

CP-10

Cognitive Therapy III

\$190

RET & Addiction

16 hours

Objective: Examines the application of RET to alcohol & drug abuses. Reviews the theories and techniques of RET and major issues in alcohol and drug abuse.

Text: Rational-Emotive Therapy with Alcoholics and Substance Abusers by Albert Ellis, et al. ISBN: 0205144349

Cognitive Group Therapy

W/ Special Problems & Populations

16 hours

Objective: Demonstrates the application of the cognitive-behavioral model to clients who come from special populations and who have special problems.

Text: Cognitive-Behavioral Group Therapy for Specific Problems and Populations by John R. Wright & Arthur S. Freeman (ed)
ISBN: 1557986908

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: 1583911383

Cognitive Therapy w/

Children & Adolescents

14 hours

Objective: Explores the treatment of children and adolescents from the cognitive therapy model.

Text: Clinical Practice of Cognitive Therapy with Children & Adolescents by Robert D. Friedberg, et. al. ISBN: 1572307234

Cognitive Behavioral Treatment

of Compulsive Gambling

18 hours

Objective: The student will learn how to effectively apply psychoeducation, cognitive restructuring, relaxation techniques, relapse prevention and many other skills as they treat clients who experience compulsive gambling problems.

Text: A Cognitive Behavioral Therapy Program for Problem Gambling by Namrata Raylu and Tian Po Oei ISBN: 9780415548168

Cognitive Behavioral Treatment

of Smoking Cessation

18 hours

Objective: The student learns how to apply cognitive behavioral strategies/techniques to the treatment of the smoker/nicotine addict. This course includes a review of medications which can help the smoker quit as well as how to address issues that can crop up such as weight gain. Additionally, how treatment can be effected by subpopulations of smokers, the client's health issues and other comorbid issues such as other psychiatric problems or other substance abuse.

Text: Cognitive-Behavioral Therapy for Smoking Cessation by Kenneth A. Perkins, Cynthia A. Conklin & Michele D. Levine

ISBN: 0415954630