

Ethical Dilemmas in Psychotherapy

8 Contact Hours

Samuel J. Knapp, EdD (Psy) • Michael C. Gottlieb, PhD, ABPP (Psy) • Mitchell M. Handelsman, PhD (Psy)

New and experienced psychotherapists alike can find themselves overwhelmed by an ethical quandary where there doesn't seem to be an easy solution. This book presents positive ethics as a means to overcome such ethical challenges. The positive approach focuses on not just avoiding negative consequences, but reaching the best possible outcomes for both the psychotherapist and the client. The authors outline a clear decision-making process that is based on three practical strategies: the ethics acculturation model to help therapists incorporate personal ethics into their professional roles, the quality enhancement model for dealing with high-risk patients who are potentially harmful, and ethical choice-making strategies to make the most ethical decision in a situation where two ethical principles conflict.

Psychiatric and Mental Health Care

8 Contact Hours

Linda Carman Copel RN, MSN, Ph.D (Nursing)

• Treatment modalities and therapeutic communication • Disorders first evident in infancy, childhood, and adolescence • Delirium, dementia and amnesic disorders • Substance-related disorders, schizophrenia • Mood anxiety, somatoform, dissociative, eating, adjustment and personality disorders • Includes all the new DSM-IV classifications

Suicidal Behavior

8 Contact Hours

Richard T. McKeon Ph.D (Psy)

Dr. Richard McKeon currently serves as an advisor on suicide prevention at the Substance Abuse and Mental Health Services Administration, a position he has held since 2004. In this position, he provides advice and suicide prevention expertise to assist in the development of a comprehensive suicide prevention agenda for SAMHSA that addresses congressional, departmental, and agency priorities, in an effort to address the suicide prevention needs of the nation. Dr. McKeon received his BS from Fordham University in Psychology (1974); his MA from Queens College, City University of New York in General Psychology (1978); his MPH from Columbia University School of Public Health in Health Administration (1978); and his PhD from the University of Arizona in Clinical Psychology (1983).

Over 30,000 Americans and almost one million persons worldwide die by suicide each year, making it one of the leading causes of death throughout the lifespan. Suicide attempts outnumber deaths by suicide by a ratio of at least 25 to 1 and those who attempt suicide are at high risk of later death by suicide or of additional suicide attempts. Suicide risk is one of the most frequent reasons for admissions to inpatient psychiatric units. All of these facts make the treatment of those at risk for suicide a pressing priority. Research over the past two decades has led to the development of excellent empirically supported treatment methods. This book aims to increase clinicians' access to empirically supported interventions for suicidal behavior, with the hope that these methods will become the standard in clinical practice.

Eating Disorders

8 Contact Hours

Vijay Fadia MS, MBA

Anorexia nervosa, bulimia, binge eating, overeating, Psychosocial factors, Emotional health, Family and peer pressure, Treatment and recovery

Sex Matters for Women

10 Contact Hours

Sallie Foley MSW, Sally A. Kope MSW, Dennis P. Sugrue Ph.D (Psy)

Adult sexuality • Sexual response • Reproduction and beyond • Body Image • Illness and disability • STDs • Creating a better sexual relationship • Overcoming sexual difficulties—low sexual desire, low sexual arousal, orgasm difficulties • Sex therapy

Domestic Violence

10 Contact Hours

Larry W. Bennett Ph.D (Psy)

• Prevalence • Breaking the silence on domestic violence • Domestic violence myths • Behavioral characteristics of abusers • Domestic violence in gay/lesbian relationship • Screening for domestic violence: identifying, assisting and empowering adult victims of abuse • Healthcare provider's guide to domestic violence: RADAR • Case management procedures • Documentation • Legal perspective • Creating a safety plan • Community response

Cultural Competence

7 Contact Hours

Thomas M. Achenbach Ph.D (Psy)

• Culturally competent system of care • Developing cultural competence • Four underserved/underrepresented racial/ethnic groups • Hispanics, African Americans, Asians, American Indians • Cultural competence in serving children, adolescents, and older Americans

Chemical Dependency

7 Contact Hours

Vijay Fadia MS, MBA

• Facts about drugs and alcohol • Domestic violence, crime, sex • Signs and symptoms • Impact on the workplace • Alcohol and CHD, liver, cancer, AIDS, sleep, aging, stress • Emotional and behavioral problems Diagnostic criteria for abuse and dependence • Fetal alcohol syndrome • Alcohol withdrawal syndrome • Neurobiology of drug addiction • Principles of drug addiction treatment • Individual drug counseling • Relationship counseling • Cognitive-behavioral therapy • Drug avoidance skills

Child and Adolescent Psychopathology

12 Contact Hours

Robin K. Morgan Ph.D (Psy)

Cases: • Mild Mental Retardation • Autistic Disorder • Attention Deficit Hyperactivity Disorder • Oppositional Defiant Disorder • Conduct Disorder • Encopresis, Secondary Type • Social Phobia • Selective Mutism • Alcohol Dependence, with Physical Dependence • Paranoid Schizophrenia • Major Depressive Disorder • Gender Identity Disorder in Children • Bulimia Nervosa, Purging Type • Psychological Factors Affecting Medical Condition • Anorexia Nervosa, Restricting Type • Sleep Terror Disorder, Sleepwalking Disorder • Physical Abuse of Child

Ethics in Plain English

8 Contact Hours

Thomas F. Nagy Ph.D (Psy)

This course provides practical interpretation to the code of ethics followed by case vignettes highlighting ethical, legal, and clinical dilemmas.

Legal and Ethical Dilemmas

6 Contact Hours

Vijay Fadia MS, MBA

Advanced medical directives; DNR; right to die; living will; durable power of attorney; right to refuse treatment; patient's right to privacy; informed consent

Inside Family Therapy: A Case Study in Family Healing

12 Contact Hours

Michael P. Nichols MS, Ph.D (Psy)

• Disturbing the Peace • The Making of a Family Therapist • Love's Young Dream • The Progress of Love • In-Laws • The Depressed Young Mother • Why Can't Jason Behave? • The Two-Paycheck Family • The Over-Involved Mother and Peripheral Family • Family Feud • Loss of Innocence • Divorce, Remarriage, and Stepparenting • Sex, Drugs, and Rock 'n' Roll: The Rebellious Teenager • The Salazars' Family Therapy • Letting Go

Anxiety and Depression

12 Contact Hours

Vijay Fadia MS, MBA

Detection, diagnosis and treatment of major depression; symptoms of a panic attack; causes and treatment; overview of mood disorders; symptoms of depression and mania; types of depressive illness; depression co-occurring with other psychiatric and medical disorders; depression associated with medications; depression in women, adolescents and elderly; special situations: suicidal patient, geriatric depression, seasonal depression; costs, benefits and harms of treatment; acute phase treatment with medication and psychotherapy.

Transcultural Competence

7 Contact Hours

Jerry Glover, PhD (anthropology), Harris L. Friedman PhD, ABPP (Psy)

Functioning successfully within different cultures can be a struggle for many professionals and, as the world changes, it's become clear that dealing with other cultures, both domestic and international, requires competence in both identifying and transcending cultural boundaries. In this highly approachable volume, the authors provide a robust framework for addressing cultural conflicts within organizations not just for practitioners in the field of consulting and organizational psychology, but for a broad spectrum of professionals, executives, and community leaders.

Panic Disorders

8 Contact Hours

Wayne Katon MD

Dr. Katon is a professor of psychiatry, director of the division of health services and epidemiology, and vice chair of the department of psychiatry and behavioral sciences at the University of Washington Medical School. In addition, he is director of a NIMH-funded National Research Service Award Primary Care Fellowship that trains psychiatrists and primary care physicians for academic leadership positions. He is internationally renowned for his research on the prevalence of anxiety and depressive disorders in primary care, the relationship of psychiatric disorders to medically unexplained symptoms such as headache and fatigue, and the impact of depression and anxiety on patients with chronic medical illness. In recent years, his research has focused on developing innovative models of integrating mental health professionals into primary care to improve the care of patients with major depression and panic disorder. Dr. Katon received his medical degree from the University of Oregon Medical School in Portland, Ore., and completed his internship and residency at the University of Washington Medical School in Seattle, Wash.

Could you have panic disorder? Signs and symptoms and diagnosis of panic disorder; effective treatment; cognitive-behavioral therapy; pharmacological approach.

How You Can Help Your Patients Stop Smoking

5 Contact Hours

Thomas J. Glynn MA, MS, Ph.D (Psy) / Marc W. Manley MD, M.P.H.

Thomas J. Glynn, PhD, is director for cancer science and trends and international cancer control at the American Cancer Society.

Marc W. Manley, M.D., M.P.H. (Medical Officer at NCI, Rockville, MD): Marc W. Manley M.D., M.P.H. was a medical officer and acting chief of the Public Health Division of Cancer Prevention and Control for the National Cancer Institute in Rockville, MD in 1993. (Orleans & Slade). He was also contributor to Orleans & Slade Nicotine Addiction in 1993.

Based on the research, clinical studies and recommendations of Food and Drug Administration and National Institutes of Health.

Becoming An Effective Supervisor

8 Contact Hours

Jane M. Campbell Ph.D (Psy)

Dr. Campbell is a licensed psychologist in the State of Texas, a clinical member of the American Association of Marriage and Family Therapists, and a Center for Credentialing Approved Clinical Supervisor. Over her 40 years in the mental health field, she has been in private practice, worked in agencies and schools, has been on the faculties of the University of Houston and the University of Houston-Clear Lake as well as a Visiting Assistant Professor at George Washington University.

A must-have resource for mental health practitioners whose work responsibilities include clinical supervision. A practical hands-on workbook.

Treatment for Chronic Depression

10 Contact Hours

James P. McCullough, Jr. Ph.D (Psy)

• CBASP and the psychopathology of the chronically depressed patient • Course patterns, comorbidity and psychological characteristics • Strategies to enhance motivation for change • Elicitation and remediation phase of situational analysis • Using the therapist-patient relationship to modify behavior • Resolving common patient problems and crises

The Ethics of Professional Practice

8 Contact Hours

Richard D. Parsons, PhD (Psy)

This book addresses ethical issues and principles in human services professions including social work, counseling, psychology, and marriage and family therapy. All of these professions must be sensitive to ethical standards and dilemmas, particularly given the increase in litigation surrounding ethical issues. This book leads the reader through a personal journey of discovery, assessment, and clarification of values and ethics. The focus is to help the reader assimilate ethical principles, thus becoming an ethical practitioner. The book reflects the ethical codes of the American Counseling Association (ACA), the American Psychological Association (APA), National Association of Social Workers (NASW), and the American Association of Marriage and Family Therapy (AAMFT). Sound pedagogy includes learning objectives, cases, and guided exercises, all intended to raise the reader's self-awareness of issues of values, ethics, and professional standards. For professionals in social work, counseling, psychology, or marriage and family therapy.

Cognitive Behavioral Therapy for General Anxiety Disorder

8 Contact Hours

Michel J. Dugas Ph.D (Psy), Melissa Robichaud Ph.D (Psy)

Michel J. Dugas, Ph.D, is Associate Professor and Director of the Anxiety Disorders Laboratory in the Department of Psychology at Concordia University. He also works as a clinical psychologist at the Anxiety Disorders Clinic of Sacre-Coeur Hospital in Montreal and is past-Chair of the Clinical Section of the Canadian Psychological Association. Over the past 15 years, Dr. Dugas has conducted research on the etiology and treatment of GAD and other anxiety disorders.

Melissa Robichaud, Ph.D, works as a psychologist in the Anxiety Disorders Clinic of UBC Hospital in Vancouver, British Columbia. She specializes in cognitive-behavioral research and treatment for anxiety disorders, with an emphasis on generalized anxiety disorder and obsessive-compulsive disorder. She has published in the areas of anxiety, worry and problem solving, and serves on the board of directors for the Anxiety Disorders Association of British Columbia.

The Practical Clinical Guidebooks Series provides clinicians, students, and trainees with clear descriptions of practical, empirically supported treatments for specific disorders and their sequelae.

Recent studies have shown that generalized anxiety disorder (GAD) is a common disorder, affecting between 2% and 4% of the population at a given time. And, contrary to previously held assumptions, if not properly diagnosed and treated, GAD can lead to considerable distress and impairment, which often develop into substantial personal, social, and financial costs.

Fortunately, medical understanding of the nature and treatment of GAD has dramatically increased over the past 15 years. Cognitive-Behavioral Treatment for Generalized Anxiety Disorder presents a comprehensive analysis of the etiology, assessment, and treatment of GAD, focusing on an evidence-based cognitive model developed by the authors' clinical research team. In this guidebook, Dugas and Robichaud first discuss the empirical support for this tailored cognitive-behavior therapy (CBT) approach, providing the groundwork for the complete overview and detailed step-by-step treatment guide which follow. The volume concludes

Social Workers Guide to Public Benefits Programs

8 Contact Hours

Vijay Fadia MS, MBA

Social welfare policy • Social Security Act • Old-age, disability and dependents and survivors benefits • Supplemental Security Income • Medicaid • Temporary assistance to needy families • Major federal food programs • Referrals • Ethical considerations

Conflict Resolution Skills

6 Contact Hours

Kathy Falkenhagen RN, BSN, MS

• Dimensions of conflict • Difficult people that cause conflict • Manager as a conflict negotiator • Nine-step model to manage conflict • Five styles of conflict resolution • Strategy to defuse conflict • Criticism
• Assertiveness skills

Ethical, Legal, and Professional Issues in the Practice of Marriage and Family Therapy

12 Contact Hours

Charles H. Huber MS, Ph.D (Psy)

Charles H. Huber is on the faculty in the Department of Counseling and Educational Psychology, New Mexico State University. A licensed psychologist in the states of Connecticut, Florida, and New Mexico, he also holds diplomas in family psychology and behavioral psychology with the American Board of Professional Psychology. In addition Dr. Huber is a clinical member and approved supervisor for the American Association for Marriage and Family Therapy and an approved supervisor and fellow of the Institute for Rational Emotive Behavioral Therapy. He maintains a private practice with Associates for Marriage and Family Therapy in Las Cruces, New Mexico. Dr. Huber received his B.A. from Upsala College, M.Ed. and Ed.S. from Florida Atlantic University, and Ph.D. from the University of South Carolina. He has authored or coauthored 10 books, served as editor of several professional journals, and written numerous articles and book chapters. He is active in a number of professional organizations, most recently serving as president of the New Mexico Association for Marriage and Family Therapy. Dr. Huber has been married for over two decades to his partner, Betsy.

Ethical issues: ethical decision making, diversity, nondiscrimination, client welfare, confidentiality, informed consent, multiple clients, intimate partner violence, managed mental health care, dual relationships. Legal issues: duty to protect, child abuse and neglect, professional liability, family law. Professional issues: AAMFT, state licensure.

Women's Sexuality

10 Contact Hours

Judith C. Daniluk Ph.D (Psy)

Judith C. Daniluk, Ph.D., is a counseling psychologist with over fifteen years experience as an infertility specialist. She lives in Vancouver, British Columbia.

• The enigma of women's sexuality • Childhood and adolescence: biological and psychological development • Sexual intimacies and expression • Young adulthood • Intimate partners: myths and miscommunications • The middle and later years • Menopause, bodily changes, and body image

Rebuilding

10 Contact Hours

Dr. Bruce Fisher Ph.D (Psy), Dr. Robert Alberti Ph.D (Psy)

As Director of the Center for Research and Service in the College of Psychology at Illinois Institute of Technology, Dr. Fisher is responsible for coordinating research and consulting services to business and industry. This focus includes employee and managerial selection systems, organizational surveys, leadership development programs, performance management systems and retention of top performers. He has worked extensively in the development and validation of pre-employment tests, organizational surveys, and 360-degree feedback instruments and has developed several published tests. In addition to his consulting role at the Center, Dr. Fisher also serves as Director of IIT's Leadership Academy with responsibility for designing and implementing a leadership development curriculum for the university's undergraduate population.

A virtual "bible" of support and reassurance for those who are facing the difficult process of recovery after ending a love relationship.

HIPAA

7 Contact Hours

Vijay Fadia MS, MBA

A comprehensive guide to the administrative simplification provisions for health-care professionals. A must for everyone!

Taking Charge of ADHD

7 Contact Hours

Russell A. Barkley Ph.D (Psy)

Dr. Barkley has been awarded a Diplomate (board certification) in three specialties, these being Clinical Psychology (ABPP), Clinical Child and Adolescent Psychology, and Clinical Neuropsychology (ABCN, ABPP). He is a clinical scientist, educator, and practitioner who has authored, co-authored, or co-edited 20 books and clinical manuals. He has published more than 200 scientific articles and book chapters related to the nature, assessment, and treatment of ADHD and related disorders (see Publications). In 1993, he founded a bimonthly newsletter for clinical professionals, The ADHD Report (Guilford Publications). He has created seven professional videotapes on ADHD and defiant children, three of which have won national awards, including the 1992 and 1994 Golden Apple Award for educational videos from the National Education Association. Dr. Barkley has served on the editorial boards of 11 scientific journals and as a reviewer for numerous others. He was the President of the Section of Clinical Child Psychology, Division 12, of the American Psychological Association (1988), and was President of the International Society for Research in Child and Adolescent Psychopathology (1991).

• The complete authoritative guide for parents, teachers, psychologists, doctors • A step-by-step plan for behavior management • New strategies that give children greater chances of success at school and in social situations • Practical advice for parents on managing stress and keeping peace in the family.

Interviewing Clients Across Cultures

10 Contact Hours

Lisa Aronson Fontes Ph.D (Psy)

Lisa Aronson Fontes, PhD, has dedicated almost 20 years to making the social service and mental health systems more responsive to culturally diverse people. She has recently written Interviewing Clients Across Cultures: A Practitioner's Guide. Her previous book, Child Abuse and Culture: Working with Diverse Families has become the central book in this area. Dr. Fontes also edited the book, Sexual Abuse in Nine North American Cultures: Treatment and Prevention. She has written numerous journal articles and chapters on cultural issues in child maltreatment and violence against women, cross-cultural research, and ethics. She is a Core Faculty Member in Union Institute & University's Psy.D. Program in Clinical Psychology. She has worked as a family, individual, and group therapist, and has conducted research in Santiago, Chile, and with Puerto Ricans, African Americans, and European Americans in the United States. Dr. Fontes is fluent in Spanish and Portuguese. She earned a Ph.D. in Counseling Psychology from the University of Massachusetts and a Master's degree from Columbia School of Journalism. She is a popular conference speaker and workshop facilitator. She completed a Fulbright Foundation Grant in Buenos Aires, Argentina, in 2007. As a volunteer, Dr. Fontes worked for three years with Somali refugees in Springfield, Massachusetts.

• Cultural competence • Biases and boundary issues • Building rapport and conveying respect • Nonverbal communication • Language competence • Interpreted interview • Interviewing culturally diverse children and adolescents • Authority and trust issues • Common dilemmas and misunderstandings in cross-cultural interviews.

Sleeping Disorders

8 Contact Hours

Vijay Fadia MS, MBA

• Brain basics: Understanding sleep • Insomnia: Assessment and management in primary care • Integration of behavioral and relaxation approaches into the treatment of chronic pain and insomnia • Problem sleepiness • Narcolepsy • Restless legs syndrome • Sleep apnea • Sleep disorders of older people

Ethical, Legal, and Professional Issues for Mental Health Professionals

10 Contact Hours

James L. Werth, Jr. PhD (Psy), Elizabeth R. Welfel, PhD (Psy), G. Andrew H. Benjamin, JD, PhD (Psy)

Psychologists and other mental health professionals rightfully experience significant anxiety regarding their duty to protect when working with potentially dangerous individuals who are at risk of harming others or themselves. In fact, a recent study suggests that 75% are misinformed about their legal duties to such clients. The Duty to Protect dispels myths and provides clinicians, supervisors, and trainers with a comprehensive resource addressing the situations where a duty to protect may apply. The duty itself is defined and described, as are risk assessment steps and interventions to reduce risk.

Reconcilable Differences

8 Contact Hours

Andrew Christensen Ph.D (Psy), Neil S. Jacobson Ph.D (Psy)

Andrew Christensen is a Professor of Psychology at the University of California, Los Angeles (UCLA). At UCLA, he conducts research on couple conflict and couple therapy and teaches couple therapy. He is a licensed clinical psychologist in the state of California and has a part-time private practice devoted to couple counseling and therapy.

Why you and your partner always have the same fights - and how you can: • Defuse your arguments before they blow out of control • Accept the ways you are different-without putting up with unfair behavior • Respect one another's emotional needs • Identify what can and can't be changed in each of you • Create greater intimacy in your relationship.

Team Building

8 Contact Hours

Kathy Falkenhagen RN, BSN, MS

• Need for teams • Group vs team • Resistance to team building • Ground rules for teams • Five key components of self-managed teams • Teams as a total quality management tool • Characteristics of effective and ineffective teams • Strategies to resolve team conflict • Team roles and responsibilities • Team decision making • Building team spirit • Difficult team members • Manager's role in successful team building

Assertiveness

6 Contact Hours

Robert Alberti Ph.D (Psy), Michael Emmons Ph.D (Psy)

Robert E. Alberti, Ph.D., is a psychologist, editor, consultant, Fellow of the American Psychological Association, and Clinical Member of the American Association for Marriage and Family Therapy.

Based on Your Perfect Right: Assertiveness and Equality in Your Life and Relationships by Robert E. Alberti, Ph.D. and Michael L. Emmons, Ph.D. Helps readers step-by-step to develop more effective self-expression Book most recommended by psychologists.

Insomnia, Sleep Apnea, Narcolepsy

6 Contact Hours

Vijay Fadia MS, MBA

• Test your sleep I.Q. • How much sleep do we need • Brain basics: Understanding sleep • Sleep Disorders • Insomnia: Assessment and management in primary care • Problem sleepiness • Consequences of problem sleepiness for adolescents and young adults • Narcolepsy • Restless legs syndrome • Sleep apnea • Natural treatments for insomnia • How do I cure insomnia • Women and sleep

Child Abuse

6 Contact Hours

Fran Rooney RN, BS

After completing this course, you'll be able to answer the basic questions about child maltreatment, recognize child abuse and provide effective intervention. You'll be able to provide psychological and medical support to the maltreated child and protect yourself against legal liability. The book features a checklist of telltale signs of child abuse.

Bipolar Disorder

5 Contact Hours

Sheri L. Johnson, PhD (Psy)

Bipolar disorder is not only one of the most difficult mental health issues to treat, but also one of the most stigmatized and misunderstood. For these reasons, a diagnosis of bipolar is a major turning point in a person's life. Bipolar Disorder: A Guide for the Newly Diagnosed helps readers process their diagnosis, decide who to tell, and discover the treatments and lifestyle changes that can help manage their symptoms. This book offers hope and support for the newly diagnosed without overwhelming them with extraneous information. The book covers workplace issues, how to become aware of bipolar triggers, how to find support, working with the treatment team, and dealing with the fear and stigma surrounding the diagnosis. Anyone who has been diagnosed with bipolar will appreciate having this easy-to-use reference at hand to help them understand more about the condition.

The Ethics of Professional Practice

8 Contact Hours

Richard D. Parsons Ph.D (Psy)

Richard D. Parsons, Ph.D. is a full Professor in the Department of Counseling and Educational Psychology at West Chester University in eastern Pennsylvania. Dr. Parsons has over thirty-two years of university teaching in counselor preparation programs. Prior to his university teaching, Dr. Parsons spent nine years as a school counselor in an inner city high school. Dr. Parsons has been the recipient of many awards and honors, including the Pennsylvania Counselor of Year award.

Mental health professionals must be sensitive to ethical standards and dilemmas, particularly given the increase in litigation surrounding ethical issues. This course leads the reader through a personal journey of discovery, assessment, and clarification of values and ethics, thus becoming an ethical practitioner. The text reflects the ethical codes of the NASW, AAMFT, ACA and APA.

Clinical Supervision

8 Contact Hours

Vijay Fadia MS, MBA

• Role and function of clinical supervisors • Nine clinical supervision skills • Personal supervision model • Managing conflict and resolving disputes • Strategies for managing meetings • The three-corner contract in clinical supervision • Group supervision • Clinical teaching • Dealing with difficulties in supervision • Confronting and eliminating discrimination and harassment

Women, Alcohol & Drug Abuse

6 Contact Hours

Vijay Fadia MS, MBA

• Epidemiology of substance abuse among women • Health impact on women • Physiological and psychological effects of STD • Substance abuse in specific women populations • Outreach; community and support groups • Treatment methods and modalities • Intake, orientation and assessment processes • Continuing care and followup

Codependency

4 Contact Hours

Vijay Fadia MS, MBA

• General mental health issues • Dysfunctional family • Characteristics and signs of codependence • Addictive and codependence relationships • Addicted to the addicted • Detachment: How did we get here? How do we get out? • Battered women with chemically involved partners • The codependency idea: When caring becomes a disease

Inclusive Clinical Supervision: Theories, Skills, and Practices

10 Contact Hours

John S. Lybarger MBA, Ph.D (Psy)

Dr. John Lybarger has over seventeen years experience in leadership and development and is the president and founder of Lybarger & Associates, Inc., a consulting firm specializing in executive coaching, management and leadership training. He has earned a Ph.D. in psychology and a Master of Business Administration in human resource development from California Coast University, a Master of Science in Counseling from California State University at Fullerton, and a Bachelor of Science in Christian Education from Biola University. Dr. Lybarger also holds the following licensures and credentials: Marriage and Family Therapist license (California); Certified Paralegal (General Practice) by the ABA-approved Denver Paralegal Institute; and Certified Business and Domestic Mediator from the Center for Solutions Training Institute in Denver, Colorado.

• Seven critical skills • Clear communication skills for supervisors • Leadership styles • Creating a positive, motivating workplace culture • Managing a global workforce • Diversity awareness • Performance skills management • Recruiting and retaining competent workers • Effectively managing conflict • Effectively managing teams

Dementia

8 Contact Hours

Susan M. McCurry, PhD (Psy), Claudia Grossel, PhD (Psy)

Dementia is a life-altering diagnosis for patients and loved-ones alike. The progressive disease causes cognitive, emotional, and behavioral changes that can frustrate the efforts of even the most dedicated caregivers. Given the uniquely personal nature of dementia symptoms, treatment can be a supremely challenging experience, even for seasoned health care professionals. In this book, authors Susan McCurry and Claudia Drossel present a clear and practical blueprint for psychologists, physicians, nurses, social workers, and other health care professionals who work with dementia patients and their families. Their evidence-based contextual model of dementia care lays out broad intervention strategies, and encourages readers to use their own creativity and inner resources to develop appropriate solutions for each unique situation and individual.

Mind-Body Workout for Anxiety

6 Contact Hours

Stanley H. Block, MD

Mind-body bridging is a proven-effective method of self-help that teaches you how to regulate strong emotions such as anxiety, anger, worry, and more. You will learn how to become aware of your anxious thoughts, experience them without pushing them away, and then use your physical senses to become more grounded and relaxed. By experiencing this simple mind-body shift, you will gain an immediate sense of relief with long-lasting results.

Mental Health

8 Contact Hours

Jerry L. Johnson MSW, Ph.D (Psy), George Grant, Jr. MSW, Ph.D (Psy)

Jerry L. Johnson, PhD, MSW MSW is an Associate Professor in the School of Social Work at Grand Valley State University in Grand Rapids, Michigan. He received his MSW from Grand Valley State University and his PhD in sociology from Western Michigan University. Johnson has been in social work for more than 20 years as a practitioner, supervisor, administrator, consultant, teacher, and trainer. He was the recipient of two Fulbright Scholarship awards to Albania in 1998-99 and 2000-01. In addition to teaching and writing, Johnson serves in various consulting capacities in countries such as Albania, and Armenia. He is the author of two previous books, *Crossing borders- Confronting History: Intercultural Adjustment in a Post-Cold War World* (2000 Rowan and Littlefield) and *Fundamentals of Substance Abuse Practice* (2004, Wadsworth Brooks/Cole).

George Grant, Jr., PhD, MSW is an Associate Professor in the School of Social Work at Grand Valley State University in Grand Rapids, Michigan. Grant, Jr., also serves as the Director of Grand Valley State University's MSW Program. He received his MSW from Grand Valley State University and PhD in sociology from Western Michigan University. Grant, Jr., has a long and distinguished career as practitioner, administrator, consultant, teacher, and trainer in social work primarily in case studies that challenge you to evaluate the process, ideas, and methods in resolving situations. Uses Advanced-Multi System (AMS) practice approach.

Child and Adolescent Counseling

8 Contact Hours

Larry B. Golden Ph.D (Psy)

• A Case of Mistaken Anxiety • He Can, But He Won't • Weathering an Adolescent Storm • Where Do I Fit? • The Boy Who Trashed His Final • Billy, the Teddy Bear Boy • Will He Choose Life? • The Girl with Painful Steps • Scars of Violence • Oh No-Not Again! • Too Afraid to Talk • Wrapped in Layers of Burgundy Wool • War and Peace

Drug Addiction Counseling

10 Contact Hours

Vijay Fadia MS, MBA

• Principles of drug addiction treatment • Individual drug counseling approach • Treatment philosophy • Counseling techniques • Contributions of the 12-step approach • Cognitive-behavioral approach • CBT compared to other treatments • Basic principles of CBT • Structure and format of sessions • Community reinforcement approach • CRA • vouchers • Functional analysis • Coping with craving • Refusal skills/ assertiveness • Drug avoidance skills • Relapse • Lifestyle change components • Relationship counseling • Role of the addiction counselor • Counselor characteristics and training

Family Violence

10 Contact Hours

Harvey Wallace, Ph.D (Psy)

• Characteristics of family violence • Physical and sexual child abuse and neglect • Professionals and their response to child abuse • Spousal abuse • The criminal justice response to spousal abuse • Elder abuse • Gay and lesbian abuse • Special populations and family violence • Women and sexual violence • Stalking • The consequences of family violence • Victim's rights

Motivating Substance Abusers to Enter Treatment

6 Contact Hours

Jane E. Smith Ph.D (Psy), Robert J. Meyers Ph.D (Psy)

Jane Ellen Smith, PhD, is a professor in the Psychology Department at the University of New Mexico in Albuquerque, where she is also the Director of Clinical Training. She received her doctorate in Clinical Psychology from the State University of New York at Binghamton. Specializing in both alcoholism and eating disorders, Dr. Smith has written numerous articles and chapters on these topics. She is the coauthor of *Clinical Guide to Alcohol Treatment: The Community Reinforcement Approach*, also with Robert J. Meyers. She has received federal grants from the National Institute on Alcohol Abuse and Alcoholism to test the Community Reinforcement Approach with homeless individuals. Dr. Smith is the newest recipient of the University of New Mexico's highest teaching award: The Presidential Teaching Fellowship (2007-2009).

Robert J. Meyers, PhD, is the Director of Robert J. Meyers, PhD, and Associates, and an Adjunct Research Associate Professor of Psychology at the University of New Mexico, where his primary affiliation is with the Center on Alcoholism, Substance Abuse, and Addictions (CASAA). Dr. Meyers is the recipient of the 2002 Dan Anderson Research Award from the Hazelden Foundation, and the 2003 Young Investigator Award from the Research Society on Alcoholism. He has published dozens of scientific articles and several books, including *Get Your Loved One Sober: Alternatives to Nagging, Preaching and Threatening*. Dr. Meyers has been in the addictions field since 1978. He was recently featured prominently for his work in *O, the Oprah Magazine* and in the HBO documentary series, *Addiction*.

Filling a crucial need, this course presents a time- and cost- effective therapy program oriented to concerned significant other (CSO) who wants to motivate a family member or partner to seek help. Community Reinforcement and Family Training (CRAFT) is a non- confrontational approach that teaches CSOs how to change their own behavior in order to reward sobriety, discourage substance use, and ultimately to help get the substance abuser into treatment. The CSO also gains valuable skills for problem- solving and self-care. Step-by-step instructions for implementing CRAFT are accompanied by helpful case examples and reproducible.