

CP-20

Advanced Counseling Skills I

\$170

**Life Coaching**

**14 hours**

**Objective:** To give the therapist a deeper understanding of how the concepts, theory and principles of coaching can be utilized to enhance their therapeutic skills.

**Text:** Therapist as Life Coach: An Introduction for Counselors and Other Helping Professionals by Pat Williams ISBN: 0393705226

**Mastering Resistance**

**14 hours**

**Objective:** Examines specific approaches and techniques the therapist can utilize to effectively deal with resistant clients.

**Text:** Mastering Resistance: A Practical Guide To Family Therapy by Carol M. Anderson & Susan Stewart ISBN: 0898620449

**Eclectic Therapy**

**14 hours**

**Objectives:** A pragmatic examination of the how the various approaches and theories about human behavior and mental disorders can effectively be used in providing therapy with clients.

**Text:** Integrative Therapy: A Practitioner's Guide by Maja O'Brien & Gaie Houston ISBN: 9781412912112

**System Theory In Therapy**

**12 hours**

**Objectives:** Examines the theory and the application of Systems Theory with families and individuals.

**Text:** Systems Theory & Family Therapy: A Primer by Raphael J. Becvar ISBN: 0761812954

**Eclectic Therapy II**

**16 hours**

**Objective:** Examines how therapists can provide better quality therapeutic services by taking into account various therapeutic viewpoints and assessing the broader client background.

**Text:** Integrative Problem-Solving Therapy: A Synthesis of Family, Individual & Biological Therapies by William M. Pinsof ISBN: 0465033288

**Improving Therapeutic Skills II**

**16 hours**

**Objective:** To better equip counselors as they provide services by providing them with a firmer background in the systems, strategies and skills to do so.

**Text:** Systems, Strategies and Skills in Counseling & Psychotherapy by Linda Seligman ISBN: 0130200603