

INDIVIDUAL COURSES CATALOG

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- TO-31 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-32 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-33 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 Donovan (ed.) ISBN: 1593851766
- TO-34 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-35 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-36 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-37 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-38 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-39 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-40 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 Selekman ISBN: 1572309598
- TO-41 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-42 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-43 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-44 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-45 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-46 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-47 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-48 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-49 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 Straussner ISBN: 1572308850
- TO-50 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 text covers Parts 1 through 5 of the text.
Text: Positive Psychology In Practice. P. Alex Linley & Stephen Joseph (ed.) ISBN: 9781118756935
- TO-51 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 text covers Parts 6 through 9 of the text.
Text: Positive Psychology In Practice. P. Alex Linley & Stephen Joseph (ed.) ISBN: 9781118756935
- TO-52 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 text covers Parts 10 through 3 of the text.
Text: Positive Psychology In Practice. P. Alex Linley & Stephen Joseph (ed.) ISBN: 9781118756935

INTERACTIVE ETHICS:

We offer an online course based on our book *Interactive Ethics: How Ethical & Unethical Decisions Are REALLY Made In Organizations*. Check the *Interactive Ethics* course page at our website for further information.

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