

# SPRING SUMMER 2012

CONTINUING EDUCATION  
CATALOG



JOHN F. KENNEDY UNIVERSITY

TRANSFORMING LIVES, CHANGING THE WORLD

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# JOHN F. KENNEDY UNIVERSITY



**Pleasant Hill Campus**  
100 Ellinwood Way  
Pleasant Hill, CA 94523-4817  
800.696.JFKU (5358)  
925.969.3300



**Berkeley Campus**  
2956 San Pablo Ave., 2nd Floor  
Berkeley, CA 94702-2471  
510.649.0499



**San Jose Campus**  
3031 Tisch Way, 3 Plaza West  
San Jose, CA 95128

## Psychology and Mental Health

Whether you are a psychologist, mental health counselor, marriage and family therapist, or social worker, you can stay abreast of the rapidly changing healthcare environment through our wide array of course offerings. Taught by expert practitioner-scholars, our courses offer a unique blend of theory and application on relevant topics, with valuable techniques and up-to-date information. For our licensing board approvals, please see the General Information section on pg. 30.

### Highlights this session!

#### ONLINE LPCC LICENSING COURSES

- Crisis & Trauma Counseling – pg. 6
- Psychopharmacology – pg. 6

#### TWO NEW CERTIFICATE PROGRAMS

- Treatment Strategies for Returning Troops – Pleasant Hill, pg. 22 - 23
- Autism Spectrum Disorders – Pleasant Hill & Online, pg. 16 - 17

#### SPECIAL EVENTS! Over 20 New Courses to choose from!

- Cybersex Addiction & Couples Therapy – San Jose, pg. 25
- ACT for Anxiety Disorders – Pleasant Hill, pg. 12
- Motivational Interviewing – Berkeley, pg. 25
- Cultural Impacts on Communication in Clinical Practice – San Jose, pg. 26
- Energy Psychology – Pleasant Hill, pg. 27
- Practical Applications courses for Deep Imagination – Berkeley, pg. 24

#### CONFERENCES & COSPONSORSHIPS

- Front Line to Home Front: Promoting Recovery from PTSD & TBI – Pleasant Hill, pg. 24
- Autism Spectrums Disorders: Self-Sufficiency for ASD Teens – Pleasant Hill, pg. 27
- Open Studio Process with Pat B. Allen – Ojai, pg. 21

Please visit our website at [www.jfku.edu](http://www.jfku.edu) for campus maps, directions, and more detailed information about our courses.



#### Administration

Joshua Lachs, EdM, MA, Dean  
Kimberly Twilla Moody, MA, Director of Programs  
Naomi Raine, MA, Administrative Director  
Renee Hikiji Flores, BS/BA, Registration & Faculty Coordinator

#### Program Committee

Sukie Magraw, PhD  
Kristin Hancock, PhD  
Lynn Ireland, PhD  
Kimberly Twilla Moody, MA





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JOHN F. KENNEDY UNIVERSITY  
**CONTINUING EDUCATION**  
 100 Ellinwood Way, S205  
 Pleasant Hill, CA 94523

conted@jfku.edu  
 www.jfku.edu/ce

**OFFICE:** 800.557.1384  
**FAX:** 925.969.3155

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# Course Calendar

Please note: only the course start date is listed below, for full course meeting dates, please read the course description.

**CAMPUS KEY:**

PH Pleasant Hill

•

B Berkeley

•

SJ San Jose

•

OC Off Campus

**FEBRUARY**

3	<b>B</b>	CBT for Psychosis	11
3	<b>PH</b>	Treatment Issues in Eating Disorders: Anorexia and Bulimia	18
3	<b>SJ</b>	Introduction to Dance/Movement Therapy Level I: Theory & Practice	21
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11	<b>B</b>	Clinical Applications of Deep Imagination - Level I	24
24	<b>B</b>	CBT for Anxiety Disorders	11
24	<b>SJ</b>	Legal & Ethical Issues in Clinical Supervision	8
24	<b>PH</b>	Dialectical Behavior Treatment for Eating Disorders	12, 18
25	<b>SJ</b>	Sustaining your Practice through the Recession: Is Insurance Worth the Hassle?	15
25	<b>PH</b>	Implementing Cognitive Processing Therapy	22

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3	<b>PH</b>	Understanding & Treating the Anxiety Spectrum: What You Need to Know to Effectively Treat Anxious Clients	25
9	<b>PH</b>	Aging & Long Term Care (10 hr)	5
9	<b>PH</b>	Social Skills for Adolescents on the Spectrum	17
9	<b>B</b>	EMDR: Theory and Techniques of Eye Movement Desensitization and Reprocessing –Part I	10
10	<b>PH</b>	6th Annual ASD Transitions Seminar - Teens on the Spectrum: Self-Sufficiency, Life Skills and Work	26
15	<b>OC</b>	Art & Writing as Clinical Tools in Therapy: The Open Studio Process	21
16	<b>B</b>	Motivational Interviewing Part I: An Introduction	25
16	<b>PH</b>	Human Sexuality	5
16	<b>SJ</b>	Hakomi Skills I	13
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30	<b>PH</b>	Spousal/Partner Abuse Assessment, Treatment & Intervention (15 hr)	5
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13	<b>PH</b>	Medical & Physiological Aspects of Eating Disorders	19
14	<b>PH</b>	Basic CBT Skills for Clinicians	11
19	<b>PH</b>	Basic Clinical Supervision: Skills, Methods and Information	8
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**CAMPUS KEY:** PH Pleasant Hill • B Berkeley • SJ San Jose • OC Off Campus

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18	<b>PH</b>	ACT for Anxiety Disorders .....	12
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18	<b>B</b>	EMDR: Theory and Techniques of Eye Movement Desensitization and Reprocessing –Part II .....	10
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**JUNE**

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8	<b>PH</b>	Behavioral Health: Harnessing the Power of the Mind-Body Relationship .....	13
8	<b>SJ</b>	Person-Centered Expressive Arts Therapy .....	21
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9	<b>B</b>	Practical Applications: Resolving Complex Grief .....	24
22	<b>PH</b>	DBT Level II - The Four Skills Modules .....	12

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14	<b>PH</b>	Family Therapy for Clients on the Autism Spectrum .....	17
14	<b>SJ</b>	Spousal/Partner Abuse Assessment, Treatment & Intervention (15 hr) .....	5
20	<b>SJ</b>	Finding Balance: Legal & Ethical Issues of Boundaries & Privacy in Psychotherapeutic Services .....	7
20	<b>PH</b>	Personality Disorders: Differential Diagnosis & Treatment .....	26
20	<b>SJ</b>	Aging & Long Term Care (10 hr) .....	5
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# Online Courses

**Enroll Anytime.** To register for online courses, visit [www.jfku.edu/ce](http://www.jfku.edu/ce).

**Our online courses provide** you with interactive, self-paced, web-based learning experiences that can be accessed from the comfort of your home or office – at the times that are most convenient for you. All of our online courses are designed by expert faculty and delivered on our CE-customized Spectrum Pacific Learning platform.

## PRE-LICENSING

15-Hour Chemical Dependency Training	.6
Psychopharmacology (3 unit)	.6
Psychological Testing (3 unit)	.6
Human Sexuality	.5
Spousal/Partner Abuse Assessment, Treatment & Intervention (15 hr)	.5

## REQUIRED

Deepening Legal & Ethical Understanding in Professional Practice	.7
6-Hour Law & Ethics	.7
Finding Balance: Legal & Ethical Issues of Boundaries & Privacy in Psychotherapeutic Services	.7
Spousal/Partner Abuse Assessment, Detection & Intervention	.7
Spousal/Partner Abuse Assessment, Treatment & Intervention Online	.7

## CLINICAL SUPERVISION

15-Hour Clinical Supervision Training Online	.9
6-Hour Clinical Supervision Training Online: Laws, Regulations & Supervision Basics	.9
6-Hour Clinical Supervision Training Online: Difficult Situations, Vicarious Traumatization & Cross-Cultural Issues	.9
Legal & Ethical Issues in Clinical Supervision	.9

## ELECTIVES

Applications of Clinical Hypnosis in Mind-Body Medicine	.13
Individual Education Program (IEP) Basics: Understanding Your Role in the IEP Process	.17

**PLEASE NOTE**

Online courses are NOT eligible for refunds or discounts. Participants have 90 days from date of registration to complete each course. Extensions are not permitted. Before registering, please be sure to read complete terms and technical requirements at [www.jfku.edu/ce](http://www.jfku.edu/ce).

# Pre-Licensing Courses

Licensing courses now available for Licensed Educational Psychologists (LEPs)!  
All pre-licensing courses may be taken for elective credit by licensed professionals.



## Child Abuse Assessment, Reporting and Treatment

Credit Hours: 7  
(Psychologist, MFT, LCSW, LPCC, LEP, RN)

Learn how to recognize child abuse, sexual abuse, neglect, and physical and emotional abuse. Explore ways to effectively assess, report, and treat such abuse. Through lecture, videos, and group work, become familiar with the legal definitions of child abuse; legal reporting requirements; crisis intervention for victims, families, and abusers; cross-cultural concerns; counter-transference issues; and community resources.

This course meets the AB 141 Child Abuse pre-licensing requirement for psychologists, MFTs, LCSWs, and LPCCs.

### February 4 Kate Rome, MFT, PPS

Saturday, 9 a.m. - 5 p.m.  
CEJ1005  
Room TBD • \$175  
**San Jose campus**

### June 9 Kate Rome, MFT, PPS

Saturday, 9 a.m. - 5 p.m.  
CE1015  
Room S104 • \$175  
**Pleasant Hill campus**

## Human Sexuality

Credit Hours: 10  
(Psychologist, MFT, LCSW, LPCC, RN)

Gain a basic understanding of human sexuality. Topics include the study of physiological-psychological and social-cultural variables associated with sexual identity, sexual behavior and sexual disorders. This course contains explicit material and challenging clinical issues. It will prepare participants to address a variety of issues related to sexuality that may arise in clinical practice.

This course meets the Human Sexuality pre-licensing requirement for psychologists, MFTs, LCSWs and LPCCs.

### March 2-3 Maria Mattioli, MFT

Friday, 6 - 9 p.m.  
Saturday, 9 a.m. - 5 p.m.  
CEJ1033  
Room 214 • \$239  
**San Jose campus**

### March 16-17 Bryna Barsky-Ex, PhD

Friday, 9:30 a.m. - 5 p.m.  
Saturday, 9:30 a.m. - 1:00 p.m.  
CE1017  
Room S224 • \$239  
**Pleasant Hill campus**

### Online Section-Coming Spring 2012!

**Bryna Barsky-Ex, PhD**  
CE1168W • \$239  
**Register Online: [www.jfku.edu/ce](http://www.jfku.edu/ce)**

## Aging & Long Term Care

Credit Hours: 10  
(Psychologist, MFT, LCSW, LPCC, RN)

Explore mental health issues for older adults, psychodynamic treatment strategies that focus on maximizing the quality of life and functional capacity for elderly clients, and methods for facilitating collaboration with family, medical personnel, and caregivers. Differential diagnosis of dementia from depression and the impacts of retirement, altered family roles, decline in social and economic status, and increased disability will be discussed, along with various issues related to long-term care.

This course meets the Aging and Long-Term Care pre-licensing requirement for psychologists, MFTs, LCSWs and LPCCs.

### March 9-10 Vivian Silva, MSW

Friday, 6 - 9 p.m.  
Saturday, 9 a.m. - 5 p.m.  
CE1047  
Room S224 • \$239  
**Pleasant Hill campus**

### July 20-21 Vivian Silva, MSW

Friday, 6 - 9 p.m.  
Saturday, 9 a.m. - 5 p.m.  
CEJ1027  
Room TBD • \$239  
**San Jose campus**

## Spousal/Partner Abuse Assessment, Treatment & Intervention

Credit Hours: 15  
(Psychologist, MFT, LCSW, LPCC, RN)

Learn the underlying factors that contribute to family violence and be able to identify and assess family violence with women, men, children, and couples. Become knowledgeable about therapeutic interventions and techniques to apply when counseling victims, perpetrators, couples and families of domestic violence; legal and ethical implications; and community resources available for clients.

This course meets the Spousal/Partner Abuse pre-licensing requirement for psychologists, MFTs, LCSWs and LPCCs.

### March 30-31

**Michael Carolla,**  
Friday, 9 a.m. - 5:30 p.m.  
Saturday, 9 a.m. - 5:30 p.m.  
CE1031  
Room N171 • \$315  
**Pleasant Hill campus**

### July 14-15

**Bret Johnson, PhD**  
Saturday, 9 a.m. - 5:30 p.m.  
Sunday, 9 a.m. - 5:30 p.m.  
CEJ1028  
Room TBD • \$315  
**San Jose campus**

## Spousal/Partner Abuse Assessment, Treatment & Intervention Online

Credit Hours: 15  
(Psychologist, MFT, LCSW, LPCC, RN)

This intermediate online course covers the current research on the nature, context, causes and effects of partner abuse, including issues related to ethnic minority and LGBT clients. Prominent risk factors will be explored based on a nested ecological model, with a separate discussion on substance abuse. Assessment and intervention strategies will be presented, based on an evidence-based, comprehensive, systemic and multi-modal approach that take into account the needs of perpetrators, victims and families. Material will be presented via Power Point slides, readings, case examples and exercises.

This course meets the Spousal/Partner Abuse pre-licensing requirement for psychologists, MFTs, LCSWs and LPCCs.

### Online Section-Coming Spring 2012!

**John Hamel, LCSW**  
CE1221W • \$315  
**Register Online: [www.jfku.edu/ce](http://www.jfku.edu/ce)**

TO REGISTER FOR ONLINE COURSES, visit

**[www.jfku.edu/ce](http://www.jfku.edu/ce).**

Please read the terms and technical requirements before registering.



# Pre-Licensing Courses

## LPCC Licensure Courses

### NEW! 15-Hour Crisis and Trauma Counseling

Credit Hours: 15

(Psychologist, MFT, LCSW, LPCC, RN)

Gain an overview of crisis and trauma counseling, including multidisciplinary responses to crises, emergencies and disasters with brief, intermediate and long-term approaches. Learn how to assess and triage mental health emergencies, perform suicide and violent risk assessments, mental status examinations, and evaluate substance related emergencies. Trauma disorders will also be addressed with emphasis on assessment criteria and clinical interventions, as well as the effects of trauma on cognitive, affective, behavioral, neurological, and interpersonal functioning.

This course meets the Crisis and Trauma Counseling pre-licensing requirement for LPCCs.

 **Online Section – Enroll Anytime**  
**Brenda Frechette, PhD**  
CE1218W • \$315  
**Register Online: [www.jfku.edu/ce](http://www.jfku.edu/ce)**

### Psychopharmacology

Credit Hours: 3 units (28 hours)

(Psychologist, MFT, LCSW, LPCC, RN)

Discover the field of psychopharmacology in this introductory course discussing the basics of brain function, its response to psychiatric medications, the role of medications in a client's treatment, medication side effects, and other problems that may arise. Explore the advantages and limitations of pharmacotherapy to better educate your clients and interact effectively with psychiatrists and prescribing physicians.

**Recommended text:** *Handbook of Clinical Psychopharmacology for Therapists, 5th Edition*, by J. Preston, J. O'Neal and M. Talaga

This course meets the 3-unit Psychopharmacology pre-licensing requirement for MFTs and LPCCs.

**August 3-4 and 10-11**

**Peter VanOot, PhD**

2 Fridays, 9 a.m. - 5 p.m.

2 Saturdays, 9 a.m. - 5 p.m.

CE1010

Room S312 • \$525

**Pleasant Hill campus**

### Psychopharmacology Online

Credit Hours: 3 units (28 hours)

(Psychologist, MFT, LCSW, LPCC, RN)

Be prepared to provide guidance and support to clients whose treatment currently includes or might include pharmacotherapy. Learn about the purposes, advantages, and limitations of specific medications and how to evaluate the usefulness of various medications in conjunction with other treatment approaches. Get recent information on the effects of psychotropic medications on various groups, including children, the elderly, women, and different racial and ethnic populations.

This course meets the 3-unit Psychopharmacology pre-licensing requirement for MFTs and LPCCs.

 **Online Section – Enroll Anytime**  
**Giovanna Morelli, LCSW**  
CE1166W • \$525  
**Register Online: [www.jfku.edu/ce](http://www.jfku.edu/ce)**


### 15-Hour Chemical Dependency Training

Credit Hours: 15

(Psychologist, MFT, LCSW, LPCC, LEP, RN, CFAAP/CAADAC)

Effective clinicians must have good working knowledge of the issues surrounding substance abuse. Learn how to take a thorough drug and alcohol history, conduct a bio-psychosocial assessment, determine the stage of the problem, and make an appropriate referral for treatment when the problem is outside of your scope of practice. Explore substance abuse assessment, treatment, and relapse issues, as well as prevention of future problems. This online course is text based with video lectures, and it contains all the materials needed for successful completion.

This course meets the Chemical Dependency pre-licensing requirement for psychologists, MFTs, LCSWs, and LPCCs.

 **Online Section – Enroll Anytime**  
**Rena Palloff, PhD**  
CE1049W • \$315  
**Register Online: [www.jfku.edu/ce](http://www.jfku.edu/ce)**

### Psychological Testing (3-unit)


Credit Hours: 3 units (28 hours)

(Psychologist, MFT, LCSW, RN)

Learn about frequently used psychological tests and the interpretations utilized in psychological reports. Review the Mental Status Exam, objective and projective tests, and behavioral checklists, including their purposes, appropriate referrals, DSM-IV diagnostic questions, and their use in assessing clients and making recommendations. Become familiar with the legal and ethical issues, cultural and socioeconomic factors, and limitations of the MFT's scope of practice.

**Recommended text:** *Handbook of Psychological Assessment* by Gary Groth-Marnat.

This non-academic course meets the 3-unit Psychological Testing pre-licensing requirement for MFTs.

 **Online Section – Enroll Anytime**  
**Bret Johnson, PhD**  
CE1167W • \$525  
**Register Online: [www.jfku.edu/ce](http://www.jfku.edu/ce)**

TO REGISTER FOR ONLINE COURSES, visit **[www.jfku.edu/ce](http://www.jfku.edu/ce)**. Please read the terms and technical requirements before registering.

# Required Courses

Law & Ethics courses now available for Licensed Educational Psychologists (LEPs)!



## Deepening Legal & Ethical Understanding in Professional Practice

Credit Hours: 6  
(Psychologist, MFT, LCSW, LEP, RN)

An intermediate course offering licensed professionals, who have taken previous law and ethics courses, the opportunity to examine updated material and participate in an in-depth discussion of particularly thorny ethical and legal complexities. Mental health professionals will leave this course with a greater ability to make legally and ethically informed decisions and to better manage the complexities of their practice.

This course meets the Law and Ethics requirement for psychologists, MFTs, LCSWs and LEPs.

**March 23**  
**Dan Taube, JD, PhD**  
Friday, 9 a.m. - 4 p.m.  
CEJ1024  
Room 207/208 • \$159  
**San Jose campus**

**June 8**  
**Dan Taube, JD, PhD**  
Friday, 9 a.m. - 4 p.m.  
CE1018  
Room S304 • \$159  
**Pleasant Hill campus**

 **Online Section-Coming Spring 2012!**  
**Dan Taube, JD, PhD**  
CE1222W • \$159  
**Register Online: [www.jfku.edu/ce](http://www.jfku.edu/ce)**

## 6-Hour Law & Ethics

Credit Hours: 6  
(Psychologist, MFT, LCSW, LEP, RN)

Examine and discuss legal and ethical issues in clinical practice, including application of ethical principles and updates to current standards. Completion of this course may qualify participants for discounts on malpractice insurance for licensed psychologists. (Please check with your insurer.)

This course meets the Law and Ethics requirement for psychologists, MFTs, LCSWs and LEPs.

**April 13**  
**Dan Taube, JD, PhD**  
Friday, 9 a.m. - 4 p.m.  
CEB1006  
Room L7 • \$159  
**Berkeley campus**

## 7-Hour HIV & AIDS

Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)

Explore the current medical, psychosocial and mental health realities of those infected with HIV/AIDS and the needs of their family members and caretakers. Discussion will cover the following issues: ethnic, sexual, and gender sensitivity; legal and ethical concerns; working with chemically addicted clients; and the therapist's countertransference. Effective models for service delivery and care will be introduced.

This course meets the HIV & AIDS requirement for MFTs & LCSWs and is recommended for psychologists.

**May 5**  
**Bret Johnson, PhD**  
Saturday, 9 a.m. - 5 p.m.  
CE1012  
Room S224 • \$175  
**Pleasant Hill campus**

**August 4**  
**Bret Johnson, PhD**  
Saturday, 9 a.m. - 5 p.m.  
CEJ1002  
Room TBD • \$175  
**San Jose campus**

## Finding Balance: Legal & Ethical Issues of Boundaries & Privacy in Psychotherapeutic Services

Credit Hours: 6  
(Psychologist, MFT, LCSW, LEP, RN)

Licensed professionals who have taken previous law and ethics courses can enhance their ability to make ethically and legally informed decisions and better manage the complexities of mental health practice through this intermediate-level course. Receive an update on recent changes in ethics and legal standards and engage in in-depth discussions of ethical and legal complexities.

This course meets the Law and Ethics requirement for psychologists, MFTs, LCSWs and LEPs.

**July 20**  
**Dan Taube, JD, PhD**  
Friday, 9 a.m. - 4 p.m.  
CEJ1014  
Room TBD • \$159  
**San Jose campus**

**August 24**  
**Dan Taube, JD, PhD**  
Friday, 9 a.m. - 4 p.m.  
CEB1011  
Room L7 • \$159  
**Berkeley campus**

## Spousal/Partner Abuse Assessment, Detection & Intervention

Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)

Learn the underlying factors that contribute to family violence and be able to identify and assess family violence with women, men, children, and couples. Become knowledgeable about therapeutic interventions and techniques to apply when counseling victims, perpetrators, couples, and families of domestic violence; legal and ethical implications; and community resources available for clients.

This course meets the Spousal/Partner Abuse requirement for psychologists, MFTs, and LCSWs.

**June 1**  
**Michael Carolla, MFT**  
Friday, 9 a.m. - 5 p.m.  
CE1014  
Room S224 • \$175  
**Pleasant Hill campus**

**August 18**  
**Bret Johnson, PhD**  
Saturday, 9 a.m. - 5 p.m.  
CEJ1023  
Room TBD • \$175  
**San Jose campus**

## NEW! Spousal/Partner Abuse Assessment, Treatment & Intervention Online

Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)

Gain an overview of current research on partner abuse prevalence rates, dynamics, context, causes, effects on victims and legal issues, as well as evidence-based assessment instruments and intervention strategies with which to assess and treat partner abuse. Issues related to ethnic minority and LGBT clients will also be discussed. Risk factors will be identified, along with comprehensive, systemic and multimodal intervention strategies that take into account the needs of perpetrators, victims and families. Material will be presented via Power Point slides with audio lecture, readings, case examples and exercises.

This course meets the Spousal/Partner Abuse requirement for psychologists, MFTs and LCSWs.

 **Online Section-Coming Spring 2012!**  
**John Hamel, LCSW**  
CE1225W • \$175  
**Register online: [www.jfku.edu/ce](http://www.jfku.edu/ce)**



# Supervision Courses

We revised and updated our Online Supervision Courses! Register anytime at [www.jfku.edu/online](http://www.jfku.edu/online).

**Specialized knowledge and skills** are required to provide supervision to graduate students or mental health professionals working towards licensure. Our clinical supervision courses encompass all the information you need to supervise pre- and post-degree mental health providers including social workers, MFTs and psychologists. All of our supervision courses are taught by Rachel Michaelsen, LCSW.

## Legal & Ethical Issues in Clinical Supervision

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Obtain valuable legal and ethical information including: ethical supervision practices, ethical expectations of supervisees, legal and ethical issues in client care, supervisor competency expectations, hiring and firing, supervisory liability risk and risk prevention, dual relationships and supervision documentation.

This course meets the BBS & BOP requirements for those who supervise psychologists and MFT interns. This course also meets the Law and Ethics requirement for psychologists, MFTs and LCSWs.

### February 24

Friday, 9 a.m. - 4 p.m.

CEJ1045

Room 208 • \$159

**San Jose campus**

### May 18

Friday, 9 a.m. - 4 p.m.

CEB1014

Room L7 • \$159

**Berkeley campus**

**Our Basic Clinical and Special Topics supervision courses** are designed to provide flexibility to therapists in need of supervision training. Take one or both courses depending on your training requirements.

## Basic Clinical Supervision: Skills, Methods and Information

Credit Hours: 7.5  
(Psychologist, MFT, LCSW, RN)

Examine key concepts and techniques for competent clinical supervision, including: the Board of Psychology (BOP) and Board of Behavioral Sciences (BBS) supervision requirements, developmental stages of supervisees and supervisors, assessment of supervisees skill level and learning style, and the differences between supervision and psychotherapy.

This course meets and exceeds the BBS and BOP requirements for those who supervise psychologists and MFT interns. Taken with *Special Topics in Clinical Supervision*, this course meets the BBS and BOP requirements for those who supervise ACSWs.

### April 19

Thursday, 9 a.m. - 5:30 p.m.

CE1058

Room S224 • \$189

**Pleasant Hill campus**

## Special Topics in Clinical Supervision

Credit Hours: 7.5  
(Psychologist, MFT, LCSW, RN)

Enhance your skills in the following areas of clinical supervision: cross-cultural and Multicultural issues in supervision, group supervision, termination, leadership styles, managing difficult situations, supervising trauma work, and addressing vicarious traumatization in supervision.

This course meets and exceeds the BBS and BOP requirements for those who supervise psychologists and MFT interns. Taken with *Basic Clinical Supervision: Skills, Methods and Information*, this course meets the BBS and BOP requirements for those who supervise ACSWs.

### April 20

Friday, 9 a.m. - 5:30 p.m.

CE1208

Room S224 • \$189

**Pleasant Hill campus**


# Supervision Courses

## 15-Hour Clinical Supervision Training Online

Credit Hours: 15  
(Psychologist, MFT, LCSW, RN)

This course is divided into 7 sections covering the following topics: BBS and BOP laws and regulations; creating and maintaining positive and effective supervision working relationships; evaluating and terminating with supervisees; managing difficult situations with supervisees; legal and ethical issues in clinical supervision; addressing vicarious traumatization; and a literature review of current research and interventions to address cross-cultural issues that may arise in supervision. The course is text based, with many vignettes and sample cases to illustrate the lessons. The course includes all the materials needed for successful completion.

This course meets the BBS and BOP requirements for those who supervise ACSWs, and it meets and exceeds the BBS and BOP requirements for those who supervise psychologists and MFT interns.

 **Online Section - Enroll Anytime**  
CE1233W • \$315  
**Register online: [www.jfku.edu/ce](http://www.jfku.edu/ce).**

## 6-Hour Clinical Supervision Training Online: Laws, Regulations & Supervision Basics

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

This course is divided into 3 sections that explore BBS and BOP laws and regulations, creating and maintaining positive and effective supervisor/supervisee working relationships, best practices for evaluating and terminating with supervisees, and teaching supervisees how to terminate with their clients. The course is text based, with vignettes and sample cases to illustrate the lessons, and it includes all the materials needed for successful completion.

This course meets the BBS and BOP requirements for those who supervise psychologists and MFT interns.


 **Online Section - Enroll Anytime**  
CE1234W • \$159  
**Register online: [www.jfku.edu/ce](http://www.jfku.edu/ce).**

## 6-Hour Clinical Supervision Training Online: Difficult Situations, Vicarious Traumatization & Cross-Cultural Issues

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

This course is divided into three sections that explore the following topics: managing difficult situations such as uncontained anxiety, authority issues, countertransference, and lack of integration of skills and theory in practice; identifying and addressing vicarious traumatization; and a literature review of current research and successful interventions to address cross-cultural issues that can arise in supervision. The course is text based, with vignettes and sample cases to illustrate the lessons, and it includes all the materials needed for successful completion.

This course meets the BBS and BOP requirements for those who supervise psychologists and MFT interns.

 **Online Section - Enroll Anytime**  
CE1235W • \$159  
**Register online: [www.jfku.edu/ce](http://www.jfku.edu/ce).**

## Legal & Ethical Issues in Clinical Supervision Online

Credit Hours: 3  
(Psychologist, MFT, LCSW, RN)

Supervisors have an ethical responsibility to their supervisees, clients and profession, and must abide by the current laws and regulations regarding client care and employment. Obtain information valuable to clinical supervisors, including ethical supervision practices, ethical expectations of supervisees, legal and ethical issues in client care, supervisor competency expectations, supervision documentation requirements, hiring and firing practices, supervisory liability risk and risk prevention, and dual relationship issues.

This course satisfies the law & ethics requirements for psychologists.

 **Online Section - Enroll Anytime**  
CE1102W • \$75  
**Register online: [www.jfku.edu/ce](http://www.jfku.edu/ce).**

### Discount Available!

Enroll in **any three courses** in a workshop series at one time, and receive 10 percent off the total price. Call **800.557.1384** to register.



# Workshop Series

Our Workshop Series bring together related courses for in-depth exploration of subject matter.

## EMDR Training

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful approach to treat PTSD, phobias, anxiety disorders and other conditions arising from traumatic life events. The Part I and II trainings include lectures, experiential exercises, videos, and live demonstrations that, in combination with 10 hours of approved consultation, meet the new EMDR Basic Training requirements approved by the EMDR International Association. For more details about our EMDR training, please see our EMDR Training Workshop Series webpage at [www.jfku.edu/ce](http://www.jfku.edu/ce).

### **EMDR: Theory & Techniques of Eye Movement Desensitization & Reprocessing – Part I**

Credit Hours: 20  
(Psychologist, MFT, LCSW, RN)

Through lecture, experiential exercises, video, and live demonstration, learn the theoretical basis for EMDR, the criteria for its use, and the basic protocol and procedures to implement it in an integrated psychotherapy approach. Have the opportunity to practice basic EMDR procedure in a supervised setting. Participants must be licensed mental health practitioners or supervised interns.

**Recommended text:** *Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures*, by Francine Shapiro.

#### **March 9-11 Phil Manfield, PhD**

Friday, 6 - 9:30 p.m.  
Saturday, 9 a.m. - 6:15 p.m.  
Sunday, 9 a.m. - 6:15 p.m.  
CEB1008  
Room L7 • \$450  
**Berkeley campus**

### **EMDR: Theory & Techniques of Eye Movement Desensitization & Reprocessing – Part II**

Credit Hours: 20  
(Psychologist, MFT, LCSW, RN)

Learn to effectively use EMDR with a wider range of clients in this course, which expands on the material presented in EMDR –Part I and offers additional technique refinements. This course, together with 10 hours of group consultation, completes the basic EMDR training. Covered topics will include: using EMDR with difficult cases, inner resource development and utilization, advanced uses of cognitive interweave, refinements in identifying source events, and a wider variety of applications of EMDR. Participants must be licensed mental health practitioners or supervised interns.

**Recommended text:** *Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures*, by Francine Shapiro.

**Prerequisite required:** *EMDR: Theory and Techniques of Eye Movement Desensitization and Reprocessing – Part I*

#### **May 18-20 Phil Manfield, PhD**

Friday, 6 - 9:30 p.m.  
Saturday, 9 a.m. - 6:15 p.m.  
Sunday, 9 a.m. - 6:15 p.m.  
CEB1009  
Room L7 • \$450  
**Berkeley campus**

### **EMDR with Children & Adolescents**

Credit Hours: 4.5  
(Psychologist, MFT, LCSW, RN)

Children in treatment present special challenges. Their physiological capabilities for processing traumas are different from adults; their treatment involves the cooperation of parental figures in their lives, and their social/emotional stage of development must be taken into consideration during resolution of problems. Learn how to use EMDR to work with children and teens who present with a history of trauma and behavioral problems. Lecture, case presentations, videos, and case consultation will be included.

**Prerequisites required:** *EMDR: Theory & Techniques of Eye Movement Desensitization & Reprocessing –Part I and Part II*

#### **August 25 Joan Lovett, MD, FAAP**

Saturday, 9 a.m. - 2:30 p.m.  
CEB1010  
Room L7 • \$112.50  
**Berkeley campus**

### **EMDR Bridge Course**

Practitioners who took an approved EMDR Part I class before the new EMDRIA standards took effect in July 2007 can bring their training up to current standards by taking a 4-hour EMDR Bridge Course before or after taking the Part II training that is currently offered. These courses, together with the required 10 hours of group consultation, will enable practitioners to receive an EMDR International Association approved certificate of completion.

The cost of the EMDR Bridge Course is \$150; time and place are to be announced. For additional information or to register, please contact the instructor directly through his website at [www.philipmanfield.com](http://www.philipmanfield.com). Please note: This bridge course is offered by Philip Manfield and is not an official JFKU-CE course. CE credit will be available through Dr. Manfield directly. Please contact him for details.

### **Discount Available!**

Enroll in **any three courses** in a workshop series at one time, and receive 10 percent off the total price. Call **800.557.1384** to register.

# Workshop Series

## Cognitive Behavior Therapy (CBT)

Given the current economic climate in our country, many clients, referral sources and third-party payers are looking to short-term, goal-oriented treatments as the standard of practice. CBT is an effective, time sensitive, evidenced-based treatment approach for a variety of conditions including anxiety disorders and depression. Building your CBT skill set will benefit your clients greatly, as well as your clinical practice.

### CBT for Psychosis

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Cognitive-behavioral therapy for psychosis is an evidence-based method (over 20 randomized studies) to reduce both the intensity of psychotic experiences and related distress and disability. Learn how to collaborate with clients, “explore the evidence” rather than impose beliefs, and develop options so clients are no longer forced to rely entirely on the often limited effectiveness of medication for symptom reduction. No prior knowledge of for psychosis is assumed. The course includes one brief experiential exercise and some video examples.

**February 3**  
**Ron Unger, LCSW**  
Friday, 9 a.m. - 4 p.m.  
CEB1045  
Room L7 • \$159  
**Berkeley campus**

### NEW! When Trauma & Psychosis Mix: A CBT Approach to Understanding & Recovery

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Research reveals that trauma and abuse are extremely common in the lives of many who develop psychosis. In this intermediate course, learn about the complex interrelationships between trauma and psychosis and ways to practice effective therapy with trauma survivors who also have psychotic symptoms. Discover how to use methods to help clients develop non-psychotic ways of relating to difficult experiences, and collaborate with them to build coherent and compassionate self narratives that set the stage for real recovery. Prior knowledge of for psychosis is helpful but not required for this course.

**February 4**  
**Ron Unger, LCSW**  
Saturday, 9 a.m. - 4 p.m.  
CEB1046  
Room L7 • \$159  
**Berkeley campus**

### NEW! CBT for Anxiety Disorders

Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)

Learn how to apply cognitive-behavioral case formulations to identify and treat specific anxiety disorders including: Specific Phobia, Social Phobia, Panic Disorder, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder and Post-Traumatic Stress Disorder. Cognitive restructuring, stress management and exposure based interventions will be presented, with special emphasis on interoceptive, imaginal, and in-vivo techniques. Co-morbidity will also be addressed. Leave with skills they can apply immediately in clinical practice.

**February 24**  
**Patricia Zurita Ona, PsyD**  
Friday, 9 a.m. - 5 p.m.  
CEB1047  
Room L6 • \$175  
**Berkeley campus**

### Basic CBT Skills for Clinicians

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

A basic introduction to CBT that offers a review of the research behind this evidence-based treatment model. Learn how to formulate and treat anxiety and depression problems using established, contemporary CBT protocols and interventions. Topics will include: CBT psychoeducation and self-monitoring; relaxation training (i.e. diaphragmatic breathing, cued-controlled and progressive muscle relaxation and special place visualization); mindfulness of breath; treatment of panic disorder using interoceptive exposure; in vivo exposure for phobias/fears; behavioral activation; and working with depressogenic thoughts. Through lecture, discussion and experiential exercises, practice and learn key CBT treatment techniques.

**Recommended texts:** *Thoughts and Feelings: Taking Control of Your Mood and Your Life, 3rd Edition*, by McKay, Matthew, Martha Davis, and Patrick Fanning (2007), and *The ABCs of Behavioral Analysis: Behavioral Principles for the Practicing Clinician*, by Ramnerö and Törneke (2008).

**April 14**  
**Koke Saavedra, PsyD**  
Saturday, 9 a.m. - 4 p.m.  
CE1251  
Room S224 • \$159  
**Pleasant Hill campus**

### Intermediate CBT Skills for Clinicians

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

An intermediate course to learn how to apply established and contemporary CBT treatment interventions for anger, simple PTSD, and OCD informed by behavioral principles and new third-generation developments. Topics will include: a user-friendly anger management protocol, brief and prolonged exposure for the treatment of simple PTSD, and a new values-focused Exposure and Response Prevention (ERP) treatment for OCD in children and adults. Through lecture, discussion, demonstrations and experiential exercises, practice and learn intermediate CBT treatment techniques.

**Prerequisite required:** *Basic CBT Skills for Clinicians* or familiarity with CBT or basic behavioral analysis.

**April 28**  
**Koke Saavedra, PsyD**  
Saturday, 9 a.m. - 4 p.m.  
CE1252  
Room S224 • \$159  
**Pleasant Hill campus**

### CBT with Children & Adolescents

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

For CBT to work effectively with children and adolescents, clinicians must understand the limits of diagnostic categories for this age group and must tailor therapy in a manner appropriate to their developmental level. Become familiar with the key ingredients of successful CBT treatment for children and adolescents. Topics will include: typical presenting problems from ages 0-19, the differences between internalizing and externalizing disorders, working with skill deficits and cognitive distortions, techniques to engage children in treatment, and the four treatment phases (rapport building, assessment, skill acquisition, and practice and application).

**June 8**  
**Rhoda Olkin, PhD**  
Friday, 9 a.m. - 4 p.m.  
CE1130  
Room S312 • \$159  
**Pleasant Hill campus**



# Workshop Series

## CBT with Challenging Cases

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Both new and seasoned cognitive behavioral therapists occasionally come across challenging cases where they cannot seem to make headway with clients. In this advanced course, identify several common reasons that these impasses occur, examine your own reactions to clients and the automatic thoughts that may aggravate or intensify the impasse, and learn to develop flexible strategies to help you reformulate the case, foster better collaboration, and resolve barriers so you can start moving forward productively again. Some prior knowledge of CBT is presumed.

**August 17**

**Rhoda Olkin, PhD**

Friday, 9 a.m. - 4 p.m.

CE1203

Room S312 • \$159

**Pleasant Hill campus**

## NEW! Acceptance and Commitment Therapy for Anxiety Disorders

Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)

Acceptance and Commitment Therapy (ACT) is a third-wave therapy addressing anxiety and fear in a mindful, compassionate way, while also encouraging clients to pursue what really matters to them. ACT helps clients accept themselves and others with compassion, choose valued directions for their lives, and commit to action that leads them in those directions (Forsyth & Eifert, 2005). Through lecture, live and video demonstrations, and experiential exercises, learn how ACT can be used to treat anxiety disorders as well as how traditional exposure-based practices can be applied within the ACT model and ways to conceptualize and apply values-based and exposure-based strategies. Clinical worksheets will also be provided.

**May 18-19**

**Patricia Zurita Ona, PsyD**

Friday, 9 a.m. - 4 p.m.

Saturday, 9 a.m. - 1:00 p.m.

CE1253

Room S224 • \$205

**Pleasant Hill campus**

# Dialectical Behavior Therapy (DBT)

This experientially-based DBT series is offered in conjunction with the San Francisco Dialectical Behavior Therapy (DBT) Center and is designed for clinicians who have some familiarity with DBT and want to integrate their knowledge more fully in clinical settings. The courses provide opportunities to both co-lead and actively participate in simulated DBT group skills classes, while also serving as active observers.

## DBT Level II - The Four Skills Modules

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

In this intermediate didactic course, learn how to use the four skills modules of DBT with your clients. Review the DBT model of structuring treatment and become familiar with commitment and validation strategies that strengthen the therapeutic alliance, keep patients in therapy and increase the likelihood for behavioral change.

**Prerequisite required:** *Dialectical Behavioral Therapy (DBT): An Introduction* or familiarity with DBT principles and protocols.

**February 10**

**Mark Rosenthal, LCSW**

Friday, 10 a.m. - 5 p.m.

CEB1027

Room L6 • \$159

**Berkeley campus**

**June 22**

**Mark Rosenthal, LCSW**

Friday, 10 a.m. - 5 p.m.

CE1204

Room S224 • \$159

**Pleasant Hill campus**

## Dialectical Behavior Treatment for Eating Disorders

Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)

Learn how to use Dialectical Behavior Therapy (DBT) in the treatment of eating disorders. DBT is an empirically validated methodology that has proven to be extremely effective for disorders that involve emotional dysregulation, such as eating disorders, and has become the

treatment of choice in many programs due to its effectiveness in recovery and prevention of recidivism. Through a blend of didactic and experiential exercises, learn how to apply the four DBT modules (Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance) to eating disorder issues and integrate DBT skills into your work with individuals and groups.

**February 24-25**

**Lori Schwanbeck, MFT**

Friday, 6 - 9 p.m.

Saturday, 9 a.m. - 5 p.m.

CE2028

Room S224 • \$205

**Pleasant Hill campus**

## DBT: An Introduction

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Gain an overview of DBT, including its four skill modules (mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness) and its application to the everyday clinical practice of psychotherapy, with particular focus on Borderline Personality Disorder. The etiology of Borderline Personality Disorder along with coping strategies developed and reinforced throughout one's lifetime will be discussed in the context of understanding the specific treatment approaches used in DBT.

**April 13**

**Mark Rosenthal, LCSW**

Friday, 10 a.m. - 5 p.m.

CE1173

Room S224 • \$159

**Pleasant Hill campus**

# Workshop Series



## Somatic Psychotherapy

Somatic Psychotherapy acknowledges the interconnection between body and mind, which must function together. From the somatic perspective, the body must be considered and addressed along with psychological issues because changes do not just happen on a psychological level, but must also be somatically experienced and anchored. This series offers an understanding of the way the mind and body impact each other and introduces ways to work somatically in clinical practice.

### NEW! Hakomi Skills I

Credit Hours: 10  
(MFT, LCSW, RN)

Become familiar with the Hakomi Method, one of the central contemporary body-centered psychotherapies that synthesize western psychology, systems theory, and eastern meditative practices with diverse populations in clinically effective ways. Key concepts of the Hakomi Method will be discussed, including mindfulness, non-violence, limbic resonance and affect regulation, as well as research on mindfulness and the brain and its application in trauma work (Levine, 1997. Eckberg & Levine, 2000. Ogden, 2000. Hartley, 2009.). Begin to learn how to apply this collaborative and non-confrontational approach with individuals, couples and families.

**Required Text:** *Body-Centered Psychotherapy: The Hakomi Method*, by Ron Kurtz

**Pre-Class Assignment:** See [www.jfku.edu/ce](http://www.jfku.edu/ce) for details

### March 16-17

#### Richard Heckler, PhD

Friday, 6 - 9 p.m.  
Saturday, 9 a.m. - 5 p.m.  
CEJ1093  
Room 207/208 • \$205  
San Jose campus

### NEW! Hakomi Skills II

Credit Hours: 10  
(MFT, LCSW, RN)

Perhaps the greatest revolution in the practice of psychotherapy occurs in the movement from 'talking about' a client's difficulties, to exploring them in the present moment through therapeutic experiments. Experiential psychotherapies bring a client's challenges to life in the therapy room by utilizing the client's verbal (words, inner thoughts, beliefs and behaviors) and nonverbal (posture, movement, gesture, sound, and touch) expression, revealing deep inner issues and liberating the resources necessary for change. In this course, participants will learn how to create therapeutic

experiments that uncover deep psychological material and lead to lasting change, drawing from several different somatic approaches including Hakomi, Mindfulness-Based and Body Centered Psychotherapy.

**Required Reading:** *Body-Centered Psychotherapy: The Hakomi Method*, by Ron Kurtz

### May 11-12

#### Richard Heckler, PhD

Friday, 6 - 9 p.m.  
Saturday, 9 a.m. - 5 p.m.  
CEJ1094  
Room TBD • \$205  
San Jose campus

### The Effective Use of Touch in Psychotherapy

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

An experiential course to learn how to use appropriate touch safely and effectively in clinical practice, as a means to access and explore deep psychological and emotional patterns, both enhancing and supporting the therapeutic process. A variety of touch interventions will be introduced and practiced. Legal, ethical and boundary issues will be explored and indications/contraindications addressed.

### April 20

#### Bill Bowen, LMT, MFA

Friday, 9:30 a.m. - 4:30 p.m.  
CEJ217  
Room S209 • \$159  
Pleasant Hill campus

### NEW! The Effective Use of Touch in Psychotherapy - Practicum

Credit Hours: 3.5  
(MFT, LCSW, RN)

In this optional practicum, deepen and refine the ideas presented in Day One, observe a clinical demonstration with commentary, and engage in supervised practice.

### April 21

#### Bill Bowen, LMT, MFA

Saturday, 9:30 a.m. - 1:00 p.m.  
CE1254  
Room S209 • \$63  
Pleasant Hill campus

### NEW! Behavioral Health: Harnessing the Power of the Mind-Body Relationship

Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)

Behavioral Medicine is a growing area of interest and practice within the field of health care. Its aim is to address the psychological aspects of many medically defined diseases and conditions through mind-body interventions. This intermediate course provides a working knowledge of the theories and practical application of mind-body treatment approaches in addressing psychological and medical comorbidities. Through didactic presentation, group discussion, and learning activities, learn principles and interventions that can be applied immediately in your work with clients.

### June 8-9

#### Rosalind Englander-Calo, MFT

Friday, 1:00 - 4:30 p.m.  
Saturday, 9 a.m. - 4:30 p.m.  
CE1255  
Room S224 • \$205  
Pleasant Hill campus

### Applications of Clinical Hypnosis in Mind-Body Medicine

Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)

Learn to define hypnosis, identify myths and misperceptions about hypnotic interventions, and describe hypnotic phenomena. Assessments of hypnotizability and brain research both show that hypnosis is indeed an evidence-based, effective modality. Methodology for identifying phases of hypnosis and levels of hypnotic ability will be provided, as well as theoretical frameworks from which these developed. Through interactive, online learning, explore self-hypnosis skills, treatment planning strategies, knowledge of ethical issues in hypnosis, and various applications of hypnosis in clinical settings.

📍 **Online Section - Enroll Anytime**  
**Darlene Viggiano, PhD, MFT**

CE1228W • \$205

Register online: [www.jfku.edu/ce](http://www.jfku.edu/ce)



# Workshop Series

## Buddhist Psychology

This five-course series incorporates research from Western science and psychological insights from Theravadin (Vipassana), Zen and Tibetan (Vajrayana) traditions of the East. Participants will gain a clinical understanding of foundational Buddhist theory, including the Buddhist notion of suffering and the role that happiness and equanimity play in psychological health, the cultivation of powerfully beneficial states of mind and body, effective meditative practices and mindfulness techniques that can be employed in clinical work, and the most current neurological research as it applies to both Buddhist meditation and psychotherapy. Each course includes lecture, personal practices, case studies, skill-based exercises and demonstrations that show participants how to apply these concepts in clinical practice.

### Foundations of Buddhist Psychology

*Credit Hours: 10*  
(MFT, LCSW, RN)

Contemplative Buddhist practice is very psychological in focus. It examines how the mind works, how various states of mind affect body and spirit, and how the quality of our thoughts and awareness directly determine the experience of happiness and suffering. In this course, explore fundamental constructs of Buddhist psychology and ways they can be applied in clinical practice. Topics will include theoretical concepts such as the Four Noble Truths, the 12 Links of Dependent Origination, Impermanence and an introduction to mindfulness. Learn how Buddhist psychology differs from Western psychology, and also how they can be used together when working with clients.

**April 13-14**

**Richard Heckler, PhD**

Friday, 6 - 9 p.m.

Saturday, 9 a.m. - 5 p.m.

CEJ1095

Room TBD ♦ \$205

**San Jose campus**

### NEW! Mindfulness in Psychotherapy: Clinical Application for Individuals, Couples and Families

*Credit Hours: 10*  
(MFT, LCSW, RN)

Because Buddhist practice represents a psychological approach to understanding behavior, clinicians have begun to incorporate some of its core elements into clinical practice. Recent research has shown they have a positive impact on mental health (Kelly, 2008). Receive an overview of the basic teachings of Buddhist practice and foundational constructs in Buddhist Psychology and learn how to incorporate two major components of Buddhist philosophy – Mindfulness and the Four Noble Truths - into clinical practice with individuals, couples and families.

**Recommended text:** *The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology*, by Jack Kornfield

**July 27-28**

**Richard Heckler, PhD**

Friday, 6 - 9 p.m.

Saturday, 9 a.m. - 5 p.m.

CEJ1096

Room TBD ♦ \$205

**San Jose campus**

## Queer Consciousness

This workshop series looks at the unique issues of the LGBTIQK communities. Courses in this series are offered in Fall and Spring.

### NEW! Spirituality & the Queer Community: Clinical Implications

*Credit Hours: 10*  
(MFT, LCSW, RN)

Explore different historical and cultural approaches to sexual orientation and gender in a variety of religious and spiritual traditions. Gain an understanding of the wounding queer clients have experienced around limited religious beliefs, and learn ways to help queer clients address these issues and explore their own beliefs about spirituality in therapy. Cross cultural representations of spiritually powerful roles for queer community members will also be discussed.

**June 1-2**

**Philippe Berthoud, MFT**

Friday, 5:30 - 8:30 p.m.

Saturday, 9:30 a.m. - 5:30 p.m.

CEJ1090

Room TBD ♦ \$205

**San Jose campus**

### Discount Available!

Enroll in **any three courses** in this series at one time, and receive 10 percent off the total price. Call **800.557.1384** to register.

# Workshop Series



## The Practical Side of Counseling

These CE workshops will equip you with the knowledge and techniques needed to enhance your business acumen and help you successfully navigate the practical side of counseling.

### **Sustaining your Practice through the Recession: Is Insurance Worth the Hassle?**

*Credit Hours: 4  
(Psychologist, MFT, LCSW, RN)*

Discover what every therapist should know about insurance: the difference between EAP, HMO, EPO, PPS, and POS plans; the 12 crucial questions to ask when checking coverage and the criteria for Medical Necessity; how to fill out claim forms so they process quickly; and how to avoid common costly mistakes. Learn how to integrate insurance into your practice so you can successfully advocate for your clients needs and make your services more accessible to clients of all socioeconomic backgrounds.

**February 25**  
**Barbara Griswold, MFT**  
*Saturday, 9 a.m. - 1:00 p.m.*  
CEJ1052  
Room 215 • \$100  
**San Jose campus**

**March 17**  
**Barbara Griswold, MFT**  
*Saturday, 9 a.m. - 1:00 p.m.*  
CEB1007  
Room L7 • \$100  
**Berkeley campus**

### **NEW! Writing a Quality Clinical Record in the Age of Managed Care**

*Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)*

Learn how to create a comprehensive clinical record, document a full psychosocial assessment, formulate a coherent treatment plan, and chart ongoing progress notes in clinical practice in this intermediate course on clinical documentation. Each section of the mental health record will be reviewed, and the underlying rationale for the documentation discussed. Through a blend of didactic and interactive exercises with case examples, learn to create a comprehensive record which captures the 'whole' client, better informs the treatment approach, will be able stand up to third party payer quality review, and ultimately improve patient care.

**April 27**  
**Stephanie LaCount, MFT**  
*Friday, 8:30 a.m. - 4:30 p.m.*  
CEI256  
Room S224 • \$154  
**Pleasant Hill campus**

### **Building Your Private Practice**

*Credit Hours: 7  
(MFT, LCSW, RN)*

Therapists are trained in psychotherapy, not in business, yet there are key business skills every therapist needs to know in order to survive and thrive in the marketplace. This workshop will familiarize participants with basic small business practices such as developing a business plan, setting and raising fees, and effective marketing strategies that will enable you to establish and grow a successful private practice so you can continue to pursue the work you love to do.

**May 11**  
**Beth Proudfoot, MFT**  
*Friday, 9 a.m. - 5 p.m.*  
CEB1015  
Room L7 • \$154  
**Berkeley campus**

## Interested in Teaching a CE Course?

We are constantly seeking to improve the breadth and quality of our offerings. If you possess extensive adult teaching or training experience and are interested in joining our select group of faculty, please email [conted@jfku.edu](mailto:conted@jfku.edu) to request a proposal submission form.

Proposals for consideration in our Fall catalog must be submitted by March 1 of each year. Proposals for consideration in our Spring/Summer catalog must be submitted by August 1 of each year.

New course proposals are submitted to the advisory committee for review and approval.

For specific proposal or content questions, please contact Kimberly Twilla Moody, Director of Programs, at [ktwilla@jfku.edu](mailto:ktwilla@jfku.edu).



# Certificate Programs

Our certificate programs are designed to offer in-depth learning opportunities in select clinical subject areas. These programs enable students to equip themselves with the practical skills and analytical tools necessary to achieve professional expertise. All certificate courses may be taken as part of the certificate program or as stand-alone CE courses.

## Autism Spectrum Disorders Certificate

A December 2009 report by the Centers for Disease Control and Prevention (CDC) estimates that 1 in 110 children in the United States have an autism spectrum disorder. Although symptoms and severity can differ among individuals on the spectrum, each person affected by the disorder has impaired communication skills and difficulties initiating or sustaining social interactions. This unique certificate program, designed for mental health professionals, parents, special education providers and advocates, is the first to offer a full spectrum examination of autism spectrum disorders, along with tips for intervention from birth through adulthood. Participants will learn how to diagnose and establish treatment plans for children and adults on the autism spectrum, and will be introduced to new emerging treatment ideas and practical tips for the ongoing support and treatment of autistic adults.

**Certificate requirements:** A minimum of 50 hours is required. This includes five core courses and at least three electives. New electives will be available in each catalog, and different core courses are offered throughout the year.

### Core Courses

1. Understanding Autism Spectrum Disorders: Assessment and Treatment of Children and Adults
2. Assessment and Diagnosis of Autism Spectrum Disorders
3. Applied Behavioral Analysis and other Established Treatments for Autism Spectrum Disorders
4. Managing the Treatment of Adults on the Autism Spectrum: What Happens after High School?
5. Effective Care for ASDs: Redefining the Therapist's Role

### Enrolling in a certificate program is easy!

Download a *Certificate Application* from [www.jfku.edu/ce](http://www.jfku.edu/ce), and return the completed form along with the non-refundable \$35 application fee before you enroll in your second course in the program. You will have three years (3) from the date your application is received to complete your program. For more information, please see our Certificate FAQs online or call us at 800.557.1384.

### Core Course

#### Managing the Treatment of Adults on the Autism Spectrum: What Happens after High School?

Credit Hours: 6

(Psychologist, MFT, LCSW, RN)

While most autistic spectrum children are closely monitored at school and by their care team, little attention has been paid to establishing effective treatment plans as they mature and become adults. Discuss emerging ideas for the ongoing support and treatment of autism spectrum adults and ways to redefine the therapist's role to more effectively serve this ever growing population. Learn how to establish a treatment plan, build a treatment team which oversees each aspect of client care in the key areas needed (education, mental health, and life skill management), and make appropriate referrals to better serve clients' needs.

**Recommended texts:** *Adults on the Autism Spectrum Leave the Nest*, by Nancy Perry and *Helping the Child with Asperger's Syndrome or Nonverbal Learning Disorder*, by Kathryn Stewart

**Prerequisite required:** *Understanding Autism Spectrum Disorders: Assessment and Treatment of Children and Adults* or familiarity with Autism Spectrum Disorders.

**February 10**

**Kathryn Stewart, PhD**

Friday, 9 a.m. - 4 p.m.

CE1244

Room S104 • \$159

**Pleasant Hill campus**

### Discount Available!

Enroll in **any three courses** in a certificate program at one time and receive 10 percent off the total price! Call **800.557.1384** to register.

# Certificate Programs


*Elective Course*
**NEW! Social Skills for Adolescents on the Spectrum**

Credit Hours: 4.5  
(Psychologist, MFT, LCSW, RN)

Adolescents on the Spectrum benefit from a straight-forward approach to learning the rules governing society, independent living skills, as well as explicit expressive and receptive pragmatic language training. Learn to develop a comprehensive social skills training program to address the social skills needs of these adolescents, including Asperger's Disorder, Non-verbal Learning Disorder, and other related neurocognitive disorders. Learn strength-based strategies for training adolescents on the Spectrum in individual and group settings. This course is designed for intermediate to advanced clinicians interested in expanding their skills or practice to include service to children on the Spectrum.

**Pre-requisite recommended:**

*Understanding Autism Spectrum Disorders: Assessment & Treatment of Children & Adults* or familiarity with Autism Spectrum Disorders

**March 9**

**Andrew Schlegelmilch, PhD**

Friday, 9 a.m. - 2:30 p.m.  
CE1246

Room S312 • \$112.50

**Pleasant Hill campus**

*Core Course*
**Understanding Autism Spectrum Disorders: Assessment & Treatment of Children & Adults**

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Autism Spectrum Disorders are neurodevelopmental disorders that involve life-long deficits in social interaction, communication, and behavior. Become familiar with the prevalence, hypothesized etiologies, diagnostic criteria, and known neurological underpinnings of these disorders. Review differential diagnosis and formal assessment tools as well as behavioral, educational, and adjunct treatments for children and adults.

**March 30**

**Sara Rice Powers, PhD**

Friday, 9 a.m. - 4 p.m.  
CE1186

Room S224 • \$159

**Pleasant Hill campus**

*Core Course*
**Assessment & Diagnosis of Autism Spectrum Disorders**

Credit Hours: 5  
(Psychologist, MFT, LCSW, RN)

In this intermediate course, take an in-depth look at the appropriate strategies for assessment and diagnosis of autism spectrum disorders, including use of autism-specific assessment tools and recognition of autism-specific psychological and neuropsychological profiles.

**Pre-requisite required:** *Understanding Autism Spectrum Disorders: Assessment & Treatment of Children & Adults* or familiarity with ASDs

**April 27**

**Sara Rice Powers, PhD**

Friday, 9 a.m. - 3 p.m.  
CE1201

Room S312 • \$125

**Pleasant Hill campus**

*Core Course*
**NEW! Applied Behavioral Analysis & Other Established Treatments for Autism Spectrum Disorders**

Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)

Early intervention has been shown to increase the functionality and capacity of individuals diagnosed with autism spectrum disorders. In this intermediate course, become familiar with the scientifically supported treatments that have been established as the most effective for individuals with autism spectrum disorders, with focus on Applied Behavior Analysis (ABA) based methodologies including structured (Discrete Trial Training) and naturalistic (Pivotal Response Training, Early Start Denver Model, etc.) teaching techniques. Learn how to help families identify, evaluate, and access the best available treatments for their children.

**Prerequisite required:** *Understanding Autism Spectrum Disorders: Assessment & Treatment of Children & Adults* or familiarity with Autism Spectrum Disorders

**June 2**

**Weihe Huang, PhD, RhD, BCBA-D**

Saturday, 9 a.m. - 5 p.m.  
CE1202

Room S224 • \$175

**Pleasant Hill campus**

*Elective Course*
**NEW! Family Therapy for Clients on the Autism Spectrum**

Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)

With the increasing prevalence of Autistic Spectrum Disorders in the population, even the most seasoned clinician can be challenged when called upon to intervene effectively with families who are trying to cope. Through lecture and experiential exercises, learn the current theoretical framework for better serving this fascinating and often resilient population and intervention techniques rooted in that framework. Thorny issues such as bullying, loneliness, family stress, alienation and loss are obstacles that require the special sensitivity, creativity, and specific techniques suggested in this course.

**Pre-requisite required:** *Understanding Autism Spectrum Disorders: Assessment & Treatment of Children & Adults* or familiarity with Autism Spectrum

**July 14**

**Annette Blackman, MPH, PhD, LMFT**

Saturday, 9 a.m. - 5 p.m.  
CE1260

Room S312 • \$175

**Pleasant Hill campus**

*Elective Course*
**New! Individual Education Program (IEP) Basics: Understanding Your Role in the IEP Process**

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Under the Individuals with Disabilities Education Act (IDEA), the Individualized Education Program (IEP) specifies the educational support and services necessary for a student to learn based on his/her special needs. Each IEP is created by an IEP team typically consisting of the school administrator, general education and special education teacher, the student's parent(s), the student (when appropriate), and other special education service providers, such as a psychologist and/or behaviorist. Become familiar with the fundamental principles of the IEP process and the specific role they play in its implementation. Using case study examples, IDEA analysis, and interactive exercises, learn how to develop and implement an appropriate IEP plan for qualifying students attending K - 12 public educational programs.

**Online Section - Enroll Anytime**  
**Karra Barber**  
CE1231W • \$159  
**Register online: [www.jfku.edu/ce](http://www.jfku.edu/ce)**



# Certificate Programs

## Eating Disorders Certificate

The occurrence of eating disorders has increased at an alarming rate with subclinical issues arising as concerns in treatment, such as obsessive exercise, weight preoccupation, and body image disturbance. This eating disorders certificate provides the knowledge and skills to effectively treat individuals who struggle with anorexia nervosa, bulimia nervosa, binge eating disorder, and other eating problems. Core courses cover assessment, diagnosis, and treatment, while electives address different modalities of treatment and the application of theory to practice.

**Certificate requirements:** A total of seven courses are required, including three core courses and four electives.

*"I was able to work full time while completing this flexible program. It is useful in my everyday practice as an MFT and helped me attain a Certified Addiction Specialist (CAS) from American Academy of Health Care Providers in the Addictive Disorders. I would highly recommend this program to any student who wants to expand their knowledge and understanding of Eating Disorders."*

**~ Lara Windett, LMFT, CAS**

### Core Courses

1. Assessment and Diagnosis of Eating Disorders
2. Treatment Issues in Eating Disorders: Anorexia and Bulimia
3. Medical and Physiological Aspects of Eating Disorders

### Core Course

#### **Treatment Issues in Eating Disorders:**

##### **Anorexia and Bulimia**

*Credit Hours: 10*

*(Psychologist, MFT, LCSW, RN)*

Develop a working knowledge of the issues faced in treating clients with Anorexia Nervosa and Bulimia Nervosa. Nutritional analysis, comorbidity, differential diagnosis, and criteria for referral to intensive outpatient, inpatient or residential treatment will be covered. Gain an understanding of medical complications and interventions, as well as the medications and types of therapy that are the most effective with this population. A registered dietician will present as a guest speaker.

#### **February 3-4**

##### **Tony Paulson, PhD**

*Friday, 6 - 9 p.m.*

*Saturday, 9 a.m. - 5 p.m.*

*CE2013*

*Room S312 • \$205*

**Pleasant Hill campus**

### Elective Course

#### **NEW! Dialectical Behavior**

##### **Treatment for Eating Disorders**

*Credit Hours: 10*

*(Psychologist, MFT, LCSW, RN)*

Learn how to use Dialectical Behavior Therapy (DBT) in the treatment of eating disorders. DBT is an empirically validated methodology that has proven to be extremely effective for disorders that involve emotional dysregulation, such as eating disorders, and has become the treatment of choice in many programs due to its effectiveness in recovery and prevention of recidivism. Through a blend of didactic and experiential exercises, learn how to apply the four DBT modules (Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance) to eating disorder issues and integrate DBT skills into your work with individuals and groups.

#### **February 24-25**

##### **Lori Schwanbeck, MFT**

*Friday, 6 - 9 p.m.*

*Saturday, 9 a.m. - 5 p.m.*

*CE2028*

*Room S224 • \$205*

**Pleasant Hill campus**

# Certificate Programs



## Core Course

### **Medical & Physiological Aspects of Eating Disorders**

*Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)*

Eating disorders often involve interplay between psychology and medicine. This course provides a review of medical complications associated with eating disorders. Participants will gain the tools and skills to assess the medical risks of their eating disordered clients and become familiar with resources that can assist them in working with this challenging population.

**April 13-14**

**Tony Paulson, PhD**

*Friday, 1:00 - 4:30 p.m.  
Saturday, 9:30 a.m. - 5 p.m.  
CE2014*

*Room S312 • \$205*

**Pleasant Hill campus**

## Elective Course

### **Family Therapy with the Eating Disordered Client**

*Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)*

Through live presentations from professionals in the field, video presentations and discussions, become familiar with the unique dynamics of Eating Disordered families and their role in the onset of the disorder and the recovery process. Learn about the different types of families where eating disorders are present and examine how each interacts differently with the client during the healing process. Case presentations will be used to demonstrate different techniques for helping these families and loved ones.

**June 1-2**

**Jackie Holmes, MEd, MFT**

*Friday, 1:00 - 4:30 p.m.  
Saturday, 9:30 a.m. - 5 p.m.  
CE2031*

*Room S312 • \$205*

**Pleasant Hill campus**

## Elective Course

### **Expressive Arts Therapy with Eating Disordered Clients**

*Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)*

Talk therapy often proves difficult for clients who express their feelings through eating disorder symptoms. In this course, participants will learn practical techniques in a variety of expressive arts modalities (art, drama, movement, poetry, etc...) to use in the diagnosis and treatment of clients with eating disorders and body image concerns. These techniques will help clients access difficult unconscious material and begin to express their emotions more freely.

**August 10-11**

**Ellyn Herb**

*Friday, 1:00 - 4:30 p.m.  
Saturday, 9:30 a.m. - 5 p.m.  
CEJ2001*

*Room TBD • \$205*

**San Jose campus**

## **Discount Available!**

Enroll in **any three courses** in a certificate program at one time and receive 10 percent off the total price! Call **800.557.1384** to register.

## **Enrolling in a certificate program is easy!**

Download a *Certificate Application* from [www.jfku.edu/ce](http://www.jfku.edu/ce), and return the completed form along with the non-refundable \$35 application fee before you enroll in your second course in the program. You will have three years from the date your application is received to complete your program. For more information, please see our Certificate FAQs online or call us at 800.557.1384.



# Certificate Programs

## Expressive Arts Therapy Certificate

Expressive arts therapy uses one or more art forms – visual arts, dance, movement, drama, music, and poetry – to facilitate personal growth, problem solving, therapeutic change, group process, and team building. Our expressive arts certificate can help practicing therapists, mental health professionals, organizational consultants, ministers, and educators integrate the creative process and techniques of expressive arts therapy into their work. This certificate can enhance a clinical practice, expand competence with a variety of art modalities, and/or enliven work in the classroom.

**Certificate requirements:** A total of six courses are required. This includes one core course and five electives.

*“My training in Expressive Art Therapy has proven to be an invaluable alternative for self-understanding and personal expression for the adolescents I work with, many of whom have had more than their fair share of talk therapy. The ultimate endorsement for extended study in Expressive Arts is the positive impact it has had on the people I work with. I can point to several cases where an expressive art intervention was the pivotal experience that led to successful outcomes.”*

~ David Benoit, MFT

Core Course (choose one)

- Introduction to Expressive Arts Therapy
- Introduction to Expressive Arts Therapy: A Post-Jungian Approach

Elective Course

### **NEW! Painting your Personal Mythology**

Credit Hours: 10

(Psychologist, MFT, LCSW, RN)

Using a blend of painting, guided visualization, meditation and movement, the Painting Your Personal Mythology (PPM) method allows clients to express themselves through art, discover the symbolic meaning of the artwork, embody that insight, and translate it into verbal language. Through a combination of lecture, visual aids and experiential exercises, explore the theory and practice of this intra-psychic (a self directed and self interpreted exploration) method and learn to facilitate it with individuals, couples, and groups. A \$10 materials fee will be due in class.

**February 10-11**

**Terry Hatcher, PhD**

Friday, 6 - 9 p.m.

Saturday, 9 a.m. - 5 p.m.

CE2528

Room N350 • \$205

**Pleasant Hill campus**

Core Course

### **Introduction to Expressive Arts Therapy**

Credit Hours: 10

(Psychologist, MFT, LCSW, RN)

Expressive arts modalities are powerful psychotherapeutic methods for enhancing and supporting verbal therapy. The introduction of these creative approaches can bring insight to complicated or sensitive issues that are difficult to reach by traditional therapeutic methods. This course will review the basic modalities and suggest ways to introduce and integrate the arts into therapy with children, adults, couples and families. A \$10 materials fee will be due in class.

**March 23-24**

**Sandy Dibbell-Hope, PhD, DTR**

Friday, 1:00 - 4:30 p.m.

Saturday, 9:30 a.m. - 5 p.m.

CE2514

Room N350 • \$205

**Pleasant Hill campus**

### **Discount Available!**

Enroll in **any three courses** in a certificate program at one time and receive **10 percent** off the total price! Call **800.557.1384** to register.

# Certificate Programs



Elective Course

## **NEW! Creative Interventions in Family Recovery**

Credit Hours: 10  
(MFT, LCSW, RN)

Research shows that family members and significant others play a crucial role in both the development of addiction and its treatment. Learn how to utilize creative interventions, including the expressive arts (music therapy, art therapy, psychodrama, role-play and family stories) and principles from other therapeutic models like CBT, DBT and EMDR, to provide insight into the dynamics of the addiction and help both the family system and each family member (children and adults) create an environment that is more conducive to recovery.

**April 20 and 27**  
**Karen Kaufman, PhD**  
2 Fridays, 9 a.m. - 3 p.m.  
CEB1059  
Room L7 • \$205  
**Berkeley campus**

Elective Course

## **NEW! Person-Centered Expressive Arts Therapy**

Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)

Learn to facilitate clients utilizing Expressive Arts from a Person-Centered theoretical perspective, which has been shown to have positive effects with grief and loss, relationships, substance abuse, life transitions, anxiety, stress, and eating disorders and is practiced cross-culturally. Through a blend of lecture and experiential exercises, explore the theoretical rationale for using this process with clients and learn how to facilitate using a variety of mediums such as painting, drawing, collage, clay, movement and writing with a variety of populations.

**June 8-9**  
**Linda Satchell, MFT**  
Friday, 1:00 - 4:30 p.m.  
Saturday, 9:30 a.m. - 5 p.m.  
CEJ1097  
Room TBD • \$205  
**San Jose campus**

Elective Course

## **Expressive Arts Therapy with Eating Disordered Clients**

Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)

Talk therapy often proves difficult for clients who express their feelings through eating disorder symptoms. In this course, participants will learn practical techniques in a variety of expressive arts modalities (art, drama, movement, poetry, etc...) to use in the diagnosis and treatment of clients with eating disorders and body image concerns. These techniques will help clients access difficult unconscious material and begin to express their emotions more freely.

**August 10-11**  
**Ellyn Herb,**  
Friday, 1:00 - 4:30 p.m.  
Saturday, 9:30 a.m. - 5 p.m.  
CEJ2001  
Room TBD • \$205  
**San Jose campus**

Equivalent to Five Elective Courses

## **Introduction to Dance/Movement Therapy Level 1: Theory and Practice**

Credit Hours: 50  
(MFT, LCSW, RN)

Through experiential exercises, readings and discussion, learn the theoretical origins, foundations, principles and practice of dance/movement therapy. Explore therapeutic elements in dances from world cultures from an anthropological perspective and be introduced to treatment for specific populations including children, higher functioning adults, elders and hospitalized psychiatric patients. For complete course description, including required reading and pre-coursework, please see our website at [www.jfku.edu/ce](http://www.jfku.edu/ce).

This course may be taken as a first step toward the R-DMT credential or as a five elective equivalent in our Expressive Arts Therapy Certificate Program.

**February 3-6 and 10-12**  
**Bonnie Bernstein, MEd, MFT, BC-DMT**  
7-Day intensive held over 2 extended weekends  
9 a.m. - 5:15 p.m. each day  
CEJ1091  
Room 207/208 \$1,025  
**San Jose campus**

## Save the Dates

Dr. Pat B. Allen and John F. Kennedy University present...

Expressive Arts Therapy Elective Course

### **Art & Writing as Clinical Tools in Therapy:**

#### **The Open Studio Process**

Credit Hours: 10  
(Psychologist, MFT, LCSW, RN)

Art and writing have been shown to facilitate anxiety and anger management, emotional literacy, intercultural conflict resolution and resolution of grief and loss with a variety of clinical populations. Restore your creativity to a central place in your clinical work by learning the basic application of the Open Studio Process while nurturing your own creative process as well. No prior art or writing experience needed.

**March 15-16**  
**Pat B. Allen, PhD, ATR**  
Cost: \$250

Location: **Dr. Allen's studio, Ojai, CA**

Expressive Arts Therapy Elective Course

### **Earth, Art, & Transformation: Open Studio Process in Dialogue with Nature**

Credit Hours: 10  
(MFT, LCSW, RN)

Creative work creates a pathway from our inner wisdom to the infinite wisdom of nature. Deepen your understanding of your self, your work and the world by practicing the Open Studio Process in dialogue with nature.

**Prerequisite required:** Prior training in the Open Studio Process (OPS)

**March 17-18**  
**Pat B. Allen, PhD, ATR**  
Cost: \$250  
Location: **Dr. Allen's studio, Ojai, CA**

For details about both workshops, please see Dr. Allen's website at: [www.patballen.com](http://www.patballen.com)



# Certificate Programs

## Treatment Strategies for Returning Troops Certificate

Since 9/11, approximately 2.1 million troops have served in Operation Enduring Freedom (OEF) in Afghanistan, Operation Iraqi Freedom (OIF) and Operation New Dawn (OND). California has the highest number of deployed and seriously wounded service members. 30,000 service veterans come back to California yearly - more than the Department of Veterans Affairs (VA) can effectively serve, and many veterans seek treatment outside the VA. A RAND Corporation report in 2008 estimated that 300,000 vets suffer from PTSD, anxiety or major depressive symptoms and substance abuse problems. Many also have co-morbid traumatic brain injuries. Experts estimate that it can take six months to a year to transition back to civilian life, which can have significant impact on the family.

This new certificate program is designed to provide mental health providers, educators, school counselors, VA program staff at colleges and universities and advocates at the many organizations who serve our veterans with the information and skills they need to address the pertinent issues affecting our returning troops. Taught by experts from the VA and the National Center for PTSD, the curriculum includes the latest empirically-supported treatment methods endorsed by the Department of Veterans Affairs (VA).

**Certificate requirements:** A minimum of 50 hours is required. This includes three core courses, a treatment method, and at least three electives. Additional treatment method courses may be taken as electives. New electives will be available in each catalog.

### Core Courses

1. Working with Veterans from Iraq and Afghanistan: Exploring the Psychological Impact of War and its Unique Treatment Considerations
2. Integrated Behavioral Couple Therapy (IBCT): An Effective, Evidence-Based Therapy for OEF/OIF Veterans and their Partners
2. The Difficult Journey Home: Promoting Resilience in Families during and after Deployment

### Treatment Methods (choose one of the following treatment methods)

- A. Prolonged Exposure Therapy for PTSD: Overview, Implementation, and Consultation
- B. Cognitive Processing Therapy for PTSD: Overview, Implementation, and Consultation
- C. PTSD and Substance Abuse in Veterans - *Seeking Safety*®: Overview and Implementation
- D. Eye Movement Desensitization and Reprocessing (EMDR) - Part I, Part II, and Consultation

### Core Course

#### **NEW! Integrated Behavioral Couple Therapy (IBCT): An Effective Evidence-Based Therapy for OEF/OIF Veterans & Their Partners**

Credit Hours: 6

(Psychologist, MFT, LCSW, RN)

Learn the basic concepts of Integrative Behavioral Couple Therapy, an evidence-based therapy for couples developed by Neil S. Jacobson and Andrew Christensen that expands on principles from Emotionally Focused Couple Therapy and Cognitive Behavioral Therapy. IBCT has been endorsed by the VA as an effective treatment modality for couples coping with issues that arise from military service including PTSD, substance abuse, and domestic violence. Through lecture, case presentation, case studies and role play activities, you will be introduced to IBCT theory and strategies and learn how to use IBCT techniques to help couples move towards improved patterns of interaction.

### February 11

#### **Adele Brainard, LCSW**

Saturday, 10 a.m. - 5 p.m.

CE1242

Room S104 • \$159

**Pleasant Hill campus**

### Treatment Method B

#### **NEW! Implementing Cognitive Processing Therapy**

Credit Hours: 11

(Psychologist, MFT, LCSW, RN)

Learn how to implement Cognitive Processing Therapy (CPT) with clients in this advanced course. The protocol for each session will be explained in detail, including how to explain and utilize worksheets with clients, identify problematic cognitive processes, use Socratic questioning effectively, and support patients in challenging their PTSD-related thinking patterns related to safety, trust, power/control, self-esteem, and intimacy. Case presentations, role plays, and videos will be presented to illustrate sessions and help clinicians develop a thorough understanding of how to implement CPT with clients. Common challenges and managing difficult cases will also be discussed.

### **Prerequisite required:** Cognitive

Processing Therapy for PTSD: An Overview

### February 25 and March 24

#### **Caryn DiLandro, PhD**

2 Saturdays, 9 a.m. - 3:30 p.m.

CE1240

Room S312 • \$275

**Pleasant Hill campus**

# Certificate Programs



*Treatment Method B*

## **Cognitive Processing Therapy for PTSD:**

### **Consultation**

*Credit Hours: 4*

*(Psychologist, MFT, LCSW, RN)*

Receive consultation on your own Cognitive Processing Therapy (CPT) cases in this advanced course. Key CPT concepts will be briefly reviewed and each case will be examined to ensure that it is adhering to the treatment protocol. Participants will also receive guidance on how to work with avoidant clients and other challenges that arise. Bring questions related to the protocol, current clients, and anticipated problems related to implementation of CPT for group discussion and consultation.

**Pre-requisite required:** *Implementing Cognitive Processing Therapy*

**May 19**

**Caryn DiLandro, PhD**

*Saturday, 9 a.m. - 2 p.m.*

CE1241

Room S312 • \$100

**Pleasant Hill campus**

*Treatment Method A*

## **NEW! Prolonged Exposure Therapy for PTSD:**

### **Consultation**

*Credit Hours: 4*

*(Psychologist, MFT, LCSW, RN)*

Receive consultation on your own Prolonged Exposure Therapy (PE) cases in this advanced course. Key PE concepts will be briefly reviewed and each case will be examined to ensure that it is adhering to the treatment protocol. Participants will also receive guidance on how to work with avoidant clients and other challenges that arise. Bring questions related to the protocol, current clients, and anticipated problems related to implementation of PE for group discussion and consultation.

**Pre-requisites required:** *Prolonged Exposure Therapy for PTSD: An Overview and Implementing Prolonged Exposure Therapy*

**April 28**

**Caryn DiLandro, PhD**

*Saturday, 9 a.m. - 2 p.m.*

CE1238

Room N163 • \$100

**Pleasant Hill campus**

*Elective*

## **NEW! Assessment & Treatment of Mild, Moderate and Severe Traumatic Brain Injury: Issues through the Spectrum**

*Credit Hours: 7*

*(Psychologist, MFT, LCSW, RN)*

Receive an introduction and overview of traumatic brain injury, treatment, assessment, and research. Interactive discussions will include incidence and epidemiology, brain anatomy and the brain-behavior relationship, functional impacts of brain injury, assessment and treatment approaches, cultural and family issues, and ongoing research through the TBI Model System of Care.

**May 11**

**Stephanie Kolakowsky-Hayner, PhD, CBIST**

*Friday, 9 a.m. - 5 p.m.*

CE1259

Room S312 • \$175

**Pleasant Hill campus**

*Treatment Method C*

## **NEW! PTSD & Substance Use in Veterans:**

### **An Overview of Seeking Safety®**

*Credit Hours: 3*

*(Psychologist, MFT, LCSW, RN)*

Posttraumatic Stress Disorder (PTSD) and substance use disorders (SUD) co-occur at a relatively high rate, and the odds of substance-use disorders are three times greater in individuals with PTSD. Moreover, co-occurring PTSD and substance use has been associated with worse treatment outcomes, higher risks of self-harm and suicidality, and lower work and social functioning. Recent research from the Department of Defense and the Rand Corporation suggest that returning veterans are at increased risk for both disorders. *Seeking Safety®* is a manualized treatment protocol designed to simultaneously treat substance use disorders and PTSD. This 3-hour overview is designed to increase understanding of the etiology and challenges of co-morbid PTSD and SUD and provide an introduction to *Seeking Safety®*.

**July 21**

**David Joseph, PhD**

*Saturday, 9 a.m. - 12 p.m.*

CE1257

Room S312 • \$75

**Pleasant Hill campus**

## **NEW! Implementing Seeking Safety® for Veterans with PTSD & Substance Use Disorders**

*Credit Hours: 7*

*(Psychologist, MFT, LCSW, RN)*

*Seeking Safety®* is a manualized treatment protocol designed to simultaneously treat substance use disorders and PTSD. This intermediate course is designed to increase understanding of the etiology and challenges of co-morbid PTSD and SUD in veterans, and to provide intensive instruction on the treatment of these disorders using the *Seeking Safety®* treatment manual.

**Pre-requisite required:** *PTSD & Substance Use in Veterans: An Overview of Seeking Safety®*

**August 18**

**David Joseph, PhD**

*Saturday, 9 a.m. - 5 p.m.*

CE1258

Room S312 • \$175

**Pleasant Hill campus**

## **Discount Available!**

Enroll in **any three courses** in a certificate program at one time and receive 10 percent off the total price! Call **800.557.1384** to register.

## **Enrolling in a certificate program is easy!**

Download a *Certificate Application* from [www.jfku.edu/ce](http://www.jfku.edu/ce), and return the completed form along with the non-refundable \$35 application fee before you enroll in your second course in the program. You will have three years from the date your application is received to complete your program. For more information, please see our Certificate FAQs online or call us at 800.557.1384.



# Special Topics

Discounts available for multicourse or group registration. See page 31 for details.

## Save the Date

2nd Biennial Conference

### Front Line to Home Front: Promoting Recovery from PTSD & TBI

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN) pending approval

#### March 30

Friday, 8 a.m. - 5 p.m.

#### Pleasant Hill campus

This one-day conference will bring together leading experts to present the latest research and best practices for understanding and treating the complex challenges facing returning soldiers and families dealing with combat-related post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI).

**Keynote Speaker:** The Honorable Stephen Manley, Founder of "Veteran's Court"

This program is intended for primary care and community health providers, mental health professionals, substance abuse treatment providers, veterans and their families, advocacy groups, educators, clergy, law enforcement personnel, federal, state and local agencies, veterans service organizations, and others interested in the issues facing returning military and their families.

#### For more information, contact:

Della Combs, LMFT  
Director, Western Region ACT Raising Safe Kids Programs  
925.798.9245 ext. 7975  
dcombs@jfk.edu

Sponsored by the ACT Raising Safe Kids Program in the College of Graduate and Professional Studies (CGPS) at JFK University, and supported by grants from The Dean & Margaret Leshner Foundation and the American Psychological Association. CE Credit provided by the Continuing Education Division at JFK University.

Interested in working with veterans? See our new certificate program on **Treatment Strategies for Returning Troops** (pg. 22).

## Clinical Applications of Deep Imagination - Level I

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Growing research in several areas, including psychoneuroimmunology, optimal athletic performance and health psychology, document the benefits of guided imagery, which taps into both the wounds and inner resiliency that often lie below the conscious level of awareness. Through this experiential workshop, develop fluency in working with a client's symbolic inner life as an effective way to facilitate therapeutic goals. An interactive style of imagery facilitation and its clinical applications for a variety of therapeutic issues including grief, trauma, and anxiety, will be taught and practiced.

#### February 11

#### Leslie Davenport, MFT

Saturday, 10 a.m. - 5 p.m.

CEB1053

Room L7 • \$135

#### Berkeley campus

The Practical Applications courses, offered once a quarter, provide an opportunity for psychotherapists with previous experience in Deep Imagination guided imagery to enhance their technique and delivery of imagery with complex or hard-to-measure issues. A new clinical application will be taught in each class, as well as opportunities to deepen and practice guided imagery approaches presented in Clinical Applications of Deep Imagination - Level I.

## NEW! Practical Applications: Building Inner Resiliency

Credit Hours: 3  
(Psychologist, MFT, LCSW, RN)

In this intermediate course, participants will learn a specific imagery method for building emotional resiliency. Research confirms that key features to emotional resiliency include an ability to identify and tolerate feelings without criticism and blame while maintaining a sense of safety. Because imagery guides clients to experience emotions locked behind psychological defenses while escalating their psychological hardiness, imagery is documented to be particularly effective with resiliency training.

**Pre-requisite required:** Clinical Applications of Deep Imagination: Level I or instructor permission.

**Recommended Reading:** *Healing and Transformation Through Self Guided*, by Leslie Davenport

#### March 24

#### Leslie Davenport, MFT

Saturday, 10 a.m. - 1:00 p.m.

CEB1054

Room L7 • \$75

#### Berkeley campus

## NEW! Practical Applications: Resolving Complex Grief

Credit Hours: 3  
(Psychologist, MFT, LCSW, RN)

Learn to facilitate a specific imagery method for resolving complex grief. Research shows that guided imagery is an effective tool for resolving complicated and traumatic grief. By first establishing safety and building inner resources, clients will be guided to revisit their loss with the full yearning for the attachment and the emotions. They are then helped to detach by undoing binds and releasing distortions related to the loss. New choices that bridge the past to the present and future are then explored and reinforced in the imagery process.

**Pre-requisite required:** Clinical Applications of Deep Imagination: Level I or instructor permission.

#### June 9

#### Leslie Davenport, MFT

Saturday, 10 a.m. - 1:00 p.m.

CEB1055

Room L7 • \$75

#### Berkeley campus

# Special Topics



## Suicide Risk Assessment & Crisis Intervention

Credit Hours: 6.5  
(Psychologist, MFT, LCSW, RN)

In this intermediate course, learn how to identify the risk factors for suicide and intervene with adolescents and adults who are in crisis. Examine the psychological, biological, and psychosocial influences that shape your client's suicidal ideation and explore your own views regarding death and suicide. Suicide prevention, post suicide impact, and legal and ethical considerations will also be addressed.

**March 2**  
**Terri Davis, PhD**  
Friday, 9 a.m. - 4:30 p.m.  
CE1215  
Room S312 • \$149.50  
**Pleasant Hill campus**

**July 13**  
**Terri Davis, PhD**  
Friday, 9 a.m. - 4:30 p.m.  
CEJ1084  
Room TBD • \$149.50  
**San Jose campus**

## Understanding & Treating the Anxiety Spectrum: What You Need to Know to Effectively Treat Anxious Clients

Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)

Anxiety disorders exist on a continuum, and the average patient manifests several components across this spectrum, which may include generalized anxiety disorder, panic, phobias, obsessive compulsive disorders, spectrum disorders, posttraumatic stress disorder, and impulsive and addictive disorders. To treat patients effectively, mental health professionals must identify and treat the "target" symptom of each component involved.

Learn the one major mistake that all phobics make that maintains and perpetuates their disorder, the two things a phobic brain does not wish to do, and the three myths that devastate phobic patients. Examine the nine faulty thought processes that maintain and perpetuate the anxiety spectrum. Case illustrations, role play demonstration, analysis of couple interactions and experiential exercises will be used to examine the origin and dynamics of anxiety, as well as the most effective treatment strategies, including cognitive behavioral and experiential desensitization therapy.

**March 3**  
**Howard Liebgold, MD**  
Saturday, 9 a.m. - 5 p.m.  
CE1032  
Room S312 • \$154  
**Pleasant Hill campus**

## NEW! Motivational Interviewing Part I: An Introduction

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Open to newcomers and those with some background in Motivational Interviewing (MI), this course provides an introduction to MI, a client-centered, directive technique for helping clients to resolve ambivalence and make behavioral change. MI has been effectively used with alcohol and other drug problems, as well as a variety of other behavioral domains, including eating disorders, medication adherence, diet, and exercise. Participants will review the literature on the efficacy of MI, along with evidence of its use across a variety of different populations, and will have a chance to observe and practice basic MI skills.

**March 16**  
**Josh Kirsch, MSW, LCSW**  
Friday, 9 a.m. - 4 p.m.  
CEB1061  
Room L7 • \$135  
**Berkeley campus**

## NEW! Motivational Interviewing: Part II

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Motivational Interviewing is designed to help clinicians guide clients who are stuck or ambivalent. Building on the skills taught in Part I, this intermediate course focuses on counseling techniques unique to Motivational Interviewing. Learn how to handle resistance, elicit change talk and integrate MI with other techniques, such as CBT. The theoretical underpinnings of MI will be discussed, including research on the efficacy this technique, ethical issues, and ways of increasing proficiency. You will also have a chance to practice skills and receive feedback.

**Pre-requisite required:** *Motivational Interviewing Part I: An Introduction* or instructor permission.

**March 23**  
**Josh Kirsch, MSW, LCSW**  
Friday, 9 a.m. - 4 p.m.  
CEB1062  
Room L7 • \$135  
**Berkeley campus**

## NEW! CyberSex Addiction & Couples: Evaluation & Treatment

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

In this digital era, an increasing number of couples are entering therapy for help with cybersex-related issues such as sexting, porn addiction, and Internet infidelity. Explore different kinds of cybersex activity and the ways it impacts the individual, couple and family. Learn the primary criteria for diagnosing addictive behavior, how to distinguish between recreational and problematic internet use, how to make a differential diagnosis between a situational cybersex addict and a pre-existing sex addiction, and how to facilitate an early intervention and treatment plan for couples. Resources and referral information will also be provided.

**March 30**  
**Elaine Brady, PhD, MFT**  
Friday, 9 a.m. - 4 p.m.  
CEJ1098  
Room 215 • \$135  
**San Jose campus**

## NEW! Advanced Clinical Work with Transgender/Transsexual Clients

Credit Hours: 4  
(Psychologist, MFT, LCSW, RN)

This intermediate course provides a deeper exploration of complex clinical issues for those who are already working with transgender/transsexual clients. Explore the impact of making a gender transition, with an emphasis on how significant relationships are affected, including that of the therapist; the impact of hormones and the changing relationship to one's body and sexuality; as well as the relationship between sexual orientation, gender identity and gender fluidity. This course combines didactic lecture, clinical case examples and group discussion.

**March 31**  
**Kim Hraca, MFT**  
Saturday, 9 a.m. - 1:00 p.m.  
CEB1060  
Room L7 • \$100  
**Berkeley campus**



# Special Topics

Discounts available for multicourse or group registration. See page 31 for details.

## **NEW! How Culture Impacts Communication: Transcending Ethnicity in Clinical Practice**

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Therapists face challenges in understanding the ways that culture influences their clients' way of being in the world, so they can meet them where they are and provide the most useful therapy for them. Learn how to work with the 15 identified cultural dimensions to more effectively interact with clients. Learn how to assess your own and your client's cultural styles of communication, along with specific techniques to facilitate more effective communication with clients in clinical sessions, allowing you to establish trust and develop a deeper therapeutic relationship with clients from diverse cultures.

**March 31**  
**Sheri Reynolds, MFT**  
Saturday, 9 a.m. - 4 p.m.  
CEJ1100  
Room 215 • \$135  
**San Jose campus**

## **Managing Emotional Flashbacks in Complex PTSD**

Credit Hours: 6  
(Psychologist, MFT, LCSW, RN)

Clients who were extensively abused or neglected in childhood often suffer from complex PTSD and its recurring, life-spoiling emotional flashbacks – flashbacks that can be treated on cognitive, emotional, somatic and behavioral levels to reduce their frequency, intensity and duration. This course presents an eclectic blend of CBT, psychodynamic, somatic, and relational approaches to obviate clients' painful reactions to flashbacks. Learn the trauma typology to diagnose four key instinctual defensive structures: fight (narcissistic), flight (obsessive-compulsive), freeze (dissociative) and fawn (codependent), and evaluate the developmental arrest of self-nurturing and self-protective functions characteristic of complex PTSD. The subject of working with veterans who have PTSD will not be addressed.

**April 21**  
**Pete Walker, MFT**  
Saturday, 10 a.m. - 5 p.m.  
CE1150  
Room S312 • \$135  
**Pleasant Hill campus**

## **Save the Date**

### **ACT Raising Safe Kids Facilitator Training**

Credit Hours: 14  
(Psychologist, MFT, LCSW, RN)

**April 27-28**  
Friday, 9 a.m. - 5 p.m.  
Saturday, 9 a.m. - 5 p.m.  
CECO1006  
Room N263 • \$260  
(plus \$75 materials fee)  
**Pleasant Hill campus**

The ACT **Raising Safe Kids** program was developed by the American Psychological Association, and is intended for counselors, therapists, law enforcement, first responders, teachers, clergy, medical personnel, parents and other community workers interested in teaching parents and caregivers how to prevent violence against young children before it starts.

For complete program information and to register, please visit [www.jfku.edu/act](http://www.jfku.edu/act) or contact:  
Della Combs, LMFT  
Director, ACT Western Region Training Center  
925.798.9240  
dcombs@jfku.edu

Early registration and group discounts available!  
See website for details.

This program is supported by grants from The Dean & Margaret Leshner Foundation and the American Psychological Association.

## **NEW! Essentials for Leading Successful Psychotherapy Groups**

Credit Hours: 6.5  
(Psychologist, MFT, LCSW, RN)

Group psychotherapy offers many important therapeutic benefits for clients that are distinct from individual psychotherapy (Holmes & Kivlighan, Jr, 2000). In this intermediate course, learn how to start and lead effective psychotherapy groups. Topics include: how to screen and prepare clients for group psychotherapy, advantages and disadvantages of different types of groups, how to maximize therapeutic factors in psychotherapy groups, strategies for handling clinical dilemmas which may arise, and methods for increasing the therapeutic benefits of group psychotherapy.

**April 21**  
**Nancy Wesson, PhD**  
Saturday, 9 a.m. - 4:30 p.m.  
CEJ1099  
Room TBD • \$149.50  
**San Jose campus**

## **Positive Psychology in Clinical Practice**

Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)

Psychology has traditionally focused on pathology, with an emphasis on fixing what is broken. However, research has shown that by focusing on what is right with clients – the strengths and positive attributes they have – pathologies diminish and life satisfaction and function improves. Explore how to integrate the principles of positive psychology into your clinical practice. Learn techniques that promote mental health and help clients increase their feelings of happiness, serenity and resilience in life.

**Prerequisite required:** Please take the VIA Strengths test prior to class:  
[www.authentichappiness.org](http://www.authentichappiness.org).

**May 5**  
**John Schinnerer, PhD**  
Saturday, 9 a.m. - 5 p.m.  
CE1211  
Room S312 • \$154  
**Pleasant Hill campus**

# Special Topics



## **Energy Psychology: Mind/Body Techniques for Emotional Management**

*Credit Hours: 6  
(MFT, LCSW, RN)*

Energy Psychology techniques address the body, mind, and emotions simultaneously, thereby rapidly decreasing emotional activation and reducing stress, fear, and anxiety, while increasing feelings of resilience, confidence and peace. Become familiar with the most popular form of energy psychology, Emotional Freedom Techniques. Leave the class with practical tools to begin to use in your practice with clients as well as techniques you can teach to clients for home use.

**May 12**  
**Carol Odsess, PhD**  
*Saturday, 9 a.m. - 4 p.m.*  
CE1155  
Room S224 • \$135  
**Pleasant Hill campus**

## **Personality Disorders: Differential Diagnosis & Treatment**

*Credit Hours: 7  
(Psychologist, MFT, LCSW, RN)*

Accurate diagnosis is the first step toward successful treatment of Axis II disorders. In this psychodynamic exploration of personality disorders, examine differential diagnosis and treatment of patients whose psyches as very young children were profoundly wounded in relationship with another. Pulling from psychodynamic theories, neurobiological research and empirical data, learn to differentiate the intrapsychic structure, defensive presentation and clinical manifestations of the borderline, narcissistic and schizoid disturbances. Explore treatment issues including setting the frame, formulating therapeutic goals, identifying and utilizing typical countertransference reactions and making effective clinical interventions. Explore conceptual models and resources that can help assess, diagnose and treat patients within this diagnostic continuum.

**July 20**  
**Meg Patterson, MFT**  
*Friday, 9 a.m. - 5 p.m.*  
CE1192  
Room S312 • \$154  
**Pleasant Hill campus**

## **Save the Date**

Orion Academy & John F. Kennedy University present...

*6<sup>th</sup> Annual ASD Transitions Seminar*

### **Teens on the Spectrum: Self-Sufficiency, Life Skills & Work**

*No CE Credit Available*

**Saturday, March 10**  
**8:30 a.m. - 4 p.m.**

\$100 advance registration  
\$115 at the door

**Pleasant Hill campus**

Plan **Now** for Life After High School

This year's Transition Seminar will take a bold look at what teens on the spectrum and their parents can do **NOW** to prepare for life **AFTER** high school. Learn practical tips from the experts about how to best prepare your teen to navigate the real world and become happy, independent adults. Discover options and resources available to help promote a successful transition to college or work, and to develop a productive social life.

For more information: visit  
[www.jfku.edu/events](http://www.jfku.edu/events), call 510.733.4733, or  
email [seminartransitions2011@gmail.com](mailto:seminartransitions2011@gmail.com).  
To register: call CE at 800.557.1834.

**Karra Barber**, California State University, Chico, BS

**Bryna Barsky-Ex**, California State University, Northridge, BA; California School of Professional Psychology, MA, PhD

**Bonnie Bernstein**, Goddard College, BA; Boston University MEd; MFT, BC-DMT

**Philippe Berthoud**, Geneva University, BA; John F. Kennedy University, MA, MFT

**Annette Blackman**, University of California, Berkeley, BA; San Francisco State University, MA; University of California, Berkeley, MPH, PhD, LMFT

**Bill Bowen**, California State University, Long Beach, BA; San Francisco Fine Art Institute, MFA:LMT

**Elaine Brady**, California State University, East Bay, BA, MS; Union Institute, PhD; MFT

**Adele Brainard**, George Washington University, BA; University of California, Berkeley, MA; LCSW

**Michael Carolla**, University of Oregon, BA; Antioch University, MA; MFT

**Leslie Davenport**, San Francisco State University, BA; Mills College, MA; Dominican College, MS; MFT

**Terri Davis**, Virginia Union University, BA; Ohio State University, MA; PhD

**Sandy Dibbel-Hope**, Barnard College, BA; Columbia University, MA; California State University, Stanislaus, MS; California School of Professional Psychology, PhD; DTR

**Caryn DiLandro**, New York University, BA; Pacific Graduate School of Psychology, MS, PhD

**Rosalind Englander-Calo**, California State University, Hayward, MS; John F. Kennedy University, MA; MFT

**Aaron R. Feldman**, University of California, Santa Barbara, BA; Southwestern University School of Law, JD

**Linda Fodrini-Johnson**, California State University, East Bay, BA; John F. Kennedy University, MA; MFT, CMC

**Brenda Frechette**, University of Michigan, BA; Northern Arizona University, MA; California Institute of Integral Studies, PhD

**Barbara Griswold**, Syracuse University, BA; San Jose State University, MA; MFT

**John Hamel**, University of California, Los Angeles BA; MSW; LCSW

**Terry Hatcher**, University of California at Berkeley, BFA; John F. Kennedy University, MA; National Institute Expressive Therapy, PhD; REAT

**Richard Heckler**, Hobart and William Smith Colleges, BA; Antioch New England Graduate School, MEd; University of Pittsburgh, PhD

**Ellyn Herb**, University of Cincinnati, BA; San Jose State University, MA; The Fielding Institute, PhD

**Jackie Holmes**, Western Oregon State College, BS; Lewis and Clark College, MEd; MFT

**Kim Hraca**, University of Illinois, BA; John F. Kennedy University, MA; MFT

**Weihe Huang**, Anhui University, BA; East China Normal University, MA; Southern Illinois University, MS; PhD; RhD; BCBA-D

**Bret Johnson**, University of Colorado, BA; Alliant University, MA, PhD

**David Joseph**, University of Michigan, BA; Alliant University, PhD

**Karen Kaufman**, Temple University, BS; California State University, San Francisco, MS; Argosy, PhD

**Josh Kirsch**, University of California, Santa Barbara, BA; University of California, Berkeley, MSW; LCSW

**Stephanie Kolakowsky-Hayner**, University of Connecticut, BA; Towson University, MA; Virginia Commonwealth University, PhD; CBIST

**Stephanie LaCount**, University of California, Berkeley, BA; California State University, Hayward, MS, MFT

**Howard Liebgold**, University of California, Los Angeles, BA; University of California, San Francisco, MD

**Joan Lovett**, Wellesley College, BA; University of California, San Francisco, MD; FAAP

**Philip Manfield**, Columbia College, BA; University of California, Berkeley, MA; Lone Mountain, MA; International College, Los Angeles, PhD

**Maria Mattioli**, San Jose State University; BA; MS, MFT

**Rachel Michaelson**, University of California, Santa Cruz, BA; Smith College School for Social Work, MSW; LCSW, Diplomate-Comprehensive Energy Psychology

**Giovanna Morelli**, New York University, BA; San Jose State University, MSW; LCSW

**Carol Odsess**, University of California, Santa Cruz, BA; Hastings College of the Law, JD; California Graduate School of Psychology, Corte Madera, PhD

**Rhoda Olkin**, Stanford University, BA; University of California, Santa Barbara, MA, PhD

**Patricia Zurita Ona**, Universidad Católica Boliviana, BA; The Wright Institute, MA, PsyD

**Rena Palloff**, University of Wisconsin, BA; Fielding Graduate Institute, MA, PhD

**Meg Patterson**, Sonoma State University, BA; San Jose State University, MS, MFT

**Tony Paulson**, California State University, Sacramento, BA, MSW; Saybrook Institute, PhD

**Sara Rice Powers**, New York University, BA; Brigham Young University, PhD

**Beth Proudfoot**, Stanford University, BA; San Francisco State University, MS; MFT

**Sheri Reynolds**, San Jose State University, BA; John F. Kennedy University, MA; MFT

**Kate Rome**, Williams College, BA; John F. Kennedy University, MA; MFT, PPS

**Mark Rosenthal**, State University of New York, BA; City University of New York, MSW; LCSW

**Koke Saavedra**, Universidad Católica de Chile, BA; Georgetown University, MA; The Wright Institute, MA, PsyD

**Linda Satchell**, Sierra Nevada College, BA; John F. Kennedy University, MA; MFT

**John Schinnerer**, Pomona College, BA; University of California, Berkeley, MS; PhD

**Andrew Schlegelmilch**, John Carroll University, BS; Kent State University, MA; PhD

**Lori Schwanbeck**, University of

Saskatchewan, BC; Institute of Transpersonal Psychology, MA; MFT

**Matt Sharp**, New College, BA

**Vivian Silva**, San Jose State University, BS; MSW

**Kathryn Stewart**, University of California, Davis, BS; Wright Institute, PhD

**Daniel Taube**, Sonoma State University, BA; Hahnemann/Villanova University, JD, PhD

**Ron Unger**, University of the State of New York, BA; Portland State University, MSW; LCSW

**Peter Van Oot**, University of Delaware, BA; University of British Columbia, MA; Pennsylvania State University, PhD

**Darlene Viggiano**, Georgetown University BA; New York University, MA; National University, MA; Saybrook University, PhD; MFT

**Pete Walker**, Sydney University, BA; John F. Kennedy University, MA; MFT

**Nancy Wesson**, San Jose State University, BA, MS; Alliant International University, PhD

## Interested in Teaching a CE Course?

We are constantly seeking to improve the breadth and quality of our offerings. If you possess extensive adult teaching or training experience and are interested in joining our select group of faculty, please email [conted@jfkku.edu](mailto:conted@jfkku.edu) to request a proposal submission form.

Proposals for consideration in our Fall catalog must be submitted by March 1 of each year. Proposals for consideration in our Spring/Summer catalog must be submitted by August 1 of each year.

New course proposals are submitted to the advisory committee for review and approval.

For specific proposal or content questions, please contact Kimberly Twilla Moody, Director of Programs, at [ktwilla@jfkku.edu](mailto:ktwilla@jfkku.edu).



# General Information

John F. Kennedy University's Continuing Education Department (CE) offers post-graduate courses for licensed professionals to maintain their licenses in psychology disciplines. CE also hosts courses for entrepreneurial development and provides public service workshops and conferences.

JFK University does not discriminate on the basis of race, color, height, weight, national origin, religion, age, marital status, gender, sexual orientation, veteran status, or disability. In a continuing effort to enrich its academic environment and provide equal educational and employment opportunities, the University actively encourages applications from members of all groups that are underrepresented in higher education.

## CE Accreditations

JFK University is accredited by the Western Association of Schools and Colleges (WASC).

## JFK University Continuing Education is approved by:

- The American Psychological Association (APA) to sponsor continuing education for psychologists. JFK University Continuing Education (CE) maintains responsibility for this program and its content.
- The California Board of Behavioral Sciences (BBS) to provide continuing education for MFTs,, LPCCs, and LEPs. (provider #PCE 3555).
- The California Board of Registered Nursing (BRN) to provide continuing education for registered nurses (provider #02354).
- The California Foundation for the Advancement of Addiction Professionals (CFAAP/CAADAC) (provider #4-C-95-322-1113).
- The State Bar of California to provide minimum continuing legal education (MCLE) for attorneys (provider #9067).

## Published Course Schedules and Substitutions

Although we make every effort to maintain published course schedules, CE reserves the right to make changes in fees, faculty assignments, course dates and room locations. We will notify participants by phone and/or email as soon as possible should any course-related changes occur. Please visit our website at [www.jfku.edu/ce](http://www.jfku.edu/ce) for the most current course schedule information.

## Course Cancellations

CE reserves the right to cancel any course in the event of insufficient enrollment, instructor illness, national emergency, or natural disaster. Participants will be notified as soon as possible and will receive a full refund or transfer to another course within the current catalog cycle without penalty of additional processing fees. The liability of JFK University CE is limited to registration fees only. JFK University will not be responsible for any losses incurred by students including, but not limited to, airline cancellation charges or hotel deposits.

## Fees

All courses offered through CE are entirely self-supporting. Fees for courses vary and are adjusted to accommodate additional course expenses. Fees are listed in this catalog after each course description.

## Certificates of Attendance

CE certificates will be presented at the completion of each onsite course to students who have preregistered at least two (2) business days prior to the start of the course. If registration occurs less than two days before the course start date, we cannot guarantee that your CE certificate will be available onsite. In that case, your certificate will be mailed to you as soon as possible. For online course students, CE certificates are immediately available after you successfully complete each online course and evaluation.

## Program Credit

**CE Credit:** Course numbers that include "CE" provide mandated continuing education credit for agency requirements as specified. These courses may be taken for professional development or personal enrichment. One hour of CE credit is granted for one contact hour of instruction.

**CE:** Course numbers that start with "CE" are held at our Pleasant Hill campus.

**CEJ:** Course numbers that start with "CEJ" take place at our San Jose campus.

**CEB:** Course numbers that start with "CEB" take place at our Berkeley campus.

## Disability Services

All individuals with disabilities who need special accommodations or related assistance should contact the Director of Disability Services, Cheryl Chambers, at least three weeks prior to the beginning of the course. Please call 925.969.3447 or e-mail [chillschambers@jfku.edu](mailto:chillschambers@jfku.edu).

## Campus Locations

### Pleasant Hill Campus

100 Ellinwood Way  
Pleasant Hill, CA 94523

### Berkeley Campus

2956 San Pablo Avenue, 2nd Floor  
Berkeley CA 94702-2471

### San Jose Campus

3031 Tisch Way, 3 Plaza West  
San Jose, CA 95128

For campus maps and directions, please see our website at [www.jfku.edu/Locations/Campuses.html](http://www.jfku.edu/Locations/Campuses.html)

CE Administrative Office is located on the Pleasant Hill campus in Room S205. Office hours are Monday - Friday, 10 a.m. - 5:00 p.m.

Please visit our website at [www.jfku.edu](http://www.jfku.edu) for Campus Maps and Directions, and more detailed information about our courses.

# Registration Policies



## Please carefully review the information below.

**Register Early!** Preregistration ensures your place in the course(s) you want and helps minimize the cancellation of courses due to insufficient enrollment.

## We offer five easy ways for you to register!

**Online:** Visit [www.jfku.edu/ce](http://www.jfku.edu/ce) and register securely online using our "Shopping Cart" feature. For detailed instructions on how to use our online Shopping Cart, please see our FAQs at [www.jfku.edu/ce](http://www.jfku.edu/ce).

**Phone:** Call 800.557.1384 with your course information and credit card ready.

**Mail:** Complete the enclosed Registration Form and mail to:  
JFK University – CE  
100 Ellinwood Way, S205  
Pleasant Hill, CA 94523

**Fax:** Complete the enclosed Registration Form and fax it to:  
925.969.3155.

**In-person:** Stop by our CE Department located at:  
100 Ellinwood Way, S205  
Pleasant Hill, CA, 94523

Our office hours are Monday-Friday,  
10 a.m.-5 p.m.

Payment may be made by check, credit card (American Express, Visa, MasterCard), or money order. *Please make checks payable to JFKU-CE. All returned checks are subject to a processing fee of \$20.*

## Registration Cancellation

**Cancellations:** Should you choose to withdraw from a course PRIOR to the course start date, you may either request a refund (minus a \$20 processing fee) or transfer into another course within the current catalog cycle without penalty. For either option, you must contact Continuing Education by phone (800.557.1384) or e-mail ([conted@jfku.edu](mailto:conted@jfku.edu)) at least one (1) business day BEFORE the course start date.

**Refunds:** If you select a refund, you will be refunded for the amount of your registration fee, minus a \$20 processing fee. Absolutely no refunds will be granted for online courses.

**Course Transfer:** If you choose to transfer into another course, you may apply the full registration fee to another CE course of your choice within the current catalog cycle. Course transfers are only available at the time of cancellation.

**Late Arrival:** If you arrive late and are not permitted in the course, you may apply your registration fee to another course as long as you call our office within 48 hours. If you do not contact us within 48 hours, you will forfeit your registration fee. Note: APA requires FULL attendance of each course in order to earn CE credit.

**No-Show:** If you have enrolled for a course and fail to attend without notifying us, you will forfeit your registration fee.

## PLEASE NOTE

Online and cosponsorship courses and conferences are NOT eligible for discounts.

All other courses in this catalog are discount-eligible. Discounts cannot be combined.

## Discounts

We know how important continuing education is to professionals, and we are happy to offer discounted rates to you and your colleagues for most of our courses! This is a great opportunity to experience one or more of our offerings this session.

**10 percent Affiliate Discount:** Alumni, faculty, students, and staff of JFK University and National University will receive a 10 percent discount on any eligible CE course.

**10 percent Multicourse Discount:** Individuals who register for three (3) or more courses simultaneously will receive a 10 percent discount on each of those courses.

**10 percent Group Discount:** Three (3) or more participants who register for one course or multiple courses simultaneously are eligible to receive a 10 percent discount on each course. Payment information must be given at the time of registration. Group discounts cannot be issued retroactively and all group members must register at the same time to secure the discounted rate. If any participants in a discounted group cancel their registration, the discount will be void. Group registrations must be mailed together in one envelope with the appropriate payment information. You may also register for a Group Discount by calling us at 800.557.1384. Group discounts are not available through online registration.

## Contact Information

JFK University  
Continuing Education  
100 Ellinwood Way, S205  
Pleasant Hill, CA 94523  
Office: 800.557.1384  
Fax: 925.969.3155  
[conted@jfku.edu](mailto:conted@jfku.edu)  
[www.jfku.edu/ce](http://www.jfku.edu/ce)



# Frequently Asked Questions

## What is the difference between CE credit, Academic Credit, and CEUs?

**Continuing Education Credit:** We are approved as a provider of continuing education credit for licensure and pre-licensure requirements pertaining to psychologists, mental health professionals, registered nurses and attorneys. One hour of CE credit is earned for each hour of instruction and is based upon attendance. CE courses are assigned “credit” or “no credit” on official JFKU-CE transcripts.

**Academic Credit:** Credit or grades for academic courses are awarded based on attendance and course work. CE credit cannot be translated into academic credit, though CE courses are sometimes accepted as substitutions for academic courses. Check with your advisor to find out if one of our CE courses will meet your needs. If you need academic course credit for an area of study, please contact JFK University’s Enrollment Services department at 925.969.3535.

**Continuing Education Unit:** We provide Continuing Education Units (CEUs) for all of our nonprofit management courses, which abide by the guidelines established by the International Association for Continuing Education and Training (IACET). CEUs are nationally recognized units for measuring participation in professional development programs that do not award academic credit. These courses may be appropriate when employers, re-licensure agencies and other authorities require a specific number of hours of study, and where noncredit study is acceptable. CEUs may neither be applied to nor substituted for graduation or degree requirements. One CEU is earned for 10 hours of instruction.

## What are my licensure and reporting requirements?

To find out which courses are mandated for your licensure requirements or renewal, please check with your license provider. Website addresses are provided for your convenience:

California Board of Psychology:  
[www.psychboard.ca.gov/cont-edu/index.shtml](http://www.psychboard.ca.gov/cont-edu/index.shtml)

California Board of Behavioral Sciences:  
[www.bbs.ca.gov/licensees/ce\\_licensees.shtml](http://www.bbs.ca.gov/licensees/ce_licensees.shtml)

California Board of Behavioral Sciences:  
[www.bbs.ca.gov/lpcc\\_program/lpcc\\_licensure\\_path.shtml](http://www.bbs.ca.gov/lpcc_program/lpcc_licensure_path.shtml)

California Board of Registered Nursing:  
[www.rn.ca.gov/licensees/lic-renewal.shtml](http://www.rn.ca.gov/licensees/lic-renewal.shtml)

CE participants are responsible for reporting their own hours. If you are outside of California, please contact your state association.

## What are the benefits of pre-registering for a course?

Pre-registering for a course guarantees each registrant a place on the course roster for classes of limited size. Additionally, early registration minimizes the chance of your course(s) being cancelled due to insufficient enrollment. Participants who enroll at least 4 days prior to the course start date receive their CE certificate on-site immediately following completion of the course.

## Can I reserve a spot without payment?

No. Participants will not be added to any course until our office receives full payment.

## How do I register for onsite courses through your website?

You may register for any of our courses securely online through our shopping cart feature. Simply follow these instructions:

1. View our online **Course Calendar** for a complete list of offerings. Click on any course title to view the full course description.
2. After reviewing the course description, click “Add Course to Cart” on the course page. (Once the course is added to your Shopping Cart, the text will say “Course Added.”)
3. Continue to add courses to your Shopping Cart by repeating steps 1-2.
4. When you are ready to complete your registration, select “View Cart.” Review the list of courses you have selected and make any necessary changes.
5. Once the information in your cart is correct, click the “Checkout” button.
6. Complete the registration form. Select the appropriate discount status if any apply. Click “Review Submission” to make

sure all of your personal information is correct.

7. Click “Place Order.” You should receive email confirmation within a few minutes. If you do not receive a confirmation, please call us at 800.557.1384

**Please note:** You must register for online courses and onsite courses separately. Participants will receive instant access to online courses and email confirmation for onsite courses.

## When will I receive my course registration confirmation?

If you register through our website, confirmation will be emailed to you immediately. Please be sure to print a copy for your records. If you register in person or by mail, phone or fax, confirmation will be mailed to you within five (5) business days, including a map to the appropriate campus.

## When are courses closed and how will I know?

Courses are closed when the enrollment fills to its capacity. If the enrollment is full, our website will be updated to reflect the course closure. On-site registrations will not be accepted if a course is full. Register early to secure your space!

## Does CE offer any payment installment plans?

No. All CE courses must be paid for in full at the time of registration.

## What is the course attendance policy?

To earn continuing education credit for a course, 100% attendance is required. Late arrivals will not be allowed to earn CE credit. Partial credit cannot be granted.

## When can I expect to receive your next CE catalog?

Our website contains the most updated course and departmental information. Our printed catalog is currently produced two times per year. Our Fall/Winter catalog (September-February) is available in early August. Our Spring/Summer catalog (February-August) is available in early January. We send other program-specific and reminder mailings throughout the year. If you would like to be added to our mailing list, please email us at [conted@jfk.edu](mailto:conted@jfk.edu), or call us at 800.557.1384.

# Registration **Form** (Fax or Mail)

**NOTE:** This form should NOT be used to register for ONLINE courses. Please visit [www.jfku.edu/ce](http://www.jfku.edu/ce) for more information.

**CONTACT INFORMATION** [This section is mandatory. Please complete each line.]

Name: \_\_\_\_\_ Lic.Type: \_\_\_\_\_ Lic. No.: \_\_\_\_\_ ( )M ( )F

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Would you like to receive our e-mail monthly course calendar?  yes  no

**In order for us to attribute your credit properly, please provide one of the following:**

Last 4 digits of SSN: \_\_\_\_\_ OR JFKU Student ID #: \_\_\_\_\_

**DISCOUNTS:** If you are eligible for a discount, please check the appropriate box below and deduct 10 percent from your course fees. Please note: Discounts cannot be combined.

**Affiliates:**  JFK University  National University  Alumni  Student  Faculty  Staff

School: \_\_\_\_\_ Year Grad: \_\_\_\_\_ Department: \_\_\_\_\_

**General Public:**  Multicourse  Group Group Members: \_\_\_\_\_

**How did you learn about CE?**

Catalog  Reminder  Alumni  Colleague/Friend  JFKU Student  JFKU Website  
 JFKU e-mail  JFKU Flyer  APA  CPA  Word of Mouth  Other (please specify): \_\_\_\_\_

**Please enroll me in the following courses:**

TITLE	COURSE #	DATE	LOCATION*	\$	DISCOUNT \$

\*For Location, enter: **PH** for Pleasant Hill, **B** for Berkeley, **OC** for Off Campus, **SJ** for San Jose.

**Today's Date:** \_\_\_\_\_ **Total Fees:** \_\_\_\_\_

**Payment:**  Check  Visa  MasterCard  American Express  Money Order

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Fax to:** 925.969.3155 or **Mail to:** JFK University – CE, 100 Ellinwood Way, S205, Pleasant Hill, CA 94523



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CONTINUING EDUCATION

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