a coach.

Text: *Total Life Coach: A Compendium of Resources* by Patrick William & Lloyd J. Thomas ISBN-10: 0393704343

Consulting: Utilizing Your Expertise 16 hours

Objective: This course is great for the private practitioner, the manager of an agency, supervisor and front line worker who is daily striving to make the best use of their or their organization's expertise in a way that helps clients, the professional community and the community at large.

Text: *The Flawless Consulting Fieldbook & Companion: A Guide to Understanding Your Expertise* by Peter Block ISBN-10: 0787948047

Coaching & Positive Psychology

\$255

Coaching & Positive Psychology I

20 hours

Objective: Coaching & Positive Psychology I introduce the student to the theories, concepts and practice of positive psychology. Given that most of psychology seems to study the abnormal and the pathological aspects of human behavior this describes how psychological health can be promoted, encouraged and emphasized in ones practice. Thi test covers Parts 1 through 5 of the text.

Text: Positive Psychology In Practice. P. Alex Linley & Stephen Joseph (ed.) ISBN # 0471459062.

Coaching & Positive Psychology II

20 hours

Objective: Coaching & Positive Psychology II introduce the student to the theories, concepts and practice of positive psychology. Given that most of psychology seems to study the abnormal and the pathological aspects of human behavior this describes how psychological health can be promoted, encouraged and emphasized in ones practice. This test covers Parts 6 through 9 of the text.

Text: Positive Psychology In Practice. P. Alex Linley & Stephen Joseph (ed.) ISBN # 0471459062.

Coaching & Positive Psychology III

14 hours

Objective: Coaching & Positive Psychology III introduce the student to the theories, concepts and practice of positive psychology. Given that most of psychology seems to study the abnormal and the pathological aspects of human behavior this describes how psychological health can be promoted, encouraged and emphasized in ones practice. This test covers Parts 10 through 13 of the text.

Text: Positive Psychology In Practice. P. Alex Linley & Stephen Joseph (ed.) ISBN # 0471459062.

Assessment In Positive Psychology I

14 hours

Objective: Assessment In Positive Psychology I introduces the student to the models, assessment tools, techniques and testing instruments of positive psychology. The various perspectives provided in this series of courses helps the student to look at clients from the perspective of strengths rather than one of pathology, weaknesses and needs. This test covers Parts I and II of the text.

Text: Positive Psychology Assessment: A Handbook of Models and Measures. Shane L. Lopez & C. R. Snyder (ed.) ISBN # 1557989885.

Assessment In Positive Psychology II

14 hours

Objective: Assessment In Positive Psychology II introduces the student to the models, assessment tools, techniques and testing instruments of positive psychology. The various perspectives provided in this series of courses helps the student to look at clients from the perspective of strengths rather than one of pathology, weaknesses and needs. This test covers Parts III and IV of the text.

Text: Positive Psychology Assessment: A Handbook of Models and Measures. Shane L. Lopez & C. R. Snyder (ed.) ISBN # 1557989885.

Assessment In Positive Psychology III

12 hours

Objective: Assessment In Positive Psychology III introduces the student to the models, assessment tools, techniques and testing instruments of positive psychology. The various perspectives provided in this series of courses helps the student to look at clients from the perspective of strengths rather than one of pathology, weaknesses and needs. This test covers Parts V and VII of the text.

Text: Positive Psychology Assessment: A Handbook of Models and Measures. Shane L. Lopez & C. R. Snyder (ed.) ISBN # 1557989885.

Psychology of Human Strength

\$190

Psychology of Human Strength I

12 hours

Objective: Psychology of Human Strength I, II & III introduces the student to the topics such as intelligence, judgment, perspective, volition and resilience as they apply to the development and the maintenance of mental health. This test covers Chapters 2 thru 8 of the text.

Text: A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology. Lisa G. Aspinwall & Ursula M. Staudinger (ed.). ISBN # 1557989311.

Psychology of Human Strength II

12 hours

Objective: Psychology of Human Strength II introduces the student to the topics such as intelligence, judgment, perspective, volition and resilience as they apply to the development and the maintenance of mental health. This test covers Chapters 9 thru 16 of the text.

Text: A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology. Lisa G. Aspinwall & Ursula M. Staudinger (ed.). ISBN # 1557989311.

Psychology of Human Strength III

12 hours

Objective: Psychology of Human Strength III introduces the student to the topics such as intelligence, judgment, perspective, volition and resilience as they apply to the development and the maintenance of mental health. This test covers Chapters 17 thru 23 of the text.

Text: A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology. Lisa G. Aspinwall & Ursula M. Staudinger (ed.). ISBN # 1557989311.

The Resilience Factor

12 hours

Objectives: The student will learn of the 7 skills needed by people to take greater mastery over their lives and how to help them apply those skills in their lives.

Text: The Resilience Factor by Karen Reivich & Andrew Shatte ISBN-10: 0767911903

The Psychology of Happiness & Optimism I

12 hours

Objective: This course introduces the student to some of some key elements, qualities or characteristics of psychological health, their promotion, development and maintenance. The student will gain a greater understanding of the meaning, the cause and the maintenance of authentic happiness.

Text: Authentic Happiness. Martin E. Seligman, Ph.D. ISBN # 0743222989.

The Psychology of Happiness & Optimism II

12 hours

Objective: This course introduces the student to some of some key elements, qualities or characteristics of psychological health, their promotion, development and maintenance. The student will gain a greater understanding and the application of optimism in various settings such as school, work, family, etc. The student will gain a greater understanding of how an individual can shift from being predominantly pessimistic to being predominantly optimistic.

Text: Learned Optimism. Martin E. Seligman, Ph.D. ISBN # 9781442341135

Stress Management & Wellness

\$230

Stress Among Helping Professionals

14 hours

Objectives: Working in the helping professions is a highly stressful profession leading to burnout and reduced effectiveness. This course examines how you can better identify the external and internal causes of your stress to be in a better position to deal with them.

Text: *Stress: From Burnout to Balance* by Vinay Joshi ISBN-10: 0761933123

Stress Management for Helping Professionals

18 hours

Objectives: The student will learn how to recognize the existence and the source of stress in their lives whether caused by their work or as it affects their work performance. They will gain a greater understanding of how stress impacts their life and how to begin to develop strategies to address the sources of stress both in their worklife and their life outside of the work setting. They will learn how to monitor and modify their stress management plan as they implement it in their life.

Text: *The Resilient Practitioner: Burnout Prevention and Self-Care Strategies for Counselors, Therapists, Teachers, and Health Professionals, Second Edition ... Historical, and Cultural Perspectives* by Thomas Skovholt & Michelle Trotter-Mathison ISBN: 978-0415989398

Stress Management & Wellness I

12 hours

Objective: This course introduces the student more specifically to the topic stress management. Additionally, the concepts, models and attitudes as well as methods, techniques and strategies will be addressed. This test covers Parts I and II of the text.

Text: *Managing Stress: Principles & Strategies for Health & Well-Being with Art of Peace Workbook* (6th ed.). Brian Luke Seaward. ISBN # 076376163X

Stress Management & Wellness II

12 hours

Objective: This course introduces the student more specifically to the topic stress management. Additionally, the concepts, models and attitudes as well as methods, techniques and strategies will be addressed. This test covers Part III of the text.

Text: *Managing Stress: Principles & Strategies for Health & Well-Being with Art of Peace Workbook* (6th ed.). Brian Luke Seaward. ISBN # 076376163X

Stress Management & Wellness III

12 hours

Objective: This course introduces the student more specifically to the topic stress management. Additionally, the concepts, models and attitudes as well as methods, techniques and strategies will be addressed. This test covers Part IV of the text.

Text: *Managing Stress: Principles & Strategies for Health & Well-Being with Art of Peace Workbook* (6th ed.). Brian Luke Seaward. ISBN # 076376163X

Promoting Wellness Over the Lifespan

12 hours

Objective: This course examines techniques and strategies which can be used effectively to promote and maximize health and wellness from a person's earliest age through old age.

Text: *Developmental Counseling and Therapy: Promoting Wellness Over the Lifespan* 2nd ed. Allen Ivey, Mary Ivey, et. al. ISBN # 0618439889.