

CP-09

Cognitive Therapy II

\$210

Recovery by Rational Means

12 hours

Objectives: This course examines how the rational behavioral approach can be used to help the client prevent relapses.

Text: Stay Sober & Straight: How to Prevent Relapse with the Rational Self-Help Treatment Method by Maxie Maultby ISBN: 0932838006

Counseling Clients w/ Disabilities

18 hours

Objectives: The implementation and application of cognitive strategies as they apply to clients with disabilities are examined to better prepare you to assess and utilize cognitive techniques in treating them.

Text: Cognitive-Behavioral Therapy for Persons with Disabilities by Cynthia L. Radnitz ISBN: 076570238X

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

Cognitive Therapy w/ Personality Disorders

18 hours

Objective: Help the therapist in obtaining a greater understanding how cognitive therapy can be used in the treatment of clients with emotional disorders.

Text: Cognitive Therapy of Personality Disorders by Aaron T. Beck, et. al. ISBN: 1593854765

Cognitive Approaches Dealing w/ Resistance

14 hours

Objective: The counselor who primarily uses a Cognitive-Behavioral approach will learn how to more effectively deal with client's who don't seem to improve and the issue of client resistance.

Text: Overcoming Resistance in Cognitive Therapy by Robert L. Leahy ISBN: 1572309369

Crisis Counseling & Brief Therapy

14 hours

Objective: This course studies how crisis counseling can be implemented in various settings, addressing various problems/issues.

Text: Crisis Intervention & Time-Limited Cognitive Treatment by Albert R. Roberts (ed) ISBN: 0803956304