

CP-17

Essentials of Counseling I

\$295

**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: 0393701433

**Ethics in Counseling & Psychotherapy**

**16 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: 9780470633076

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

**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: 0898628474