

CP-03

Counseling Families II

\$230

**Promoting Healthy Families**

**16 hours**

**Objective:** Emphasizing a mental health point of view, this course examines how effective stress management, coping skills and improved health can be promoted with families and their individual members.

**Text:** *Stress, Coping & Health in Families: Sense of Coherence & Resiliency* by Anne I. Thompson, Julie E. Fromer, Hamilton I. McCubbin (Ed.) ISBN: 0761988718

**Brief Therapy w/ Adolescents**

**14 hours**

**Objective:** Examines how brief therapy can be effectively utilized in treating the adolescent clients.

**Text:** *Pathways to Change: Brief Therapy Solutions with Difficult Adolescents* by Matthew Selekman ISBN: 1572309598

**Brief Therapy w/ Children**

**14 hours**

**Objective:** To provide the counselor with a firmer background in how brief therapy can be used in the treatment of children and their family.

**Text:** *Solution-Focused Therapy with Children: Harnessing Family Strengths for Systematic Change* by Matthew Selekman ISBN: 1572307900

**Treating the Compulsive**

**Gambler & Their Family**

**16 hours**

**Objective:** Provides the counselor information in the treatment of the compulsive gambler and their family.

**Text:** *Counseling Problem Gamblers and Their Families : A Clinician's Guide* by Joseph W. Ciarrocchi ISBN: 0121746534

**Counseling Across The Life Cycle**

**20 hours**

**Objective:** Helps counselors identify how client needs change as they move through life and how counseling needs to change to better meet client needs.

**Text:** *The Expanded Family Life Cycle: Individual, Family, and Social Perspectives (3rd Edition)* by Elizabeth A. Carter (Editor), et al ISBN: 0205409814

**Substance Abuse & Family Recovery II**

**18 hours**

**Objectives:** The student will learn about the basic skills of providing counseling services to the substance abuser and their family. Client assessment, effective interventions, assessing motivation, problem solving strategies, monitoring the ups and downs of progress are also discussed.

**Text:** *Family Solutions for Substance Abuse: Clinical and Counseling Approaches* by Eric E. McCollum & Terry S. Trepper ISBN: 0789006235