

INDIVIDUAL COURSES CATALOG

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COURSE CATALOG:

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COURSE LIST

- TO-01 Dealing w/ Resistant Clients 14 hours**
Objectives: People resist change generally, and clients frequently resist the change that may result from counseling/therapy. This course will help you better understand the source and the reasons for that resistance and how to deal with it effectively.
Text: Compassionate Therapy, Working with Difficult Clients by Jeffrey Kottler ISBN: 1555424228
- TO-02 Client Diagnosis & Assessment 14 hours**
Objectives: Upon completing this course, you will be better able to understand the process and the pitfalls in assessing and diagnosing clients, enabling you to better layout the future course of treatment.
Text: Diagnosis Made Easier: Principles and Techniques for Mental Health Clinicians 2nd ed. by James Morrison ISBN: 9781462513352
- TO-03 Post Traumatic Stress Disorder 14 hours**
Objectives: This course provides you with a background in the causes, diagnosis, and treatment implications when treating clients with PTSD.
Text: Counseling for Post-Traumatic Stress Disorder 3rd ed. by Michael J. Scott & Stephen G. Stradling ISBN: 1412921007
- TO-04 Substance Abuse: Choice or Disease 16 hours**
Objectives: This course sheds doubt on the traditional disease model of addiction and explores the causal and treatment implications inherent in the life-style model of addiction.
Text: The Addiction Concept: Working Hypothesis or Self-Fulfilling Prophecy? by Glen D. Walters ISBN: 0205286429
- TO-05 Denial & Other Barriers to Recovery 14 hours**
Objectives: You will better understand the treatment implications of the personality characteristics which may contribute to creating and maintaining addictive behaviors and that interfere with sustained recovery.
Texts: Addictive Thinking by Abraham J. Twerski, M.D. & The Addictive Personality by Craig Nakken ISBN: 1567313310
- TO-06 Drugs of Abuse 12 hours**
Objectives: This course examines the current knowledge concerning the drugs of abuse to prepare you better to more effectively deal with drug-abusing clients.
Text: Buzzed: The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy, 5th Edition by Cynthia Kuhn, Scott Swartzwelder, Wilkie Wilson, Jeremy Foster & Leigh Heather Wilson ISBN: 0393356469
- TO-07 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
- TO-08 Cognitive Approach to Addiction Treatment 12 hours**
Objectives: This course explores and better prepares you to apply cognitive theoretical concepts and treatment strategies when dealing with addicted clients.
Text: Cognitive Therapy of Substance Abuse by Aaron T. Beck, Fred D. Wright & Bruce S. Liese ISBN: 1572306599
- TO-09 Cognitive Therapy 14 hours**
Objectives: This course examines the implications and applications of cognitive therapy as you identify, evaluate, and intervene in a client's automatic negative thoughts and core beliefs.
Text: Cognitive Therapy: Basics and Beyond by Judith S. Beck ISBN: 1609185048
- TO-10 Counseling Victims of Violence 12 hours**
Objectives: The traumatic effects of violence on its victims, their special issues, and their recovery are a special concern to counselors/therapists. This course enables you to better assess and intervene with the client helping them to better recover from such trauma.
Text: Counseling Victims of Violence by Sandra L Brown ISBN: 0897934636
- TO-11 Relapse Prevention 12 hours**
Objectives: You will gain a greater understanding of the role relapse plays with the addicted client in recovery with special emphasis on the stages of recovery and the level of threat relapse represents.
Text: Staying Sober: A Guide to Relapse Prevention by Terry Gorski & Marlene Miller ISBN: 083090459X

- TO-12 Women & Addiction 12 hours**
Objectives: You will be better prepared to provide services that are specifically tailored to meet their special needs and challenges of the women clients who are involved with and recovering from addiction.
Text: Chemical Dependency: Women at Risk by Brenda L. Underhill (Editor), Dana G. Finnegan (Editor) ISBN: 1560230886
- TO-13 Counseling the Older Addict 12 hours**
Objectives: This course will give you a greater appreciation of the role substance use and abuse has among the older population as well as assisting you in the diagnoses, treatment and aftercare implications of dealing with this population.
Texts: Aging & Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence by Carol Colleran & Debra Jay ISBN: 9781568387925
- TO-14 Dealing w/ Grief & Loss 16 hours**
Objectives: This course examines the theories of grief and loss, but more it provides a clear description of the causes of complicated grief as well as a detailed explanation of how the bereaved can be helped given the variations found in the client and the nature and manner of the death of a loved one.
Text: Grief Counseling & Grief Therapy by J. William Worden ISBN: 9780826101204
- TO-15 Compulsive Gambling 14 hours**
Objectives: Comparisons and contrasts are drawn between pathological gambling and alcoholism as well as an examination of the role issues such as guilt and family involvement play in the dynamics of the perpetuation and recovery of the pathological gambler.
Texts: Releasing Guilt about Gambling by Valerie C. Lorenz, Ph.D. ISBN: 0894865234
Understanding Compulsive Gambling by Henry R. Lesieur, Ph.D. ISBN: 9780894863882
When Someone You Love Gambles by Mary Heineman, M.S.W., C.A.C. ISBN: 0894865358
Alcoholism and Pathological Gambling: Similarities and Differences by Arthur Herscovitch ISBN: 1556911467
(All books for this course can be purchased as a package from CCMS, Inc. Visit the **Bookstore** page at the website.)
- TO-16 Motivational Interviewing 12 hours**
Objectives: This course identifies strategies that develop a counseling relationship that develops greater counselor/client rapport and motivates the client to change.
Text: Motivational Interviewing: Helping People Change, 3rd ed. by William K. Miller & Stephen Rollnick ISBN: 9781609182274
- TO-17 The First Three Years of Recovery 14 hours**
Objectives: Explores the early recovery needs of the addicted client. Better prepares the therapist as they serve the newly recovering addict to strengthen their recovery.
Texts: First Year Sobriety by Guy Kettelhack ISBN: 1568382308
Second-Year Sobriety by Guy Kettelhack ISBN: 1568382316
Third-Year Sobriety by Guy Kettelhack ISBN: 1568382324
- TO-18 Physical Health & Mental Disorders 12 hours**
Objectives: The connection between a client's physical illness and mental disorders are often ignored, but this course explores that relationship enabling you to make a differential diagnosis and provide more effective treatment or referral for clients.
Text: When Psychological Problems Mask Medical Disorders by James Morrison ISBN: 1572305398
- TO-19 Crisis Intervention 14 hours**
Objectives: This course introduces you to the application of crisis intervention theory and methodology to your clients.
Text: Crisis Intervention: Theory and Methodology by Donna C. Aguilera ISBN: 0815126042
- TO-20 Substance Abuse & Family Recovery 14 hours**
Objectives: Substance abuse does not just affect the user but also their families. These impacts are examined and provide guidelines on how to provide counseling with couples and families where addictions play a major role.
Text: Couple & Family Therapy in Addiction by Jerome D. Levine ISBN: 1568216416
- TO-21 Improving Therapeutic Skills 14 hours**
Objectives: Therapists make mistakes. This course gives you a framework through which to assess and learn from therapeutic errors.
Text: The Imperfect Therapist by Jeffrey A. Kottler ISBN: 1555421458
- TO-22 Counseling Suicidal Clients 18 hours**
Objectives: This course provides you with a firmer background concerning the cause(s), treatment and prevention of suicides throughout the life span.
Text: Suicide Across the Life Span: Implications for Counselors by David Capuzzi ISBN: 1556202326

- TO-23 Clinical Supervision 14 hours**
Objectives: The veteran and novice clinical supervisor are introduced to supervising the alcohol and drug abuse counselor in their various work environments. Strategies of interviewing, managing, directing and collaborating with the supervisee are explored.
Texts: The Professional Alcohol & Drug Counselor Supervisor's Handbook by Lawrence Clayton, Ph.D. & Randy VanNostrand, Ph.D. ISBN: 1556912412
(This book is hard to find but can be purchased at the **Bookstore** page at the CCMS website.)
- TO-24 The Criminal Personality 16 hours**
Objectives: This course examines the origins of criminal thinking and behavior, giving you a better and firmer background of the full continuum of antisocial clients you frequently deal with.
Text: The Criminal Personality: A Profile For Change by Samuel Yochelson & Stanton Samenow ISBN: 1568211058
- TO-25 Counseling Clients w/ Disabilities 18 hours**
Objectives: The implementation and application of cognitive strategies as they apply to clients with disabilities are examined to prepare you better to assess and utilize cognitive techniques in treating them.
Text: Cognitive-Behavioral Therapy for Persons with Disabilities by Cynthia L. Radnitz ISBN: 076570238X
- TO-26 Cognitive Therapy w/ Personality Disorders 14 hours**
Objectives: The implementation and application of cognitive strategies as they apply to disordered personality clients are examined to prepare you better to assess and utilize cognitive techniques in treating them.
Text: Cognitive Therapy of Personality Disorders by Aaron T. Beck, et. al. ISBN: 1593854765
- TO-27 Cognitive Approaches Dealing w/ Resistance 14 hours**
Objectives: Clients resist change. This course provides the counselor/therapist who uses cognitive approaches with the tools and techniques to address resistance issues with their clients.
Text: Overcoming Resistance in Cognitive Therapy by Robert L. Leahy ISBN: 1572309369
- TO-28 Theory of Addiction 20 hours**
Objective: This course examines the various theories of the nature and the treatment of addiction. In this examination, the theory's validity, reliability, and value in providing treatment are considered. Finally, the text's author offers what he sees as a reasonable synthesis of the best elements of all the existing theories of addiction.
Text: Theory of Addiction by Robert West ISBN: 9781405113595
- TO-29 Clinical Supervision in the Addictions Field 14 hours**
Objectives: This course provides you with a firmer background in the principles, models, and methods of supervising counselors in the addictions field.
Text: Clinical Supervision in Alcohol and Drug Abuse Counseling by David J. Powell, with Archie Brosky ISBN: 0787973777
- TO-30 Group Therapy 12 hours**
Objectives: This course provides you with a broad background in theory, concepts, methods, and techniques in providing counseling on a group basis.
Text: Group Counseling: Concepts and Procedures, 4th ed. by Robert C. Berg ISBN: 0415952190
- TO-31 Chemical Dependency Counseling 16 hours**
Objectives: This course provides you with an in-depth, comprehensive study of the nature, extent, and treatment of the problem of chemical dependency.
Text: Chemical Dependency Counseling: A Practical Guide, 4th ed. by Robert R. Perkinson ISBN: 1412979218
- TO-32 Coaching: New Ways of Facilitating Change 14 hours**
Objectives: This course studies the relatively new helping profession known collectively as "coaching." It examines the various client types, the principles, basic concepts, and the distinctions between traditional counseling and coaching.
Text: The Mindful Coach: Seven Roles for Helping People Grow by Douglas K. Silsbee ISBN: 0974500356
- TO-33 Men in Therapy 12 hours**
Objectives: Men have unique issues and needs when they enter treatment. This course examines the implications and applications of developing a rapport with and providing treatment for male clients.
Text: Men In Therapy: The Challenge of Change by Robert L. Meth, et. al. ISBN: 0898624851
- TO-34 Ethics in Addiction Counseling 12 hours**
Objectives: This course examines how ethical standards and principles apply to the addiction counseling professions.

Text: The Book of Ethics: Expert Guidance for Professionals Who Treat Addiction by Cynthia M. A. Geppert and Laura Weiss Roberts. ed. ISBN: 9781592854929

TO-35 Harm Reduction Therapy

14 hours

Objectives: This course examines the principles and concepts of Harm Reduction Therapy as it applies to addiction, AIDS, special populations, and changes in public policies.

Text: Harm Reduction: Pragmatic Strategies for Managing High-Risk Behaviors by G. Alan Marlatt (ed.) ISBN: 1572308257

TO-36 Relapse Prevention II

16 hours

Objectives: This course takes a broad sweep of the essential concepts involved in preventing relapse with the addicted client including an examination of cues, life-style modifications and other actions the client needs to take to prevent future relapses.

Text: Relapse Prevention: Maintenance Strategies in the Treatment of Addictive Behaviors by G. Alan Marlatt & Dennis Donavon (ed.) ISBN: 1593851766

TO-37 Relapse Prevention III

16 hours

Objectives: This course examines the various techniques and strategies which can be utilized by the client to learn from past relapses and prevent future ones.

Text: Therapist's Guide To Evidence-Based Relapse Prevention by Katie A. Witkiewitz ISBN: 0123694299

TO-38 Mastering Resistance

14 hours

Objectives: Specific approaches and techniques the therapist can utilize to effectively deal with client resistance are examined, especially as they apply to couple and family counseling.

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

TO-39 Anger Management

14 hours

Objectives: Anger management issues seem to impact many of your clients. This course provides you with effective strategies to help better address such problems in their lives and relationships with others.

Text: Anger Management: The Complete Treatment Guidebook for Practitioners by Howard Kassinove & Raymond Tafrate ISBN: 1886230455

TO-40 Narrative Therapy

14 hours

Objectives: This course provides you an introduction to the theory and application of narrative therapy to a broad range of counseling settings and client issues.

Text: Narrative Therapy: An Introduction to Counseling, 2nd ed by Martin Payne ISBN: 1412920132

TO-41 Life Coaching

14 hours

Objectives: Coaching has become a recent phenomenon cutting across all sorts of helping and other professions. This course concentrates on how the concepts, beliefs, and approaches used by coaches can apply to counsel and related professions.

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

TO-42 Promoting Healthy Families

16 hours

Objectives: This course emphasizes how effective stress management, coping skills, and improved health can be promoted with families as a whole as well as their members.

Text: Families and Change Coping With Stressful Events and Transitions by Patrick McKenry & Sharon Price ISBN: 0761988718

TO-43 The Criminal Personality II

16 hours

Objectives: You will have greater depth and breadth in dealing effectively and successfully treating antisocial clients.

Text: The Criminal Personality: The Change Process by Samuel Yochelson & Stanton Samenow ISBN: 1568213492

TO-44 Brief Therapy w/ Adolescents

14 hours

Objectives: This course examines how brief therapy can be effectively utilized in treating the adolescent client.

Text: Pathways to Change: Brief Therapy Solutions with Difficult Adolescents by Matthew Selekmán ISBN: 1572309598

TO-45 Brief Therapy w/ Children

14 hours

Objectives: When you complete this course, you will have a firmer background in how solution-focused brief therapy can be used in the treatment of children and their family.

Text: Solution-Focused Therapy with Children: Harnessing Family Strengths for Systematic Change by Matthew Selekmán ISBN: 1572307900

TO-46 The Criminal Personality III

16 hours

Objectives: Provides the therapist with greater depth and breadth in dealing effectively with antisocial clients. Provides a firmer background of Dr. Samenow's experience and understanding of how drug-abusing client is treated.

Text: The Criminal Personality: The Drug Abuser by Samuel Yochelson & Stanton Samenow ISBN: 1568212445

TO-47 Treating the Compulsive Gambler & Their Family 16 hours

Objectives: This course provides you with a firmer background in the assessment, diagnosis, and treatment of the compulsive gambler and their family.

Text: Counseling Problem Gamblers: A Self-Regulation Manual for Individual and Family Therapy by Joseph W. Ciarrocchi ISBN: 0121746534

TO-48 Substance Abuse Treatment & the Stages of Change 14 hours

Objectives: When you complete this course, you will have a better understanding of how the Stages of Change concept applies to your substance abusing clients.

Text: Substance Abuse Treatment, and the Stages of Change, 2nd ed by Gerard Connors, et. al. ISBN: 9781462508044

TO-49 Cognitive Group Therapy w/ Special Problems & Populations 16 hours

Objectives: The group cognitive-behavioral model is examined as it applies to clients from special populations and with special problems.

Text: Cognitive-Behavioral Group Therapy for Specific Problems and Populations by John R. Wright & Arthur S. Freeman (ed) ISBN: 1557986908

TO-50 Treating Borderline Personality Disorder 14 hours

Objectives: This course explores the assessment, diagnostic, treatment, and the particular challenges in dealing with BPD clients.

Text: Cognitive-Behavioral Treatment of Borderline Personality Disorder by Marsha M. Lineham, Ph.D. ISBN: 0898620341

TO-51 Cognitive Approaches w/ Bipolar Disorders 14 hours

Objectives: The implementation and application of cognitive strategies as they apply with bipolar clients are examined to prepare you better 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

TO-52 Cognitive Approaches w/ Depression 12 hours

Objectives: The implementation and application of cognitive strategies as they apply with depressed clients are examined to prepare you better 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

TO-53 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 prepare you better 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

TO-54 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

TO-55 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

TO-56 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

TO-57 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

TO-58 Family Intervention 12 hours

Objectives: This course lays out how to 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

TO-59 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

TO-60 Counseling Across the Life Cycle 20 hours

Objectives: You will be better able to identify how a 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

TO-61 The Resilience Factor 12 hours

Objectives: The student will learn of the seven 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

TO-62 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

TO-63 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 affected 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

TO-64 Crisis Counseling Theory & Practice 14 hours

Objectives: To understand the nature of the crisis as it applies to individual's lives and its implications in providing counseling services and identifies the ethical implications associated with the crisis in the treatment of clients in crisis. To gain a 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

TO-65 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 2nd ed. Allen Ivey, Mary Ivey, et. al. ISBN: 0618439889

TO-66 Life Coaching: A Cognitive-Behavioral Approach 14 hours

Objectives: Life coaching has come to be a growing and groundbreaking approach to helping people with this course, examining how the cognitive-behavioral theories and techniques apply.

Text: Life Coaching: A Cognitive Behavioral Approach by Michael Neenan & Windy Dryden ISBN: 1583911383

TO-67 Advanced Ethics for Addiction Professionals 14 hours

Objectives: This course examines the theory and application of ethical theory as well as warning of some of the pitfalls and landmines that exist between the ethical dilemma and the outcome and how they can be overcome through the developed skill of critical thinking.

Text: Advanced Ethics for Addiction Professionals by Michael J. Taleff ISBN: 9780826124586

TO-68 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

TO-69 Treatment Planning 14 hours

Objectives: The student will learn more about the client assessment process. They will learn 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

- TO-70** **Group Therapy with Substance Abusers** **18 hours**
Objectives: The student will learn the theory and application of group therapy with substance abusing clients from a cognitive-behavioral perspective.
Text: The Group Therapy of Substance Abuse by David W. Brook et.al. ISBN: 0789017822
- TO-71** **Cigarettes & Nicotine Addiction** **16 hours**
Objectives: The student will learn how nicotine is addictive, the natural history of nicotine addiction, the biobehavioral nature of nicotine addiction, and the role public health and policy can play.
Text: Cigarettes, Nicotine and Health: A Biobehavioral Approach by Lynn T. Kozlowski et al. ISBN: 0803959478
- TO-72** **Substance Abuse & Family Recovery II** **18 hours**
Objectives: The student will learn the basic skills of providing counseling services to the substance abuser and their family. Client assessment, effective interventions, assessing motivation, problem-solving strategies, monitoring the ups and downs of progress are also discussed.
Text: Family Solutions for Substance Abuse: Clinical and Counseling Approaches by Eric E. McCollum & Terry S. Trepper ISBN: 0789006235
- TO-73** **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 work-life 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
- TO-74** **Ethnocultural Factors in Substance Abuse Treatment** **18 hours**
Objective: The student will gain a greater understanding of what it means to be culturally competent. Additionally, they will understand the origins and history of attitudes and behaviors of a wide variety of ethnic and cultural backgrounds as they relate to substance use/abuse. Finally, how to effectively treat clients from the various backgrounds covered in the text, including various varieties of African American, Native and Latino American, European, Asian, and Middle Eastern backgrounds.
Text: Ethnocultural Factors in Substance Abuse Treatment by Shulamith Lala Ashenberg Strausner ISBN: 1572308850
- TO-75** **Coaching & Positive Psychology I** **20 hours**
Objective: Coaching & Positive Psychology I introduces the student to the theories, concepts, and practice of positive psychology. Given that most of the psychology seems to study the abnormal and the pathological aspects of human behavior, this describes how psychological health can be promoted, encouraged, and emphasized in one's practice. This test covers Parts 1 through 5 of the text.
Text: Positive Psychology In Practice. P. Alex Linley & Stephen Joseph (ed.) ISBN: 9781118756935
- TO-76** **Coaching & Positive Psychology II** **20 hours**
Objective: Coaching & Positive Psychology II introduces the student to the theories, concepts, and practice of positive psychology. Given that most of the psychology seems to study the abnormal and the pathological aspects of human behavior, this describes how psychological health can be promoted, encouraged and emphasized in one's practice. This test covers Parts 6 through 9 of the text.
Text: Positive Psychology In Practice. P. Alex Linley & Stephen Joseph (ed.) ISBN: 9781118756935
- TO-77** **Coaching & Positive Psychology III** **14 hours**
Objective: Coaching & Positive Psychology III introduces the student to the theories, concepts, and practice of positive psychology. Given that most of the psychology seems to study the abnormal and the pathological aspects of human behavior, this describes how psychological health can be promoted, encouraged and emphasized in one's practice. This test covers Parts 10 through 3 of the text.
Text: Positive Psychology In Practice. P. Alex Linley & Stephen Joseph (ed.) ISBN: 9781118756935
- TO-78** **Assessment In Positive Psychology I** **14 hours**
Objective: Assessment In Positive Psychology I introduces the student to the models, assessment tools, techniques, and testing instruments of positive psychology. The various perspectives provided in this series of courses help the student to look at clients from the perspective of strengths rather than one of pathology, weaknesses, and needs. This test covers Parts I and II of the text.
Text: Positive Psychology Assessment: A Handbook of Models and Measures. Shane L. Lopez & C.R. Snyder (ed.) ISBN: 1557989885
- TO-79** **Assessment In Positive Psychology II** **14 hours**

Objective: Assessment In Positive Psychology II introduces the student to the models, assessment tools, techniques, and testing instruments of positive psychology. The various perspectives provided in this series of courses help the student to look at clients from the perspective of strengths rather than one of pathology, weaknesses, and needs. This test covers Parts III and IV of the text.
Text: Positive Psychology Assessment: A Handbook of Models and Measures. Shane L. Lopez & C.R. Snyder (ed.) ISBN: 1557989885

TO-80 Assessment In Positive Psychology III 12 hours

Objective: Assessment In Positive Psychology III introduces the student to the models, assessment tools, techniques, and testing instruments of positive psychology. The various perspectives provided in this series of courses help the student to look at clients from the perspective of strengths rather than one of pathology, weaknesses, and needs. This test covers Parts V and VII of the text.
Text: Positive Psychology Assessment: A Handbook of Models and Measures. Shane L. Lopez & C.R. Snyder (ed.) ISBN: 1557989885

TO-81 Psychology of Human Strength I 12 hours

Objective: Psychology of Human Strength I, II & III introduces the student to the topics such as intelligence, judgment, perspective, volition, and resilience as they apply to the development and the maintenance of mental health. This test covers Chapters 2 thru 8 of the text.
Text: A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology. Lisa G. Aspinwall & Ursula M. Staudinger (ed.). ISBN: 1557989311

TO-82 Psychology of Human Strength II 12 hours

Objective: Psychology of Human Strength II introduces the student to topics such as intelligence, judgment, perspective, volition, and resilience as they apply to the development and the maintenance of mental health. This test covers Chapters 9 thru 16 of the text.
Text: A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology. Lisa G. Aspinwall & Ursula M. Staudinger (ed.). ISBN: 1557989311

TO-83 Psychology of Human Strength III 12 hours

Objective: Psychology of Human Strength III introduces the student to topics such as intelligence, judgment, perspective, volition, and resilience as they apply to the development and the maintenance of mental health. This test covers Chapters 17 thru 23 of the text.
Text: A Psychology of Human Strengths: Fundamental Questions and Future Directions for a Positive Psychology. Lisa G. Aspinwall & Ursula M. Staudinger (ed.). ISBN: 1557989311

TO-84 Counseling Clients w/ a Controversial Diagnosis 14 hours

Objectives: The counselor is provided with a greater understanding of the challenges and implications of treating clients who have controversial disorders.
Text: A Clinician's Guide to Controversial Illness by Renee R. Taylor, Ph.D., Fred Friedberg, Ph.D. & Leonard A. Jason, Ph.D. ISBN: 156887068X

TO-85 Solution-Focused Therapy w/ Alcoholism 14 hours

Objectives: Solution-focused therapy is carefully examined as it applies to the treatment of alcoholic/addicted clients.
Text: Working w/ the Problem Drinker: A Solution-Focused Approach by Insoo Kim Berg & Scott D. Miller ISBN: 0393701344

TO-86 Stress Management & Wellness I 12 hours

Objective: This course introduces the student more specifically to the topic of 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 (8th ed.). Brian Luke Seaward. ISBN: 1284036642

TO-87 Stress Management & Wellness II 12 hours

Objective: This course introduces the student more specifically to the topic of 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 (8th ed.). Brian Luke Seaward. ISBN: 1284036642

TO-88 Stress Management & Wellness III 12 hours

Objective: This course introduces the student more specifically to the topic of 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 (8th ed.). Brian Luke Seaward. ISBN: 1284036642

TO-89 Crisis Counseling I 14 hours

Objective: This course provides the student with information about the current issues as they relate to crisis intervention. Numerous case examples are provided to illustrate the practical application of both assessing and treating the client in crisis. This test covers Parts I, II & III of the text.

Text: Crisis Intervention Handbook: Assessment, Treatment & Research 3rd ed. by Albert R. Roberts. ISBN: 9780195179910

TO-90 Crisis Counseling II 14 hours

Objective: This course provides the student with information about the current issues as they relate to crisis intervention. Numerous case examples are provided to illustrate the practical application of both assessing and treating the client in crisis. This test covers Parts IV, V & VI of the text.

Text: Crisis Intervention Handbook: Assessment, Treatment & Research 3rd ed. by Albert R. Roberts. ISBN: 9780195179910

TO-91 Addiction Counseling Techniques I 20 hours

Objective: In this course, you will gain a broad background of the tools used in the treatment of addiction and to describe the elements, the techniques, and interventions in the treatment of addiction. This test covers chapters 1 through 3.

Text: Addiction Recovery Tools: A Practical Handbook. Robert Coombs. ISBN: 0761920668

TO-92 Addiction Counseling Techniques II 20 hours

Objective: In this course, you will gain a broad background of the tools used in the treatment of addiction and to describe the elements, the techniques, and interventions in the treatment of addiction. This test covers chapters 4 through 6.

Text: Addiction Recovery Tools: A Practical Handbook. Robert Coombs. ISBN: 0761920668

TO-93 Psychology of Addiction I 20 hours

Objective: In this course, you will gain a broad background in the various theoretical perspectives of addiction and to describe your own model of addiction. This test covers chapters 1 through 8 of the text.

Text: Psychology of Alcohol & Other Drugs: A Research Perspective by John Jung. ISBN: 0761921001

TO-94 Psychology of Addiction II 20 hours

Objective: In this course, you will gain a broad background in the various theoretical perspectives of addiction and to describe your model of addiction. This test covers chapters 9 through 17 of the text.

Text: Psychology of Alcohol & Other Drugs: A Research Perspective by John Jung. ISBN: 0761921001

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