

BARGAIN COURSES CATALOG

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NOTICE: The following courses is not eligible for NBCC credit: BB-28 Coaching & Mentoring

BARGAIN COURSE LIST:

- BB-01 Holistic Recovery 14 hours**
Objectives: This course examines the role, implications and interrelationship of physical, mental, emotional, spiritual and social aspects of addiction and abuse.
Text: Treatment of Abuse and Addiction: A Holistic Approach by Arthur P. Ciaramicoli ISBN: 0765700875
- BB-02 Treating Borderline Personality Disorder 14 hours**
Objectives: This course explores the assessment, diagnostic, treatment and the particular challenges in dealing with the BPD clients.
Text: Cognitive-Behavioral Treatment of Borderline Personality Disorder by Marsha M. Lineham, Ph.D. ISBN: 0898620341
- BB-03 Cognitive Approaches w/ Bipolar Disorders 14 hours**
Objectives: The implementation and application of cognitive strategies as they apply with bipolar clients are examined to better prepare you to assess and utilize cognitive techniques in treating them.
Text: Cognitive-Behavioral Therapy for Bipolar Disorder by Monica Ramirez Basco & A. John Rush ISBN: 1593854846
- BB-04 Cognitive Approaches w/ Depression 12 hours**
Objectives: The implementation and application of cognitive strategies as they apply with depressed clients are examined to better prepare you to assess and utilize cognitive techniques in treating them.
Text: Cognitive Therapy of Depression by Aaron T. Beck, Brian F. Shaw, Gary Emery & John Rush ISBN: 0898629195
- BB-05 Operating a Private Practice 14 hours**
Objectives: This course helps prepare you to either start a new private practice or to operate an existing private practice with careful consideration of the ethical, professional and client service issues.
Text: Building Your Ideal Private Practice: A Guide for Therapists and Other Healing Professionals by Lynn Grodzki ISBN: 0393703312
- BB-06 HIV & Recovery 12 hours**
Objectives: This course examines the implications and complications created by addicted clients who also are diagnosed with HIV.
Text: Risk and Recovery: AIDS, HIV and Alcohol: A Handbook for Providers by Marcia Quackenbush, J.D. Benson, Joanna Rinaldi.
ISBN: 0890876908
- BB-07 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: 0932838006
- BB-08 Treatment Planning w/ Substance Abusers 12 hours**
Objectives: This course prepares you with techniques and strategies to increase client compliance with services through the use of effective treatment planning with greater understanding of the applicability of documentation and progress measurement.
Text: Improving Compliance with Alcoholism Treatment by Kathleen Carroll ISBN: 0788184717
(Often the best price for this book is found by order directly from the publisher. Go to <http://www.dianepublishing.net/>)
- BB-09 Cognitive Treatment of Trauma 12 hours**
Objectives: The implementation and application of cognitive strategies as they apply with clients who have experienced trauma are examined to better prepare you to assess and utilize cognitive techniques in treating them.
Text: Cognitive-Behavioral Therapies for Trauma by Victoria M. Follette, Josef I. Ruzek & Francis R. Abueg ISBN: 1593855885
- BB-10 The Troubled Employee 20 hours**
Objectives: This course explores the identification, assessment and intervention with employees who have mental health, addiction and other life problems as they impact their job performance and the workplace.
Text: Workplace Intervention: The Bottom Line on Helping Addicted Employees Become Productive Again by James Fearing
ISBN: 156838520X
- BB-11 Counseling Adolescents 18 hours**
Objectives: This course examines the theories and practice of providing counseling services to children and adolescents.
Text: What Works With Children & Adolescents: A Handbook of Individual Counseling Techniques by Ann Vernon ISBN: 0878224386
- BB-12 Managing High-Risk Behaviors 12 hours**
Objectives: This course provides you with an alternative to the traditional disease/abstinence model of addiction but rather offers an introduction to this harm reduction model of dealing with clients involved in high risk behaviors.
Text: Practicing Harm Reduction Psychotherapy by Patt Denning, Ph.D. ISBN: 1593850964

- BB-13 Narrative Therapy w/ Substance Abusers 14 hours**
Objectives: This course provides a background in the implications and applications of narrative therapy with substance abusing clients.
Text: Narrative Means To Sober Ends by Jonathan Diamond, Ph.D. ISBN-10: 1572308354
- BB-14 Pragmatic Brief Therapy 14 hours**
Objectives: This course provides you with a post-modern perspective of brief therapy, moving to where purpose, preferences, and possibilities in therapy can emerge.
Text: Recreating Brief Therapy by John L. Walter & Jane E. Peller ISBN: 0393703258
- BB-15 Brief Therapy: Theory & Practice 16 hours**
Objectives: This course provides a more extensive and broader understanding of the basis and practice of providing brief therapy.
Text: Theory and Practice of Brief Therapy by Simon H. Budman & Alan S. Gurman ISBN: 1572308214
- BB-16 Brief Therapy III 14 hours**
Objectives: The first counseling session is key for the future success in treatment. This course examines how to put as much into and get as much out of that first critical session.
Text: The First Session in Brief Therapy by Simon H. Budman, Michael F. Hoyt & Steven Friedman (ed.) ISBN: 0898621380
- BB-17 Cognitive Therapy w/ Children & Adolescents 14 hours**
Objectives: This course examines the use and efficacy of cognitive therapy theory and techniques with children and adolescents.
Text: Clinical Practice of Cognitive Therapy with Children & Adolescents by Robert D. Friedberg, et. al. ISBN: 1572307234
- BB-18 Family Intervention 12 hours**
Objectives: This course lays out how prepare for and implement a successful family intervention in the addict's life.
Text: Training Families to Do a Successful Intervention by Alexandra Robbin, et. al. ISBN: 1562461168
- BB-19 Addiction, Intervention & Treatment 12 hours**
Objectives: This course studies the challenges and opportunities that exist in intervening in the life of substance abusers in various settings include the courts, medical clinics, etc.
Text: Addiction Intervention: Strategies to Motivate Treatment-Seeking Behavior by Robert K. White & Deborah George Wright (ed) ISBN: 0789004348
- BB-20 Crisis Counseling & Brief Therapy 14 hours**
Objectives: This course studies how cognitive therapy can be implemented in various settings, addressing various problems/issues when dealing with clients in crisis in a time-limited setting.
Text: Crisis Intervention & Time-Limited Cognitive Treatment by Albert R. Roberts ed. ISBN: 0803956304
- BB-21 Brief Group Therapy w/ Substance Abusers 12 hours**
Objectives: This course examines how to provide quality, outcome-based and problem-solving group therapy with alcohol and drug abusing clients.
Text: Brief Strategic Problem-Solving Group Therapy: Making Group Therapy Work in the Managed Care Environment by Terence T. Gorski ISBN: 0830907165
- BB-22 Eclectic Therapy 14 hours**
Objectives: This course is 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
- BB-23 System Theory in Therapy 12 hours**
Objectives: This course examines the theory and the application of Systems Theory in the treatment of families and individuals.
Text: Systems Theory & Family Therapy: A Primer by Raphael J. Becvar ISBN: 0761812954
- BB-24 Eclectic Therapy II 16 hours**
Objectives: This course pulls together family, individual and medical/biological aspects involved in providing counseling services to clients.
Text: Integrative Problem-Centered Therapy: A Synthesis of Family, Individual, and Biological Therapies by William M. Pinsof ISBN: 0465033288
- BB-25 Systems Approach w/ Addiction 18 hours**
Objectives: This course examines how to best utilize the health and social systems to help bring about change in the addicted client's life.
Text: Changing Substance Abuse through Health & Social Systems by William R. Miller ISBN: 0306472562

- BB-26 Improving Therapeutic Skills II 16 hours**
Objectives: This course better equips counselors as they provide counseling services 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
- BB-27 Counseling Across the Life Cycle 20 hours**
Objectives: You will be better able to identify how client needs change and how you can better help your clients as they move through life.
Text: The Expanded Family Life Cycle: Individual, Family, and Social Perspectives (3rd Edition) by Elizabeth A. Carter (Editor), et al ISBN: 0205409814
- BB-28 Coaching & Mentoring 16 hours**
Objectives: This course explores every aspect of the coaching/mentoring relationship from establishing the coach/client relationship to termination and beyond. Topics include dealing with roadblocks, knowing oneself, deciding what to do and commitment to take action.
Text: Techniques for Coaching & Mentoring by David Meggenson & Dave Clutterbuck ISBN: 075065287X
- BB-29 Consulting: Utilizing Your Expertise 16 hours**
Objectives: 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
- BB-30 Employee Assistance Programming 20 hours**
Objectives: This course identifies problems that exist in the current structure and nature of EAP and proposes a way that can give those programs the legitimacy, the effectiveness and the support they need to be successful.
Text: Integration of Employee Assistance, Work/Life, and Wellness Services edited by Mark Attridge, Patricia Herlihy & R. Paul Maiden ISBN: 0789030632
- BB-31 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
- BB-32 Cognitive Behavioral Treatment of Compulsive Gambling 18 hours**
Objective: The student will learn how to effectively apply psychoeducation, cognitive restructuring, relaxation techniques, relapse prevention and many other skills as they treat clients who experience compulsive gambling problems.
Text: A Cognitive Behavioral Therapy Program for Problem Gambling by Namrata Raylu and Tian Po Oei ISBN: 9780415548168
- BB-33 Cognitive Behavioral Treatment of Smoking Cessation 18 hours**
Objective: The student learns how to apply cognitive behavioral strategies/techniques to the treatment of the smoker/nicotine addict. This course includes a review of medications which can help the smoker quit as well as how to address issues that can crop up such as weight gain. Additionally, how treatment can be effected by subpopulations of smokers, the client's health issues and other comorbid issues such as other psychiatric problems or other substance abuse.
Text: Cognitive-Behavioral Therapy for Smoking Cessation by Kenneth A. Perkins, Cynthia A. Conklin & Michele D. Levine ISBN: 0415954630
- BB-34 Crisis Counseling Theory & Practice 14 hours**
Objectives: To understand the nature of crisis as it applies to individual's lives and its implications in providing counseling services and identify the ethical implications associated with crisis in the treatment of clients in crisis. To gain an historical perspective of the theory and treatment of client crisis and understand the cultural aspects and considerations associated with dealing with persons in crisis.
Text: A Guide to Crisis Intervention, 3rd ed. by Kristi Kanel. Thomas Brooks/Cool, Belmont, CA. 2007. ISBN: 0495007765.
- BB-35 Promoting Wellness Over the Lifespan 12 hours**
Objective: This course examines techniques and strategies which can 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 2nd ed. Allen Ivey, Mary Ivey, et. al. ISBN: 0618439889.
- BB-36 Eye Movement Desensitization & Reprocessing 16 hours**
Objectives: The Eye Movement Desensitization & Reprocessing theory and practice are examined so you have a better understanding if it fits for you for further study.
Text: EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma by Francine Shapiro & Margot Silk Forrest ISBN: 0465043011

BB-37 Rapid Behavior Change & Counseling

12 hours

Objectives: This course studies how some individuals make sudden and dramatic changes in their lives and it's implications for counseling theory and practice.

Text: Quantum Change: When Epiphanies and Sudden Insights Transform Ordinary Lives by William R. Miller & Janet C'de Baca
ISBN: 1572305053

BB-38 Sexual Issues In Therapy

14 hours

Objectives: Lesbian, gay, bisexual and transgendered clients have special issues and needs when receiving counseling and treatment. This course helps you to better understand such clients so you can better meet those needs.

Text: Issues in Therapy with Lesbian, Gay, Bisexual & Transgendered Clients by Charles Neal, et. al. ISBN: 0335203310

BB-39 The Psychology of Happiness & Optimism I

12 hours

Objective: This course introduces the student to some of some key elements, qualities or characteristics of psychological health, their promotion, development and maintenance. The student will gain a greater understanding of the meaning, the cause and the maintenance of authentic happiness.

Text: Authentic Happiness. Martin E. Seligman, Ph.D. ISBN: 0743222989.

BB-40 The Psychology of Happiness & Optimism II

12 hours

Objective: This course introduces the student to some of some key elements, qualities or characteristics of psychological health, their promotion, development and maintenance. The student will gain a greater understanding and the application of optimism in various settings such as school, work, family, etc. The student will gain a greater understanding of how on individual can shift from being predominantly pessimistic to being predominantly optimistic.

Text: Learned Optimism. Martin E. Seligman, Ph.D. ISBN: 9781442341135

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