

## CP-35 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: 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 (6<sup>th</sup> 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 (6<sup>th</sup> 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 (6<sup>th</sup> 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 2<sup>nd</sup> ed. Allen Ivey, Mary Ivey, et. al. ISBN: 0618439889.