

ADDICTION COURSES:

ALCOHOLISM CONCEPTS - 30 hours for 99.99 Text: *Under the Influence: A guide to the myths and realities of Alcoholism* by Dr. James R. Milan and Katherine Ketcham DESCRIPTION: This introductory course presents medical model alcoholism concepts. This course covers alcohol brain neurochemistry, discusses predisposing factors, genetic findings, stages of the disease, psychological effects of alcoholism, intervention and treatment strategies. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) define the role of neurotransmitters in alcoholism, 2) describe genetic factors in alcoholism, 3) explain the stages of alcoholism, 4) recall psychological effects of alcoholism, 5) identify intervention strategies, and 6) discuss alcoholism treatment trends

ALCOHOLISM UPDATE – 30 hours for \$99.99 Text: *Beyond the Influence: Understanding and Defeating Alcoholism* by Katherine Ketcham and William F. Asbury. DESCRIPTION: This advanced course is based on the latest scientific research, clearly explains the neurological nature of the disease and reveals why some people drink addictively and others do not. Includes updated treatment methodology. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) recall the steps to take for an intervention. 2) discuss how to find the right treatment program, 3) explain which psychological approach works best, 4) recognize why spirituality is essential to recovery, 5) identify new insights into relapse prevention, and 6) integrate diet, exercise, and nontraditional treatments such as acupuncture.

COCAINE UPDATE - 20 hours for \$79.99 Text: *The Cocaine Recovery Book* by Paul H. Early, M.D. DESCRIPTION: This advanced course contains current information about cocaine abuse, dependence and recovery. Information relevant for physicians, psychologists, addiction counselors, nurses and social workers. OBJECTIVES: Upon completing this course the participant will be able to 1) discuss the history of cocaine use, 2) list the complications of cocaine use, 3) describe the Cocaine Addiction cycle, 4) recall the Recovery Reflex, 5) explain cocaine craving patterns, 6) identify thought distortion and 7) describe relapse prevention and long term recovery treatment in Cocaine Addiction.

HEROIN UPDATE - 20 HOURS FOR \$79.99 Text: *Heroin* by Humberto Fernandez (Hazelden) NEW DESCRIPTION: This advanced course provides an update on the topic of heroin addiction. Includes history of heroin abuse, the psychology of heroin addiction, pharmacology and physiology of heroin addiction, current opiate treatments. Also reviewed are sociological and criminal justice implications and the past and present effects of organized crime on heroin addiction. Includes case studies. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) recall the history of heroin addiction, 2) discuss the pharmacology and physiology of heroin addiction, 3) identify the psychology and culture of heroin addiction, 4) describe the treatment of heroin addiction, 5) explain the criminal justice implications of heroin use, 6) state the effect of organized crime on heroin use.

STIMULANT ABUSE TREATMENT - 15 hours for \$69.99 (Exam Only \$44.99) Text: *Treatment for Stimulant Use Disorders* by Richard A. Rawson, PhD. DESCRIPTION: This advanced course provides recent information about stimulant use disorder, specifically cocaine, methamphetamine and their delivery forms, crack and ice. Included are worksheets for use with clients, sample screening tests for cognitive impairment and a comprehensive glossary of terms. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) describe stimulants use disorder, 2) explain how stimulants affect the brain neurochemistry and behavior, 3) describe approaches to treatment and treatment strategies, 4) describe the medical aspects of stimulant use disorder and 5) identify treatment issues for special groups and settings.

COUNSELING COURSES (Counseling Hours)

ADDICTION COUNSELING USING R.E.B.T. - 30 hours for \$99.99 Text: *Hazelden R.E.B.T. Series REVISED (9 booklet set)* DESCRIPTION: This advanced course covers the use of R.E.B.T. (Rational Emotive Behavioral Therapy) in addiction counseling. Includes theory and practical application of R.E.B.T. with the addicted client. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) describe the use of R.E.B.T. in addiction counseling, 2) recall the application of R.E.B.T. in perfectionism, 3) list techniques used to treat anxiety with R.E.B.T., 4) identify appropriate use of R.E.B.T. in anger, 5) discuss application of R.E.B.T. with the shame based client, and 6) explain how R.E.B.T. may be helpful to the depressed client, 7) discuss how R.E.B.T. can be utilized to help resolve grief, 8) identify R.E.T. applications to enhance self-esteem and 9) recall counseling methods utilizing R.E.B.T. for grief.

ADDICTION ETHICS II - 15 hours for \$59.99 Text: *Ethics for Addictions Professionals Second Edition* by LeClair Bissell M.D., C.A.C. and James E. Royce S.J., Ph.D. DESCRIPTION: This advanced course provides an in depth look at ethics for workers in the addiction field. Included are ethics considerations as related to competency, patient rights, fiscal considerations and possible exploitations. OBJECTIVES: Upon completion of this course the participant will be able to; 1) describe ethical principles specific to addictions treatment, 2) explain the relationship between ethics and competency, 3) state ethics considerations of patient rights, 4) discuss the relationship of fiscal considerations to ethics, 5) review possible exploitations in addictions treatment, and 6) identify the appropriate application of ethical codes. APPROVALS: PCB for 6 hours and NYS OASAS for 15 clock hours Recredentialing only.

ADOLESCENT RELAPSE PREVENTION - 15 hours for 59.99 Text: *Preventing Adolescent Relapse* by Tammy Bell, LCSW, MSW, CAC. DESCRIPTION: This advanced course applies Terence Gorski's CENAPS Model to the treatment of adolescents. The course describes a practical guide for initiating and maintaining sobriety in adolescents. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) define sobriety in an adolescent, 2) differentiate between the course of

adolescent and adult chemical dependency, 3) explain the normal developmental tasks of adolescence and their impact on recovery, 4) apply the principles of the Adolescent Developmental Model of Recovery, 5) describe the stages of relapse, 6) initiate an individualized treatment plan for chemically dependent adolescents, and 7) Identify the characteristics of a successful adolescent treatment program.

AFRICAN AMERICAN ADDICTION PREVENTION - 10 hours for \$39.99 Text: *Chemical Dependency and the African American – Second Edition* by Peter Bell. DESCRIPTION : This advanced course explores the cultural relevance of addiction theories and the impact of chemical dependency on individuals and in the African American community. Counseling issues and cultural differences in the treatment setting are discussed. Prevention services with regard to cultural considerations with alcohol and drug abuse are presented along with development of community based alcohol and drug abuse programs. Included are assessment tools and questionnaires. OBJECTIVES: Upon completing this course the participant will be able to; 1) recite the cultural relevance of addiction theories, 2) recognize the impact of chemical dependency on the black community, 3) discuss clinical issues in the treatment setting specific to the African American and cultural issues, 4) discuss prevention services with specific cultural considerations, and 5) describe issues in the development of community based treatment programs.

BRIEF ADDICTION COUNSELING - 15 hours for \$59.99 Text: *Brief Strategic Problem Solving Group Therapy: Making Group Therapy Work in The Managed Care Environment* by Terence T. Gorski, MA, NCACII DESCRIPTION: This advanced course demonstrates how to run brief strategic problem-solving therapy sessions and focuses on practical techniques rather than theory. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) define the therapeutic principles underlying problem solving group psychotherapy, 2) describe the therapeutic techniques used in problem solving group psychotherapy, 3) list the characteristics of a successful therapeutic group, 4) identify the traits of a successful group leader, 5) apply the CENAPS principles as a group leader or coleader, and 6) construct a problem solving treatment plan for participants. APPROVALS: PCB for 10 hours.

CLINICAL SUPERVISION - 20 hours for \$79.99 Text: *Clinical Supervision* by Elizabeth Holloway DESCRIPTION: This advanced course introduces a theoretical framework for pragmatic training of counselors. The supervisor's role as teacher, counselor and agency representative are defined. OBJECTIVES: Upon completing this course the participant will be able to; 1) define the SAS process, functions, clinical applications and interactive model of supervision, 2) recognize the limitations of the supervisory relationship, 3) apply the principles of learning theory and role theory to clinical supervision 4) participate in the interactive process of supervision more effectively, and 5) explain culture, personal characteristics and professional responsibilities. Not available for Social Workers in Florida.

COGNITIVE BEHAVIORAL COCAINE COUNSELING - 15 hours for 59.99 Text: *A Cognitive-Behavioral Approach: Treating Cocaine Addiction* by Kathleen M. Carroll, PhD. DESCRIPTION: This advanced course describes a short-term, focused approach to help cocaine-dependent individuals become abstinent from cocaine and other substances. Helps to help patients recognize, avoid and cope with cocaine addiction. OBJECTIVES: Upon completing this course the participant will be able to; 1) recognize the basic principles of Cognitive Behavioral Therapy (CBT), 2) explain the structure and function of CBT sessions, 3) discuss integration of CBT and medication, 4) perform sessions for significant others, 5) prepare for termination, and 6) recall results of CBT research.

CONCEPTS IN CO-DEPENDENCY - 15 hours for \$59.99 Text: *Understanding Co-Dependency* by Sharon Wegscheider-Cruse and Joe Cruse M.D. DESCRIPTION: This advanced course covers neurobiological information, mental health descriptions, systems and complications. Diagnosis and group facilitation information is included. OBJECTIVES: Upon completion of this course, the participant will be able to 1) describe the neurobiology of co-dependency, 2) recall the complications of co-dependency, 3) list the symptoms of co-dependency, 4) identify appropriate co-dependency treatment, 5) discuss the relationship between co-dependency and chemical dependency, and 6) explain recovery from co-dependency.

CRIMINAL OFFENDER RELAPSE PREVENTION - 20 hours for \$79.99 Text: *Relapse Prevention Therapy with Chemically Dependent Criminal Offenders* by Terence T. Gorski, MA DESCRIPTION: This advanced course presents a comprehensive CENAPS relapse prevention program for professionals treating chemically dependent criminal offenders. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) identify the biopsychosocial origins of chemical dependency and criminal behavior, 2) apply the CENAPS model of recovery to chemical dependency and criminal behaviors, 3) develop an individual recovery plan for chemically dependent criminal offenders, 4) describe the problem solving group therapy process, 5) provide individual and group therapy for chemically dependent criminal offenders, and 6) explain the developmental model of recovery and its use with the criminal offender.

DOMESTIC VIOLENCE COUNSELING - 15 hours for \$59.99 Text: *Before It's Too Late: Helping Women In Controlling Or Abusive Relationships* by Robert Ackerman, Ph.D and Susan F. Pickering, M.A. DESCRIPTION: This advanced course identifies high risk men and high risk behaviors. Substance abuse complications of both victims and abusers are covered. Includes relationship information for abused women. OBJECTIVES: Upon completion of this course, the participant will be able to 1) list the warning symptoms of controlling relationships, 2) explain how women get caught in controlling relationships, 3) state the most common reasons for staying in a controlling relationship, 4) explain how women may protect themselves, 5) describe safe place(s) for women, 6) list help available for women and children and 7) recall the relationship of drinking and controlling behavior.

GAMBLING ADDICTION - 6 hours for \$29.99 Texts: *Understanding Compulsive Gambling* by Henry R. Lesieur and *When Someone You Love Gambles* by Mary Heineman DESCRIPTION: This introductory course provides an introduction to compulsive gambling including the impact of gambling addiction on family members. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) define compulsive gambling, 2) discuss theories of compulsive gambling, 3) describe the progression of compulsive gambling, 4) explain the relationship between chemical dependency and compulsive gambling, 5) state the impact of gambling addiction on family members, and 6) list appropriate treatment resources for gambling addiction.

GAY/LESBIAN ADDICTION COUNSELING II - (contains 3 hours AIDS) - 15 hours for \$59.99

Text: *Addiction and Recovery in Gay and Lesbian Persons* by Robert J. Kus, RN, PhD DESCRIPTION: This advanced course provides insight into the lives of gay and lesbian persons who struggle with chemical dependency and recovery. Provides new information on working with gay and lesbian persons. OBJECTIVES: Upon completion of this course, the participant will be able to; 1) state the incidence of alcoholism and drug abuse in gay and lesbian persons, 2) discuss HIV infection and chemical dependency, 3) define homophobia, 4) explain dysfunctional relationship patterns in gay and lesbian people, 5) review spirituality in the gay community, and 6) identify special interest groups for gay men in Alcoholics Anonymous.

MULTICULTURAL CLINICAL SUPERVISION – 20 hours for \$79.99 Text: *Multicultural Counseling Competencies: Assessment, Education and Training, and Supervision* By: Donald Pope-Davis PhD. and Hardin Coleman PhD (Eds). DESCRIPTION: This advanced course provides a theoretical framework, alternative program models and practical methods of clinical supervision of new and experienced counselors. Both supervisors and supervisees can benefit from a familiarity with the material presented in this collection of original papers. OBJECTIVES: Upon completion of this course, the participant will be able to 1) define multiculturally competent counseling, 2) identify the three basic competencies upon which standards for effective multicultural counseling are based, 3) recognize the characteristics of a multiculturally competent counselor, 4) specify of philosophy of multiculturalism, 5) describe an effective multiculturally competent counseling supervision program and 6) develop a supervision style that incorporates counseling theory and multiculturalism at all levels of supervision. APPROVALS: Not available for Social Workers in Florida.

MULTICULTURAL DIVERSITY - 15 hours for \$59.99 Text: *Assessing & Treating Culturally Diverse Clients: A Practical Guide* by Freddy A. Paniagua, Ph.D. DESCRIPTION: This advanced course defines cultural expectations and differences among African Americans, Hispanics, Asians and American Indians. OBJECTIVES: Upon completing this course the participant will be able to 1) assess culturally diverse clients more accurately, 2) compensate for cultural bias using skilled interpretation, 3) define the concepts relevant to counseling multicultural populations, 4) modify assessment techniques to meet the needs of individual cultures, differentiate cultural beliefs from psychopathology, and 6) identify and access resources for treating ethnically diverse populations.

RELAPSE CONCEPTS - 15 hours for \$59.99 Text: *Passages Through Recovery* by Terence T. Gorski, M.A., C.A.C. DESCRIPTION: This advanced course provides up to date information about relapse prevention. Learn to assess progress in recovery with the Developmental Model of Recovery. Course covers early identification of relapse factors and includes practical information for use with clients. OBJECTIVES: Upon completion of this course, the participant will be able to: 1) define the relapse process, 2) recall the stages of the Developmental Model of Recovery, 3) identify high relapse factors, 4) list characteristics of the relapse prone coping style, 5) discuss techniques for stress management and 6) describe the recovery stuck points concept. APPROVALS: South Dakota for 15 hours.