

Facilitating Client Change**14 hours**

Objective: Examine how client change is brought about through the use of rational emotive behavior therapy. Familiarizes the student with the RET approach to detecting irrational beliefs & distinguishing them from rational beliefs/Socratic disputing of irrational beliefs.

Text: Facilitating Client Change In Rational Emotive Behavior Therapy by Windy Dryden ISBN: 189763532X

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: 0787948047

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: 0767911903

Marriage Counseling**20 hours**

Objectives: To learn the research based theory of marriage as put forth in the Gottman book. To learn how to assess the issues in a marriage without falling into various pitfalls noted there. To learn how to create effective interventions with a marriage which help the members solve problems, and deals with problems of resistance and relapse.

Text: The Marriage Clinic: A Scientifically Based Marital Therapy by John M. Gottman ISBN: 9780393702828

Treatment Planning**14 hours**

Objectives: The student will learn more of the client assessment process. They will learn of how psychological issues can influence treatment goals. The student will learn how to develop and monitor the progress the client is making working on the treatment plans.

Text: Essentials of Treatment Planning by Mark E. Maruish ISBN: 0471419974

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: 9780415989398