

SPRING SUMMER 2011

CONTINUING EDUCATION
CATALOG

JOHN F. KENNEDY UNIVERSITY



PLEASANT HILL | CAMPBELL | BERKELEY | COSTA MESA | ONLINE
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An Affiliate of the National University System

JOHN F. KENNEDY UNIVERSITY



Pleasant Hill Campus
100 Ellinwood Way
Pleasant Hill, CA 94523-4817
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Berkeley Campus
2956 San Pablo Ave., 2nd Floor
Berkeley, CA 94702-2471
510.649.0499



Campbell Campus
1 West Campbell Ave., Bldg. A
Campbell, CA 95008-1052
408.874.7700



Costa Mesa Campus
3390 Harbor Boulevard
Costa Mesa, CA 92626-1502
714.429.5100



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 page 39.

Highlights this session!

- NEW! Live in the South Bay? We now offer one-day workshops at the Campbell campus!
- LPCC licensing courses – all campuses and Online, pp. 4-7
- NEW! Somatic Psychotherapy workshop series – Pleasant Hill, page 14
- HOT TOPIC! Autism Spectrum Disorders workshop series – Pleasant Hill, page 13
- SPECIAL EVENT! Ecotherapy – Pleasant Hill and Campbell, page 26
- HOT TOPIC! Treatment Strategies for Returning Troops workshop series – Pleasant Hill, Berkeley and Campbell, page 12
- HOT TOPIC! EMDRIA Certification workshop series – Berkeley, page 11
- NEW! Resources for Your Clients – workshops for parents of children along the autism spectrum and for families with aging loved ones – Pleasant Hill and Berkeley, page 31
- NEW! Practical Side of Counseling workshop series: Learn how to build a private practice, get published, teach effectively, and/or care for yourself while caring for others – Pleasant Hill, page 19

We're trimming our catalog, conserving resources, and saving trees! Please visit our website at www.jfku.edu for frequently asked questions, campus maps, directions, and more detailed information about our courses.



Administration

Joshua Lachs, Ed.M., MA, Dean
Kimberly Twilla Moody, MA, Director of Programs
Naomi Raine, MA, Administrative Director
Renee Hikiji Flores, Registration and Faculty Coordinator

Program Committee

Sukie Magraw, Ph.D.
Sandra Mattar, Ph.D.
Kristin Hancock, Ph.D.
Lynn Ireland, Ph.D.
Kimberly Twilla Moody, MA

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JOHN F. KENNEDY UNIVERSITY
CONTINUING EDUCATION
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Course Calendar

CAMPUS KEY:

PH Pleasant Hill

• B Berkeley

• C Campbell

• CM Costa Mesa

• OC Off Campus

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CAMPUS KEY: **PH** Pleasant Hill • **B** Berkeley • **C** Campbell • **CM** Costa Mesa • **OC** Off Campus

MAY

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13	PH	Deepening Legal and Ethical Understanding in Professional Practice.....	8
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20	PH	Ecotherapy: The Therapeutic Benefits of Nature.....	26
20	PH	Effective Use of Touch in Psychotherapy.....	14
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22	PH	CBT with Challenging Cases.....	17
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26	C	Ethical Considerations in Clinical Supervision: An In-Depth Look.....	10
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Online Courses

Enroll Anytime. To register for online courses, visit 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 platform, Tequa. These courses meet pre-licensing requirements or can be used for elective credits for licensed professionals.

Psychopharmacology (3 unit)

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

Giovanna Morelli, LCSW
Course # CE1166W
Online • \$525

15-Hour Chemical Dependency Training

Credit Hours: 15
(Psychologist, MFT, LCSW, LPCC, 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 course meets the Chemical Dependency pre-licensing requirement for psychologists, MFTs, LCSWs, and LPCCs.

Rena Palloff, Ph.D., LCSW
Course # CE1049W
Online • \$315

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 nonacademic course meets the 3-unit Psychological Testing pre-licensing requirement for MFTs.

Bret Johnson, Ph.D.
Course # CE1167W
Online • \$525

Coming Soon! More Online Pre-Licensing Courses

Human Sexuality

Credit Hours: 10

Child Abuse Assessment, Reporting and Treatment

Credit Hours: 7

Aging and Long-Term Care

Credit Hours: 10

Spousal/Partner Abuse Assessment, Treatment and Intervention

Credit Hours: 15

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.

LPCC Pre-Licensing Courses Online.



15-Hour Clinical Supervision Training

Rachel Michaelsen, LCSW

Our online 15-hour and 6-hour clinical supervision training will prepare you to supervise pre- and post-degree mental health providers, including social workers, MFTs, and psychologists. Design your own curriculum based on your individual interests and particular BBS or BOP requirements. The first three modules (6 hours) contain the necessary coursework for those who supervise psychologists and MFT interns. The remaining modules (9 hours) complete the full 15-hour training for those who supervise ASWs.

BBS and BOP Laws and Regulations

Credit Hour: 1
(Psychologist, MFT, LCSW, RN)

BBS and BOP laws and policies regarding supervision often confuse both supervisors and supervisees. Obtain a clear understanding of these laws and policies and learn to apply them to typical work and internship settings.

Course # CE1098W
Online • \$25

Supervision Basics: Part A

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

Supervisors must strive to develop a positive working relationship with their supervisees from the very beginning of the relationship. Learn effective basic supervision skills, such as performing learning assessments, the developmental stages of supervisors and supervisees, selecting appropriate supervision methods to use with supervisees, and important distinctions between supervision and psychotherapy. Case examples will illustrate concepts and techniques presented.

Course # CE1099W
Online • \$75

Supervision Basics: Part B

Credit Hours: 2
(Psychologist, MFT, LCSW, RN)

Through case examples, examine complex issues in supervision: the "how-to's" of providing favorable conditions for evaluating supervisees, terminating with supervisees, and teaching supervisees to terminate with clients. Explore models for group supervision.

Course # CE1100W
Online • \$50

Managing Difficult Situations in Supervision

Credit Hours: 2
(Psychologist, MFT, LCSW, RN)

Supervisors sometimes find themselves in difficult situations with supervisees, which, if not managed well, may result in stalled learning, poor client care, and increased tension within the supervisory relationship. Explore challenging situations that can arise in supervision, such as uncontained anxiety, authority issues, countertransference, and an inability to integrate theory or skills into practice. Learn how to manage these difficult situations by applying your understanding to case examples.

Course # CE1101W
Online • \$50

Legal and Ethical Issues in Clinical Supervision

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.

Course # CE1102W
Online • \$75

Addressing Trauma in Supervision

Credit Hours: 2
(Psychologist, MFT, LCSW, RN)

Supervisors face unique challenges when supervising trauma cases, particularly with issues surrounding vicarious traumatization (VT). VT is the negative transformation of a therapist's sense of safety and hope due to exposure to clients' traumatic life stories. A therapist experiencing VT can lose hope, engage in negative reenactments, or become indifferent to client care. Learn how to identify and address VT through didactic information and case vignettes.

Course # CE1103W
Online • \$50

Cross-Cultural Issues in Clinical Supervision

Credit Hours: 2
(Psychologist, MFT, LCSW, RN)

Research on cross-cultural supervision suggests that supervisors who ignore culture within the supervisory relationship will be less likely to monitor cross-cultural interventions with clients. Become familiar with the research on cross-cultural supervision interventions, and learn, through case vignettes, to identify and address multicultural issues to increase your ability to provide culturally sensitive supervision.

Course # CE1104W
Online • \$50



Pre-Licensing Courses

Human Sexuality

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

Gain a basic understanding of human sexuality and be prepared to address a variety of issues related to sexuality that may arise in clinical practice. Experiential exercises, lecture, and video clips will cover a range of topics including 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.

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

March 4-5

Maria Mattioli, MFT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1033
Room 208 • \$239
Campbell campus

March 25-26

Bryna Barsky-Ex, Ph.D.
Friday, 6 - 9 p.m.
Saturday, 10 a.m. - 5:30 p.m.
Course # CEB1040
Room L7 • \$239
Berkeley campus

Child Abuse Assessment, Reporting and Treatment

Credit Hours: 7
(Psychologist, MFT, LCSW, LPCC, 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.

April 2

Kate Rome, MFT, PPS
Saturday, 9 a.m. - 5 p.m.
Course # CE1015
Room S312 • \$175
Pleasant Hill campus

June 11

Kate Rome, MFT, PPS
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1005
Room 205 • \$175
Campbell campus

Aging and 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.

April 15-16

Randi Cowdery, Ph.D.
Friday, 6 p.m. - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE1047
Room S312 • \$239
Pleasant Hill campus

August 12-13

Vivian Silva, MSW
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1027
Room 105 • \$239
Campbell campus

Psychological Testing

Credit Hours: 3 units (28 hours)
(Psychologist, MFT, LCSW, RN)

Learn how to develop referral questions for psychological testing and make

patient referrals. Develop an understanding of frequently used psychological tests and the interpretations utilized in psychological reports. The Mental Status Exam, objective and projective tests, and behavioral checklists will be reviewed with an emphasis on their purpose, appropriate referrals, DSM-IV diagnostic questions, and their use in assessing clients and making recommendations. Legal and ethical issues, cultural and socio-economic factors and limitations of the MFT's scope of practice will also be discussed.

Required text: *Principles of Application and Assessment in Counseling, 3rd Edition*, by S. Whiston

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

May 6-7 and 13-14

Peter VanOot, Ph.D.
2 Fridays, 9 a.m. - 5 p.m.
2 Saturdays, 9 a.m. - 5 p.m.
Course # CE1011
Room S224 • \$525
Pleasant Hill campus

15-Hour Chemical Dependency Training

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

The skilled clinician must know how to identify, assess, and confront addiction and chemical dependency while maintaining a therapeutic alliance with the client. Review different treatment modalities and learn how to incorporate them into therapy.

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

May 20-21

Doug Polcin, Ed.D., MFT
Friday, 9 a.m. - 5 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE1019
Room S312 • \$315
Pleasant Hill campus

On-site and Online courses for LPCCs!



Spousal/Partner Abuse Assessment, Treatment and 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.

June 25-26
Bret Johnson, Ph.D.
Saturday, 9 a.m. - 5:30 p.m.
Sunday, 9 a.m. - 5:30 p.m.
Course # CEJ1028
Room 205 • \$315
Campbell campus

August 5-6
Michael Carolla, MFT
Friday, 9 a.m. - 5:30 p.m.,
Saturday, 9 a.m. - 5:30 p.m.
Course # CE1031
Room S104 • \$315
Pleasant Hill campus

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.

July 15-16 and 22-23
Peter VanOot, Ph.D.
2 Fridays, 9 a.m. - 5 p.m.
2 Saturdays, 9 a.m. - 5 p.m.
Course # CE1010
Room S104 • \$525
Pleasant Hill campus

Online Courses

Psychopharmacology

Credit Hours: 3 units (28 hrs)
(Psychologist, MFT, LCSW, LPCC, RN)

Obtain the necessary working knowledge of the different categories of psychotropic medications and more through this self-paced online course. For complete course details, please see page 4.

Giovanna Morelli, LCSW
Course # CE1166W
Online • \$525

15-Hour Chemical

Dependency Training
Credit Hours: 15
(Psychologist, MFT, LCSW, LPCC, RN, CFAAP/CAADAC)

Self-paced online course provides a thorough overview of substance abuse, including assessment, treatment, relapse issues, and prevention of future problems. For complete course details, please see page 4.

Rena Palloff, Ph.D., LCSW
Course # CE1049W
Online • \$315

Psychological Testing

Credit Hours: 3 units (28 hrs)
(Psychologist, MFT, LCSW, RN)

Self-paced course covers the types of psychological testing, their objectives and applications, and related issues. For complete course details, please see page 4.

Bret Johnson, Ph.D.
Course # CE1167W
Online • \$525

PLEASE NOTE

To register for online courses, visit www.jfku.edu/ce. Please read the terms and technical requirements before registering.



Required Courses

Law and Ethics Courses offered in Berkeley! For Berkeley campus directions, visit www.jfku.edu/ce.

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

*Credit Hours: 6
(Psychologist, MFT, LCSW, 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 and LCSWs.

February 11
Dan Taube, JD, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CE1065
Room S304 • \$159
Pleasant Hill campus

June 3
Dan Taube, JD, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CEJ1014
Room 205 • \$159
Campbell campus

August 19
Dan Taube, JD, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CEB1011
Room L7 • \$159
Berkeley campus

Deepening Legal and Ethical Understanding in Professional Practice

*Credit Hours: 6
(Psychologist, MFT, LCSW, 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 and LCSWs.

March 18
Dan Taube, JD, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CEJ1024
Room 205 • \$159
Campbell campus

May 13
Dan Taube, JD, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CE1018
Room S304 • \$159
Pleasant Hill campus

Spousal/Partner Abuse Assessment, Detection and Intervention (7 hr.)

*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 pre-licensing requirement for psychologists, MFTs, and LCSWs.

April 1
Paula Green, MFT
Friday, 9 a.m. - 5 p.m.
Course # CE1014
Room S312 • \$175
Pleasant Hill campus

August 27
Bret Johnson, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1023
Room 205 • \$175
Campbell campus

Required Courses

7-Hour HIV and 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.

March 19
Bret Johnson, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1002
Room 205 • \$175
Campbell campus

April 9
Bret Johnson, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CE1012
Room S224 • \$175
Pleasant Hill campus

6-Hour Law and Ethics

Credit Hours: 6
(Psychologist, MFT, LCSW, 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 and LCSWs.

April 15
Dan Taube, JD, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CEB1006
Room L7 • \$159
Berkeley campus

Untangling the Quagmire of Elder Care: What Mental Health Professionals Need to Know to Support Aging Clients and their Family Members

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

Become familiar with the numerous challenges that America's aging clients and their more than 44 million caregivers face and the resources available to assist in meeting these challenges, including local, regional and national support networks. Learn how to network with allied health professionals (from long-term care facilities, hospitals, pharmacies, and family support agencies) as care partners, and gain practical tips to help them best serve as advocates for the elderly.

This course meets and exceeds the Aging and Long-Term Care requirements for psychologists, MFTs and LCSWs.

June 4
Linda Fodrini-Johnson, MFT, CMC
and Cazeaux Nordstrum, MFT
Saturday, 9 a.m. - 3 p.m.
Course # CEB1005
Room L6 • \$135
Berkeley campus

Resources for Your Clients

Aging Family Members: Tools, Resources and Support

No CE Credit

An informative class for families who provide support to aging relatives.

Learn more on page 31.



Supervision Courses

Supervision Courses now offered in Berkeley and Campbell! For campus directions, visit www.jfku.edu/ce.

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. The instructor for all supervision courses is Rachel Michaelsen, LCSW.

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 7
Thursday, 9 a.m. - 5 p.m.
Course # CE1058
Room S104 \$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 8
Friday, 9 a.m. - 5 p.m.
Course # CE1208
Room S104 • \$189
Pleasant Hill campus

Both of the courses below meet the BBS and BOP requirements for those who supervise psychologists and MFT interns. These courses also meet the Law and Ethics requirement for psychologists, MFTs and LCSWs.

Legal and Ethical Issues in Clinical Supervision: An Overview

*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.

February 25
Friday, 9 a.m. - 3:30 p.m.
Course # CEJ1045
Room 205 • \$159
Campbell campus

May 20
Friday, 9 a.m. - 3:30 p.m.
Course # CEB1014
Room L7 • \$159
Berkeley campus

Ethical Considerations in Clinical Supervision: An In-Depth Look

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

Advance your critical thinking as a clinical supervisor. Lecture, discussion and case vignettes will be used to review professional ethics regarding clinical supervision, ethical decision making, supervising mandatory reporting issues, the ethics of culturally competent supervision and dual relationships during and after the supervisory relationship.

July 29
Friday, 9 a.m. - 3:30 p.m.
Course # CE1209
Room S104 • \$159
Pleasant Hill campus

August 26
Friday, 9 a.m. - 3:30 p.m.
Course # CEJ1078
Room 105 • \$159
Campbell campus

Online Courses

15-Hour Clinical Supervision Training

Design your own 15-hour or 6-hour curriculum based on your individual interests and particular BBS or BOP supervisory requirements. For more information and course details, visit our online section on page X.

To register for online courses, please visit www.jfku.edu

Please read the terms and technical requirements carefully before enrolling.

Workshop Series

EMDR Training

EMDR: Theory and Techniques of Eye Movement Desensitization and 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 11-13
Phil Manfield, Ph.D.
Friday, 6 - 9:30 p.m.
Saturday, 9 a.m. - 6:15 p.m.
Sunday, 9 a.m. - 6:15 p.m.
Course # CEB1008
Room L7 • \$450
Berkeley campus

EMDR: Theory and Techniques of Eye Movement Desensitization and 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*

April 29 - May 1
Phil Manfield, Ph.D.
Friday, 6 - 9:30 p.m.
Saturday, 9 a.m. - 6:15 p.m.
Sunday, 9 a.m. - 6:15 p.m.
Course # CEB1009
Room L6 • \$450
Berkeley campus

EMDR – Part I and Part II, in combination with 10 hours of group consultation, meet the new EMDRIA certification requirements. See our EMDR web page for more details at www.jfku.edu/ce.

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. 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.

EMDR with Children and 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 and Techniques of Eye Movement Desensitization and Reprocessing - Part I and Part II*

August 27
Joan Lovett, MD, FAAP
Saturday, 9 a.m. - 2:30 p.m.
Course # CEB1010
Room L7 • \$112.50
Berkeley campus

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

New workshop series in Queer Consciousness! See page 18.

Treatment Strategies for Returning Troops

PTSD and Substance Abuse in Veterans: Implementing Seeking Safety

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

Post Traumatic 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 suicide, and lower work and social functioning.

Learn about treatment of these disorders using Seeking Safety, a manualized treatment protocol designed to simultaneously treat SUD and PTSD, as well obtain a better understanding of the etiology and challenges of co-morbid PTSD and SUD.

February 12
David Joseph, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CE1023
Room L7 • \$175
Berkeley campus

April 30
David Joseph, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CE1072
Room 105 • \$175
Campbell campus

August 13
David Joseph, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CE1200
Room S104 • \$175
Pleasant Hill campus

The Difficult Journey Home: Promoting Resilience in Families During and After Deployment

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

This intermediate course offers an overview of the impact of single or multiple deployments on the lives of

combat veterans and their families. Particular attention will be given to the different stages of deployment (mobilization, deployment and reintegration) and the way they impact each family member, with special emphasis on the responses that present in children at each developmental stage. Learn how the Structural/Strategic Family model is applied to assess family functioning and how Cognitive Behavioral Therapy, emotional regulation, and psycho-education are used to build coping skills and restore resilience in families before, during, and after deployment.

February 26
Gail McBride, LCSW
Saturday, 10 a.m. - 5 p.m.
Course # CE1063
Room 105 • \$159
Campbell campus

May 7
Gail McBride, LCSW
Saturday, 10 a.m. - 5 p.m.
Course # CE1199
Room S104 • \$159
Pleasant Hill campus

Working with Veterans from Iraq and Afghanistan: Exploring the Psychological Impact of War and Its Unique Treatment Considerations

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

Department of Veterans Affairs (VA) research suggests that about 40 percent of soldiers returning from Iraq and Afghanistan experience some form of mental health difficulties, including PTSD, depression, and substance abuse. Through videos and case examples, learn about common war-zone experiences; the psychological impacts of war, particularly PTSD and its treatment; the difficulties soldiers have returning to civilian life; and military culture overall. Vicarious traumatization and self-care will also be discussed.

March 5
David Joseph, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CE1146
Room S104 • \$175
Pleasant Hill campus

Cognitive Processing Therapy for Veterans with PTSD

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

Cognitive Processing Therapy (CPT) is a 12-week, structured therapy that helps PTSD patients understand how their thinking about themselves, others, and the world has been impacted by their traumatic event. Learn the theory and research behind CPT and how this therapy is used with veterans. Develop an understanding of how to use Socratic questioning effectively, identify stuck points and patterns of problematic thinking, and support patients in challenging their PTSD-related thinking patterns.

April 16
Caryn DiLandro, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CEB1002
Room L7 • \$175
Berkeley campus

Prolonged Exposure Therapy for Veterans with PTSD

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

Prolonged Exposure Therapy (PE) is an 8-12 week structured therapy utilizing both in vivo and imaginal exposure techniques that has been found to be a powerful, effective tool for helping patients heal from trauma and particularly PTSD. Through the use of videos, case discussions, and role plays, learn about the theory and research behind PE and how this therapy is used with veterans.

June 11
Caryn DiLandro, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CEB1001
Room L7 • \$175
Berkeley campus

Workshop Series

New courses in Treatment for Returning Troops, see page 12.



Autism Spectrum Disorders

Understanding Autism Spectrum Disorders: Assessment and Treatment of Children and 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 and behavioral, educational, and adjunct treatments for children and adults.

February 4
Sara Rice Powers, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CEB1024
Room L7 • \$159
Berkeley campus

NEW! Assessment and Diagnosis of Autism Spectrum Disorders

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

In this intermediate course, participants will take a more 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.

Prerequisite required: *Understanding Autism Spectrum Disorders: Assessment and Treatment of Children and Adults* or familiarity with Autism Spectrum Disorders and a working knowledge of formal psychological assessment tools.

April 29
Sara Rice Powers, Ph.D.
Friday, 9 a.m. - 12 noon
Course # CE1201
Room S104 • \$75
Pleasant Hill campus

NEW! Applied Behavioral Analysis and other Established Treatments for Autism Spectrum Disorders

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

Studies have shown that early intervention can 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. Common clinical issues will also be examined.

Behavior Analyst Certificate Board (BACB) CE requirements for BACBs and BCaBAs under Type 3.

Prerequisite required: *Understanding Autism Spectrum Disorders: Assessment and Treatment of Children and Adults* or familiarity with Autism Spectrum Disorders and a working knowledge of formal psychological assessment tools.

June 10
Larissa Terry, Psy.D., BCBA-D
Friday, 9 a.m. - 5 p.m.
Course # CE1202
Room S104 • \$175
Pleasant Hill campus

Resources for Your Clients

Autism Spectrum Disorders: A Guide for Parents of Preschool to Elementary Age Children

No CE credit

A class for parents of autism spectrum children.

Learn more on page 31.

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

Somatic Psychotherapy

The Somatics of Connection: Adult Attachment in Couples Therapy

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

Neurobiological research has shown that attachment is a somatic experience. Individuals are physically wired to seek secure attachment, and when they feel securely attached in relationship they have stronger immune systems, live longer, are more willing to take risks, and experience a deep sense of calm. Symptoms of anxiety and depression are reduced, sometimes even eliminated. Through lecture, discussion, and experiential exercises, examine couples therapy through a somatic adult attachment lens. Drawing from the work of Sue Johnson, John Gottman, Pat Ogden and Peter Levine, learn to help couples heal old attachment wounds and deepen their security and sense of well-being with one another.

February 5
Leslie Kirby, MFT
Saturday, 10 a.m. - 5 p.m.
Course # CEB1036
Room L7 • \$159
Berkeley campus

Trauma and the Body: Somatic Approaches to Trauma Recovery

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

Working with traumatized individuals via talk therapy alone can be quite challenging. Because trauma permeates to the very survival level of a client's nervous system and is therefore a somatic condition, the recovery of traumatized clients is more effectively addressed when the underlying somatic nature of trauma is understood and somatic methods are employed. Become familiar with a variety of tools for working with trauma more effectively. These tools, which have gained wide respect in the

neurological research community, can be used in tandem with existing psychotherapeutic approaches to help clients reduce dissociation and re-traumatization, regulate their emotions, and build their resources.

February 25
Justine Polevoy, MFT
Friday, 9:30 a.m. - 4:30 p.m.
Course # CE1194
Room S104 • \$159
Pleasant Hill campus

NEW! Attachment and the Therapeutic Relationship: Exploring the Dynamics of Mutual Influence

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

Evidence from fMRIs and other scientific measurements show that our nervous systems interact emotionally and physiologically in the presence of others. Social contact produces neurological changes because we are "wired to connect." Since clinical work is most effective when clients feel secure, it is important to understand this phenomenon of mutual influence and how your own somatic and emotional states both impact and are impacted by your clients. This course will explore the relational work of Dan Siegal, Diana Fosha and Sue Johnson, and the somatic work of Pat Ogden and Peter Levine. Experiential exercises will provide a "felt sense" of how these somatic emotional dynamics occur in real-time, and you will learn how to begin to use this somatic awareness to improve your connection with clients.

June 4
Leslie Kirby, MFT
Saturday, 10 a.m. - 5 p.m.
Course # CEB1037
Room L7 • \$159
Berkeley campus

New! The Effective Use of Touch in Psychotherapy

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

When used appropriately, touch and other hands-on bodywork can serve as powerful interventions in therapeutic work, allowing clinicians to access and explore a client's deep psychological, emotional, and physical issues in a direct and integrated way.

In this experiential course, participants will learn how to use 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. Legal, ethical, and boundary issues will be explored and indications/contraindications addressed. A variety of touch interventions will be introduced and practiced.

May 20
Bill Bowen, LMT, MFA
Friday, 9:30 a.m. - 4:30 p.m.
Course # CE1217
Room S104 • \$159
Pleasant Hill campus

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

New CBT Courses in Berkeley and Pleasant Hill, see page 17.



Energy Psychology

Advanced Applications of Energy Psychology Techniques

Credit Hours: 6
(MFT, LCSW, RN)

Psychotherapists with previous experience with Emotional Freedom Techniques will have the opportunity to enhance their technique and delivery of EFT. Participants will learn how to use EFT with intangible or hard-to-measure issues. They will learn how to improve their case conceptualization, address limiting beliefs, and how to identify "core" issues. This workshop will include demonstrations and opportunities to practice EFT.

Prerequisite required: *Energy Psychology: Mind/Body Techniques for Emotional Management* or equivalent training in basic EFT.

February 26
Carol Odsess, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # CE1172
Room S312 • \$159
Pleasant Hill campus

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 21
Carol Odsess, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # CEB1018
Room L7 • \$159
Berkeley campus

NEW! Integrating Energy Psychology into Clinical Practice

Credit Hours: 6
(MFT, LCSW, RN)

Incorporating theoretically informed case formulations with energy psychology interventions can effectively address many issues including anxiety, PTSD, phobias, depression, procrastination, addictions, and more. This class shows you how to integrate Energy Psychology (EP) techniques into your clinical practice. Learn how to develop treatment plans and determine the best EP method for addressing the focus of treatment based on the presenting symptoms. Participants must have a familiarity with at least one EP technique (Emotional Freedom Technique, Tapas Acupressure Treatment, Seemorg Matrix Work/Advanced Integrative Therapy, Chakra Approach, Psych-K) and will be exposed to a variety of different EP methods.

August 20
Rachel Michaelsen, LCSW
Saturday, 9 a.m. - 4 p.m.
Course # CE1205
Room S312 • \$159
Pleasant Hill campus

"Energy psychology is rapidly proving itself to be among the most powerful psychological interventions available to disaster relief workers for helping the survivors as well as the workers themselves."

Charles Figley, Ph.D.

Past Chair
Department of Veterans Affairs
Committee, who coined the term "PTSD"

"The procedures used in energy psychology can bring about remarkably rapid changes in the way people feel and move through the world."

Bessel van der Kolk, MD

Professor of Psychiatry
Boston University Medical School



Workshop Series

Dialectical Behavioral Therapy (DBT)

Dialectical Behavioral Therapy (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 15

Mark Rosenthal, LCSW

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

Course # CE1173

Room S224 • \$159

Pleasant Hill campus

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 11

Mark Rosenthal, LCSW

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

Course # CEB1027

Room L7 • \$159

Berkeley campus

June 17

Mark Rosenthal, LCSW

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

Course # CE1204

Room S224 • \$159

Pleasant Hill 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@jfk.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 ktwill@jfk.edu.

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)

NEW! 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 CBT for psychosis is assumed. The course includes one brief experiential exercise and some video examples.

February 4
Ron Unger, MSW
Friday, 9 a.m. - 4 p.m.
Course # CE1193
Room S104 • \$159
Pleasant Hill campus

CBT Skills Training for Clinicians - Part I

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

Become familiar with the foundations of cognitive behavioral therapy in this introductory course that provides an overview of the CBT model, including the theories and research behind it, and guidance on how to apply a CBT approach and evidence-based treatment protocols to various clinical cases. Key concepts such as case formulation, cognitive restructuring, behavioral activation, goal-setting, and use of homework will be addressed. This interactive course includes didactic and experiential teaching methods.

April 8
Heather Wassarman, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CE1184
Room S312 • \$159
Pleasant Hill campus

CBT Skills Training for Clinicians - Part II

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

Further your understanding and practice of cognitive-behavioral therapy in this intermediate-level course. Review theories behind CBT and examine third generation CBT models like Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT). Learn in-depth practice of case formulation, treatment protocols for specific disorders, exposure and response prevention, and how to apply a CBT approach to more complex cases. This interactive course includes didactic and experiential teaching methods.

Prerequisite required: CBT Skills Training for Clinicians – Part I or basic familiarity with CBT.

April 9
Heather Wassarman, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # CE1185
Room S312 • \$159
Pleasant Hill campus

May 14
Kristen Valus, Psy.D.
Saturday, 9 a.m. - 4 p.m.
Course # CE11073
Room 105 • \$159
Campbell campus

CBT with Children and 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. This course will introduce 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 3
Rhoda Olkin, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CEB1038
Room L7 • \$159
Berkeley campus

NEW! 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.

July 22
Rhoda Olkin, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CE1203
Room S312 • \$159
Pleasant Hill campus



Workshop Series

Queer Consciousness

Queer Families

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

Through lecture and experiential exercises, re-examine the concept of family as it is traditionally defined and explore the many diverse ways it unfolds in today's society and the LGBTQ community. Legal and civil rights issues regarding marriage and partnership, parenting, aging and dying, as well as the intersection of multiple identities (i.e. race, class and gender) will be examined. By better understanding the issues that LGBTQ families face and learning ways to acknowledge and address them in clinical practice, you will be able to make a more supportive therapeutic environment for all couples and families.

March 11-12

Maryasha Katz, LCSW

Friday, 6 - 9 p.m.

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

Course # CEJ1074

Room 212 • \$205

Campbell campus

Healing from Heterosexism and Sexual Discrimination

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

In this intermediate course, examine and develop the common cultural competencies needed to work with LGBTIQK communities. Explore the socio-political ramifications of culturally expected, hetero-normative, gender binary rules and the effects of being marginalized, targeted, or made invisible by dominant cultural values and its impact on clinical practice. Course content will be presented from a historical as well as a holistic framework of healing through the use of engaging literature, Socratic discussion, experiential exercises, DVD/video, audio, and guided meditation.

Pre-class assignment due April 22:

http://web.me.com/jamestherapy/Heterosexism_Class/Welcome.html

April 29-30

James Guay, MFT

Friday, 6 - 9 p.m.

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

Course # CEJ1075

Room 212 • \$205

Campbell campus

Transgender and Transsexuals

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

This training will provide an overview of working with transgender clients and a deeper exploration of complex clinical issues. We will discuss transgender client needs when entering into therapy and maximizing collaboration, given our dual roles of psychotherapist and evaluator. We will discuss common clinical concerns and examine transgender emergence from a developmental vantage point. We will compare and contrast the experiences of MTFs and FTMs, and discuss genderqueer identification. We will cover challenges with family, partners, the workplace, medical, and legal aspects. The workshop will combine didactic lecture, clinical case examples, video clips and group discussion.

July 29-30

Kim Hraca, MFT

and Jamison Green, MFA

Friday, 6 - 9 p.m.

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

Course # CEJ1076

Room 212 • \$205

Campbell 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 12
Barbara Griswold, MFT
Saturday, 9 a.m. - 1 p.m.
Course # CEJ1052
Room 105 • \$100
Campbell campus

March 12
Barbara Griswold, MFT
Saturday, 9 a.m. - 1 p.m.
Course # CEB1007
Room L5 • \$100
Berkeley campus

Effective Teaching and Presenting for Clinicians

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

When presenting at professional conferences or conducting workshops and teaching courses, clinicians need to demonstrate effective teaching methods and presentation skills. In this course, learn how to develop and organize class materials, utilize multiple modalities (lecture, PowerPoint, experiential exercises, case vignettes, role play, etc.) and technologies, respond to questions and facilitate discussions effectively, as well as how to manage classroom and student dynamics. Both new and seasoned instructors can benefit from the practical tips presented in this course.

March 11
Rhoda Olkin, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CE1072
Room S224 • \$129
Pleasant Hill campus

Building Your Private Practice

*Credit Hours: 6
(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 6
Diana Poulson, MFT
Friday, 9 a.m. - 4 p.m.
Course # CEB1015
Room L7 • \$129
Berkeley campus

NEW! Getting Published: A Practical Guide for Clinicians

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

In order to gain credibility and advance in the therapeutic profession, it is often helpful to get published. In this course, learn how to take an original idea and turn it into an article for a journal or newsletter. Practical steps will be discussed, including: how to do a thorough literature review, identify your unique contribution, organize your thoughts, prepare an outline, find a supportive writing space and make time to write amidst a busy career and family life.

June 10
Rhoda Olkin, Ph.D.
Friday, 9 a.m. - 1 p.m.
Course # CE1207
Room S224 • \$100
Pleasant Hill campus

NEW! Essential Self-Care for Therapists

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

Self-care is crucial for therapists, in order to be able to do their best work with clients. In this intermediate workshop, taught by a former member of the APA's Advisory Committee on Colleague Assistance (ACCA), explore the stressors that are common to therapeutic work, examine what the research says about how to remain an effective practitioner, and learn simple, effective ways to manage stress and enhance self-care in between sessions with clients.

July 30
Terri Davis, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # CEB1039
Room L7 • \$129
Berkeley campus



General Courses

Discounts available for multicourse or group registration. See page 40 for details.

Save the Date

ACT Raising Safe Kids Trainer Certification

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

February 4-5, 2011

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

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

Course #CECO1006

Room TBA • \$260

(plus \$75 materials fee)

Costa Mesa campus

April 8-9, 2011

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

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

Room N263 • \$260

(plus \$75 materials fee)

Pleasant Hill campus

This program is intended for counselors, therapists, law enforcement, first responders, clergy, medical personnel, parents, and other community workers.

Early registration and group discounts available. See www.jfku.edu/act for details.

For complete program information and to register, please visit www.jfku.edu/act or contact:

Della Combs, LMFT

Director, Western Region ACT

Violence-Prevention Programs

925.969.3129

dcombs@jfku.edu

Understanding Autism Spectrum Disorders: Assessment and Treatment of Children and Adults

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

For course description and information about our Autism Spectrum Disorders series, see page 13.

February 4

Sara Rice Powers, Ph.D.

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

Course # CEB1024

Room L7 • \$159

Berkeley campus

CBT for Psychosis

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

For course description and information about our CBT series, see page 17.

February 4

Ron Unger, MSW

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

Course # CE1193

Room S104 • \$159

Pleasant Hill campus

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, co-morbidity, differential diagnosis, and criteria for referral to intensive outpatient, inpatient, or residential treatment will be covered. Gain an understanding of medical complications and interventions and the medications and types of therapy that are the most effective with this population. A registered dietician will present as a guest speaker.

This course can be taken as a stand-alone course or as part of our Eating Disorders Certificate program. For information about the certificate program, see page 32.

February 4-5

Tony Paulson, Ph.D.

Friday, 6 - 9 p.m.

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

Course # CE2013

Room S312 • \$205

Pleasant Hill campus

The Somatics of Connection: Adult Attachment in Couples Therapy

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

For course description and information about our Somatic Psychotherapy series, see page 14.

February 5

Leslie Kirby, MFT

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

Course # CEB1036

Room L7 • \$159

Berkeley campus

General Courses



Clinical Applications of Deep Imagination - Level II

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

Building on the Level I course, participants will deepen their ability to use guided imagery to help clients access belief systems that operate below their psychological defenses. Learn how to address those belief systems through the symbolic explorations of "parts" of the personality to help clients resolve ambivalence, move through resistance, and make healthy decisions. The healing potential of the symbolic inner child (including the adaptive, magical, and wounded child) will be explored, and more complex clinical applications for a variety of therapeutic issues, including trauma, anxiety, and grief will be presented.

Prerequisite required: *Clinical Applications of Deep Imagination – Level I* or instructor permission.

February 5
Leslie Davenport, MFT
Saturday, 10 a.m. - 5 p.m.
Course # CE1196
Room S224 • \$129
Pleasant Hill campus

DBT Level II: The Four Skills Modules

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

For course description and information about our DBT series, see page 16.

February 11
Mark Rosenthal, LCSW
Friday, 10 a.m. - 5 p.m.
Course # CEB1027
Room L7 • \$159
Berkeley campus

June 17
Mark Rosenthal, LCSW
Friday, 10 a.m. - 5 p.m.
Course # CEB1204
Room S224 • \$159
Pleasant Hill campus

Drama Therapy

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

Drama therapy has been shown to be particularly effective in teaching emotional literacy, trauma resolution, grief work, intercultural conflict resolution, and in working with children and at-risk adolescents. In this introductory course, learn how to integrate the theory and techniques of drama therapy into clinical practice. The didactic portion will explore the theoretical basis and rationale for the use of drama therapy in multiple clinical situations. The experiential portion of will focus on application of drama therapy in counseling individuals, couples, and groups. A variety of drama therapy techniques will be utilized, including theatre games, improvisation, acting techniques, psychodrama, sociodrama, Playback theatre, and creative ritual.

This course can be taken as a stand-alone course or as part of our Expressive Arts Certificate program. For information about the certificate program, see page 33.

February 11-12
Armand Volkas, MFT, RDT/BCT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE2525
Room S108 • \$205
Pleasant Hill campus

PTSD and Substance Abuse in Veterans: Implementing Seeking Safety

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

For course description and information about our Treatment Strategies for Returning Troops series, see page 12.

February 12
David Joseph, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CEB1023
Room L7 • \$175
Berkeley campus

April 30
David Joseph, PhD
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1072
Room 105 • \$175
Campbell campus

August 13
David Joseph, PhD
Saturday, 9 a.m. - 5 p.m.
Course # CE1200
Room S104 • \$175
Pleasant Hill campus

Sustaining Your Practice through the Recession: Is Insurance Worth the Hassle?

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

For course description and information about our Practical Side of Counseling series, see page 19.

February 12
Barbara Griswold, MFT
Saturday, 9 a.m. - 1 p.m.
Course # CEJ1052
Room 105 • \$100
Campbell campus

March 12
Barbara Griswold, MFT
Saturday, 9 a.m. - 1 p.m.
Course # CEB1007
Room L5 • \$100
Berkeley campus

Trauma and the Body: Somatic Approaches to Trauma Recovery

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

For course description and information about our Somatic Psychotherapy series, see page 14.

February 25
Justine Polevoy, MFT
Friday, 9:30 a.m. - 4:30 p.m.
Course # CE1194
Room S104 • \$159
Pleasant Hill campus



General Courses

Discounts available for multicourse or group registration. See page 40 for details.

Cognitive Play Therapy

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

Cognitive play therapy combines the verified effectiveness of cognitive-behavioral strategies with client-centered, process-oriented play therapy techniques. This therapeutic blend yields important assessment information, assists in identifying steps for achieving realistic goals, and helps clients develop self-confidence, optimism, and a "tool kit" of practical life skills. This course offers a combination of theory and experiential learning that will enable participants to apply these techniques in their current therapy with clients.

February 25-26
Rosalind Englander-Calo, MFT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE3506
Room S224 • \$205
Pleasant Hill campus

April 30 - August 13

The Difficult Journey Home: Promoting Resilience in Families During and After Deployment

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

For course description and information about our Treatment Strategies for Returning Troops series, see page 12.

February 26
Gail McBride, LCSW
Saturday, 10 a.m. - 5 p.m.
Course # CEJ1063
Room 105 • \$159
Campbell campus

May 7
Gail McBride, LCSW
Saturday, 10 a.m. - 5 p.m.
Course # CE1199
Room S104 • \$159
Pleasant Hill campus

Advanced Applications of Energy Psychology Techniques

Credit Hours: 6
(MFT, LCSW, RN)

For course description and information about our Energy Psychology series, see page 15.

February 26
Carol Odsess, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # CE1172
Room S312 • \$159
Pleasant Hill campus

Brief Therapy in Everyday Practice

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

Learn the basic theoretical concepts of brief therapy, including client assessment, client selection, case formulation, clinical application, and how to decipher when it is appropriate to use brief therapy as the treatment of choice within different clinical situations. Discover how brief therapy can be adapted to psychodynamic, cognitive, behavioral, gestalt, existential, and person-centered approaches. Become familiar with two specific brief therapy models (Solution Focused Therapy and Strategic Brief Therapy), and practice key elements of the process.

March 4
Herbert Wong, Ph.D.
Friday, 9 a.m. - 5 p.m.
Course # CE1158
Room S312 • \$147
Pleasant Hill campus

June 24
Herbert Wong, Ph.D.
Friday, 9 a.m. - 5 p.m.
Course # CEJ1081
Room 205 • \$147
Campbell campus

Special Event

Emotionally-Focused Couple Therapy (EFT): An Attachment Approach to Relationship Issues

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

Emotionally Focused Couple Therapy, developed by Johnson and Greenberg, addresses the issues of distressed couples from an attachment perspective. By conceptualizing relationships as emotional bonds, the therapist helps couples attend to the basic attachment needs that underlie distressing and distancing cycles of interaction. Participants will develop interventions that help partners experience and express primary emotions in a constructive, effective manner. They will also learn to guide couples through interactions that reflect vulnerability and responsiveness. Using lecture, case material, role plays, and film clips, this course will demonstrate the EFT approach to building intimate relationships characterized by security, authenticity, and interdependence.

March 5
Ann Margulies, MFT
Saturday, 9 a.m. - 4 p.m.
Course # CEJ1085
Room 105 • \$129
Campbell campus

April 2
Ann Margulies, MFT
Saturday, 9 a.m. - 4 p.m.
Course # CE1177
Room S104 • \$129
Pleasant Hill campus

General Courses



Working with Veterans from Iraq and Afghanistan: Exploring the Psychological Impact of War and Its Unique Treatment Considerations

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

For course description and information about our Treatment Strategies for Returning Troops series, see page 12.

March 5
David Joseph, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CE1146
Room S104 • \$175
Pleasant Hill campus

Effective Teaching and Presenting for Clinicians

Credit Hours: 6
(MFT, LCSW, RN)

For course description and information about our Practical Side of Counseling series, see page 19.

March 11
Rhoda Olkin, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CE1072
Room S224 • \$129
Pleasant Hill campus

Queer Families

Credit Hours: 10
(MFT, LCSW, RN)

For course description and information about our Queer Consciousness series, see page 18.

March 11-12
Maryasha Katz, LCSW
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1074
Room 212 • \$205
Campbell campus

EMDR: Theory and Techniques of Eye Movement Desensitization and Reprocessing - Part I

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

For course description and information about our EMDR series, see page 11.

March 11-13
Phil Manfield, Ph.D.
Friday, 6 - 9:30 p.m.
Saturday, 9 a.m. - 6:15 p.m.
Sunday, 9 a.m. - 6:15 p.m.
Course # CEB1008
Room L7 • \$450
Berkeley campus

Special Event

Fundamentals of Sandplay Therapy

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

Obtain an introduction into the theory and practice of sandplay therapy, including basic theoretical concepts, essentials for setting up a sandplay practice, and how to track the process in the sand. This course combines lecture and slides and includes a complete case presentation.

March 18-19
Lucia Chambers, MFT
Friday, 9 a.m. - 5 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1077
Room 106 • \$280
Campbell campus

April 1-2
Lois Gradwell, MFT
Friday, 9 a.m. - 5 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE1206
Room N163 • \$280
Pleasant Hill campus

Interested in deepening your knowledge of sandplay therapy?

See the Special Event - Sandplay: An Experiential Workshop - on page 28.



General Courses

Discounts available for multicourse or group registration. See page 40 for details.

Collaborative Couple Therapy: Turning Fights into Intimate Conversation

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

In what could be called the tragedy of everyday life, couples express their wishes as complaints, state needs as demands, and engage in power struggles rather than open communication. Therapists typically treat these seemingly irresolvable relationship problems as expressions of character pathology, ghosts of the past, personality clashes, or long-nursed grudges. In collaborative couple therapy, therapists begin to understand the heart of the problem as "loss of voice." When clients are unable to express their inner longings and fears, they act out in one of two ways: by fighting or withdrawing.

Learn how to help each partner give expression to his/her experience in a collaborative exchange, and explore how this intimate conversation transforms the relationship into a curative force and resolves the current impasse as well as family-of-origin problems, long-nursed grudges, and so on. Through didactic presentation, role play, analysis of couple interaction, and experiential exercises, learn how to help couples move out of their spiral of alienation into a cycle of connection.

March 18
Dan Wile, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CE1046
Room S104 • \$129
Pleasant Hill campus

April 16
Dan Wile, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # CE1080
Room 105 • \$129
Campbell campus

Eating Disorders: A CBT Approach

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

Learn to apply a cognitive-behavioral model and case formulation approach to determine interventions for issues of body image and weight control, including anorexia, bulimia, and "binge-eating disorder." Topics include a diagnostic review of these disorders, biopsychosocial theories, assessment and identification of levels of care, and evidence-based treatment strategies.

This course can be taken as a stand-alone course or as part of our Eating Disorders Certificate program. For information about the certificate program, see page 32.

March 18-19
Heather Wassarman, Ph.D.
Friday, 1 - 4: 30 p.m.
Saturday, 9:30 a.m. - 5 p.m.
Course # CE2016
Room S312 • \$205
Pleasant Hill campus

NEW! Integral Psychotherapy: An Integrative Approach to Clinical Practice

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

Integral Psychotherapy is a meta-theoretical approach to therapy that provides clarity for the intake and treatment of clients with a broad array of presenting problems. Integral Psychotherapy can help clinicians utilize a wide variety of different approaches to therapy – including cognitive-behavioral, psychodynamic, multicultural and transpersonal – in an organized, integrated way that is consistent with current research and practice standards. The central theoretical framework of Integral Theory, known as AQAL, will be introduced and applied directly to the complex world of clinical practice. Research supporting an Integral approach to psychotherapy will be reviewed and role-play demonstrations will be used to help participants learn to apply this approach in real-time clinical situations.

March 19
Mark D. Forman, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CE1210
Room S224 • \$147
Pleasant Hill campus

General Courses



NEW! Suicide Risk Assessment and 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 25
Terri Davis, Ph.D.
Friday, 9 a.m. - 4:30 p.m.
Course # CE1215
Room S312 • \$136.50
Pleasant Hill campus

July 15
Terri Davis, Ph.D.
Friday, 9 a.m. - 4:30 p.m.
Course # CE1084
Room 105 • \$136.50
Campbell campus

Expressive Arts with Elderly Clients

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

Expressive arts provides an array of creative ways to connect with physical, emotional, existential, and spiritual aspects of the self. For elderly clients, particularly those whose neurological, cognitive and verbal centers have deteriorated, expressive arts can enable them to convey their deepest thoughts and feelings. They also gain an avenue to express grief over regrets and losses in a fuller way and to manage anxiety and fear they may have about the experience of death. Course participants will explore normative and critical issues that arise in aging through a Jungian expressive arts therapy lens and will leave this course with expressive art techniques they can begin to use with aging clients and their families.

A \$10 materials fee will be due in class.

This course can be taken as a stand-alone or as part of our Expressive Arts Certificate program. For information about the certificate program, see page 33.

March 25-26
Kate Donohue, Ph.D., REAT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE2522
Room S104 • \$205
Pleasant Hill campus

Understanding and 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, post-traumatic 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 26
Howard Liebgold, MD
Saturday, 9 a.m. - 5 p.m.
Course # CE1032
Room S312 • \$147
Pleasant Hill campus



General Courses

Discounts available for multicourse or group registration. See page 40 for details.

Special Event

NEW! Ecotherapy: The Therapeutic Benefits of Nature

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

This class will introduce the emerging, evidence-based field of ecotherapy, a promising new field which fosters mental health and well-being through reconnection to nature. Through discussion, film clips and class exercises, review the research that shows the value and efficacy of this approach, and learn ways to integrate elements of ecotherapy into clinical practice, including: environmental impacts on mental health, gardening and animal-involved therapy, "eco-anxiety," and other practices that illuminate the important interdependencies between self and world, inner being and outer nature.

April 9
Craig Chalquist, Ph.D.
Saturday, 9 a.m. - 4:30 p.m.
Course # CEJ1083
Room 212 • \$136.50
Campbell campus

May 20
Craig Chalquist, Ph.D.
Friday, 9 a.m. - 4:30 p.m.
Course # CE1212
Room N171 • \$136.50
Pleasant Hill campus

CBT Skills Training for Clinicians - Part I

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

For course description and information about our CBT series, see page 17.

April 8
Heather Wassarman, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CE1184
Room S312 • \$159
Pleasant Hill campus

CBT Skills Training for Clinicians - Part II

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

For course description and information about our CBT series, see page 17.

April 9
Heather Wassarman, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # CE1185
Room S312 • \$159
Pleasant Hill campus

May 14
Kristen Valus, PsyD
Saturday, 9 a.m. - 4 p.m.
Course # CEJ1073
Room 105 • \$159
Campbell campus

Dialectical Behavioral Therapy (DBT): An Introduction

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

For course description and information about our DBT series, see page 16.

April 15
Mark Rosenthal, LCSW
Friday, 10 a.m. - 5 p.m.
Course # CE1173
Room S224 • \$159
Pleasant Hill campus

Cognitive Processing Therapy for Veterans with PTSD

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

For course description and information about our Treatment Strategies for Returning Troops series, see page 12.

April 16
Caryn DiLandro, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CEB1002
Room L7 • \$175
Berkeley campus

EMDR: Theory and Techniques of Eye Movement Desensitization and Reprocessing - Part II

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

For course description and information about our EMDR series, see page 11.

April 29 - May 1
Phil Manfield, Ph.D.
Friday, 6 - 9:30 p.m.
Saturday, 9 a.m. - 6:15 p.m.
Sunday, 9 a.m. - 6:15 p.m.
Course # CEB1009
Room L6/L5 • \$450
Berkeley campus

Healing from Heterosexism and Sexual Discrimination

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

For course description and information about our Queer Consciousness series, see page 18.

April 29-30
James Guay, MFT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1075
Room 212 • \$205
Campbell campus

General Courses



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.

This course can be taken as a stand-alone course or as part of our Expressive Arts Certificate program. For information about the certificate program, see page 33.

April 29-30
Sandy Dibbell-Hope, Ph.D., DTR
Friday, 6 - 9 p.m.
Saturday, 9:30 am. - 5:30 p.m.
Course # CE2514
Room N155 • \$205
Pleasant Hill campus

Assessment and Diagnosis of Autism Spectrum Disorders

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

For course description and information about our Autism Spectrum Disorders series, see page 13.

April 29
Sara Rice Powers, Ph.D.
Friday, 9 a.m. - 12 noon
Course # CE1201
Room S104 • \$75
Pleasant Hill campus

Building Your Private Practice

Credit Hours: 6
(MFT, LCSW, RN)

For course description and information about our Practical Side of Counseling series, see page 19.

May 6
Diana Poulson, MFT
Friday, 9 a.m. - 4 p.m.
Course # CEB1015
Room L7 • \$129
Berkeley campus

Medical and 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.

This course can be taken as a stand-alone course or as part of our Eating Disorders Certificate program. For information about the certificate program, see page 32.

May 6-7
Mary McCloy, RN, MFT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE2014
Room S312 • \$205
Pleasant Hill campus

NEW! 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. This intermediate course shows you 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.authenticappiness.org.

May 14
John Schinnerer, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CE1211
Room S312 • \$147
Pleasant Hill campus

July 16
John Schinnerer, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CEJ1079
Room 105 • \$147
Campbell campus

New! The Effective Use of Touch in Psychotherapy

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

For course description and information about our Somatic Psychotherapy series, see page 14.

May 20
Bill Bowen, LMT, MFA
Friday, 9:30 a.m. - 4:30 p.m.
Course # CE1217
Room S104 • \$159
Pleasant Hill campus



General Courses

Discounts available for multicourse or group registration. See page 40 for details.

Energy Psychology: Mind/Body Techniques for Emotional Management

Credit Hours: 6
(MFT, LCSW, RN)

For course description and information about our Energy Psychology series, see page 15.

May 21

Carol Odsess, Ph.D.

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

Course # CEB1018

Room L7 • \$159

Berkeley campus

CBT with Children and Adolescents

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

For course description and information about our CBT series, see page 17.

June 3

Rhoda Olkin, Ph.D.

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

Course # CEB1038

Room L7 • \$159

Berkeley campus

Attachment and the Therapeutic Relationship: Exploring the Dynamics of Mutual Influence

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

For course description and information about our Somatic Psychology series, see page 14.

June 4

Leslie Kirby, MFT

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

Course # CEB1037

Room L7 • \$159

Berkeley campus

NEW! Applied Behavioral Analysis and other Established Treatments for Autism Spectrum Disorders

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

For course description and information about our Autism Spectrum Disorders series, see page 13.

June 10

Larissa Terry, Psy.D., BCBA-D

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

Course # CE1202

Room S104 • \$175

Pleasant Hill campus

NEW! Getting Published: A Practical Guide for Clinicians

Credit Hours: 4
(MFT, LCSW, RN)

For course description and information about our Practical Side of Counseling series, see page 19.

June 10

Rhoda Olkin, Ph.D.

Friday, 9 a.m. - 1 p.m.

Course # CE1207

Room S224 • \$100

Pleasant Hill campus

Special Event

Sandplay: An Experiential Workshop

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

Deepen your understanding of sandplay in this two-day workshop. On day one, examine images of initial sandplay scenes created by clients ranging in age from five years to adulthood. On day two, participants will have the opportunity to experience a sandplay session by both creating a sandplay scene and acting as a sandplay therapist. Participants will also work with symbolic elements and other creative modalities which support and enhance the sandplay process.

Class meets in Pleasant Hill for Friday evening and at the Quail Court Office Park on Saturday. Directions to Quail Court Office Park in Walnut Creek will be provided in class on Friday evening.

This course can be taken as a stand-alone or as part of our Expressive Arts Certificate program. For information about the certificate program, see page 33.

June 10-11

Lois Gradwell, MFT

Friday, 3 - 6 p.m.

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

Course # CE4008

Room Fri: N163 Sat: OC • \$205

Pleasant Hill & off campus

General Courses



Prolonged Exposure Therapy for Veterans with PTSD

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

For course description and information about our Treatment Strategies for Returning Troops series, see page 12.

June 11
Caryn DiLandro, Ph.D.
Saturday, 9 a.m. - 5 p.m.
Course # CEB1001
Room L7 • \$175
Berkeley campus

Yoga for Clients with Eating Disorders

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

The practice of yoga relies on body and breath to infuse us with vitality and self-awareness. Eating disorder behaviors lead patients in the opposite direction, where the body is an enemy, health is at risk, and clients seek outside of themselves for approval.

In this course, after an investigation of our own relationship to food and body, we will look at the influence of cultural standards of beauty and health. We will identify why some people develop eating disorders and look at underlying factors, such as attachment disorders, genetics, family dynamics, and abuse. Integrating yoga principles and elements of psychosomatics, we will practice asanas and breathing techniques that provide appropriate corrective and nurturing experiences, learning how yoga can embody psychosocial change one breath at a time.

Open to clinicians, students, and yoga practitioners of all levels, including people with physical limitations. Wear comfortable clothing; yoga mats will be provided, but feel free to bring your own.

June 24-25
Catherine Debon, MFT, RDT
Friday, 6 - 9 p.m.,
Saturday, 9 a.m. - 5 p.m.
Course # CE2021
Room S108 • \$205
Pleasant Hill campus

NEW! Spirituality and Religion in Psychotherapy

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

A recent Gallup poll showed that 95 percent of American adults believe in God or some kind of universal spirit, yet very few therapists address spirituality and religion in clinical practice. Because spiritual/religious beliefs influence a client's thoughts, feelings, and behaviors, they are essential to the therapeutic process. Spiritual/religious beliefs are often shaped by one's culture, and they can be quite varied and diverse.

In this introductory course, explore the role of religion and spirituality in clinical practice. Learn how to add spiritual/religious assessment as part of your therapeutic intake, and learn ways to support your clients' spiritual/religious exploration and integration, regardless of their particular orientation.

June 25
Leslie Davenport, MFT
Saturday, 9 a.m. - 3 p.m.
Course # CEB1041
Room L6 • \$110
Berkeley campus

August 20
Leslie Davenport, MFT
Saturday, 9 a.m. - 3 p.m.
Course # CEJ1082
Room 105 • \$110
Campbell campus

CBT with Challenging Cases

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

For course description and information about our CBT series, see page 17.

July 22
Rhoda Olkin, Ph.D.
Friday, 9 a.m. - 4 p.m.
Course # CE1203
Room S312 • \$159
Pleasant Hill campus

NEW! Play Therapy Essentials

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

In this introductory course, learn the essentials of play therapy and how to integrate it into your clinical practice. Review the history and development of play therapy, as well as current approaches and trends, including child-centered, psychodynamic, and cognitive-behavioral models. Gain knowledge of a variety of play therapy techniques and interventions for use with individuals, families, and groups. No prior exposure to play therapy is necessary.

July 23
Kate Rome, MFT, PPS
Saturday, 9 a.m. - 5 p.m.
Course # CE1214
Room N155 • \$147
Pleasant Hill campus

Transgender and Transsexuals

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

For course description and information about our Queer Consciousness series, see page 18.

July 29-30
Kim Hraca, MFT
and Jamison Green, MFA
Friday, 6 - 9 p.m.
Saturday, 9:30 am. - 5:30 p.m.
Course # CEJ1076
Room 212 • \$205
Campbell campus

NEW! Essential Self-Care for Therapists

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

For course description and information about our Practical Side of Counseling series, see page 19.

July 30
Terri Davis, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # CEB1039
Room L7 • \$129
Berkeley campus



General Courses

Discounts available for multicourse or group registration. See page 40 for details.

Expressive Arts with Children

Credit Hours: 10
(MFT, LCSW, RN)

Expressive arts can help identify a child's strengths and promote healthy self-expression and esteem, as well as overall health and well-being. This class offers hands-on experience using visual art as a nonverbal means for self-expression. Learn how to help children communicate their experience through play and art, and how to use that expression as a pathway for change. This course addresses assessment, developmental norms, and work with special populations, such as children exposed to domestic violence, trauma, grief, and loss.

A \$10 materials fee will be due in class.

This course can be taken as a stand-alone course or as part of our Expressive Arts Certificate program. For information about the certificate program, see page 33.

August 5-6

Linda Satchell, MFT

Friday, 6 - 9 p.m.

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

Course # CE12500

Room 211 • \$205

Campbell campus

NEW! Transitions and Rites of Passage: An Applied Ecopsychology Perspective for Clinicians

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

In modern American society, little attention is given to significant transitions in life. When faced with important crossroads like birth, death, divorce, graduation, the start or loss of a job, relocation, illness, surgery and recovery, individuals often do not have an established process to help them adapt to the change or express the feelings that arise in relation to it. As a result, they can be disoriented and distressed. Learn how to use principles of ecopsychology to develop rituals to help clients move through these transitions with greater ease. Pan-cultural rites of passage will be examined, along with modern models that apply the theoretical foundations of ecotherapy, ecopsychology, and Jungian depth psychology to help clients more fully integrate their experience and move forward peacefully.

August 19

**Cazeaux Nordstrum, MFT
and Sara Harris, MFT**

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

Course # CE1213

Room N171 • \$147

Pleasant Hill campus

Integrating Energy Psychology into Clinical Practice

Credit Hours: 6
(MFT, LCSW, RN)

For course description and information about our Energy Psychology series, see page 15.

August 20

Rachel Michaelsen, LCSW

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

Course # CE1205

Room S312 • \$159

Pleasant Hill campus

Eating Disorders: Dual Diagnosis Issues

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

Many people who struggle with eating disorders also have issues with substance abuse, depression, anxiety, and other DSM IV, Axis I disorders. In this introductory class, learn how to work with dually diagnosed clients, with an emphasis on how to recognize, diagnose, and provide treatment to anorexic, bulimic, and binge-eating clients who also face issues of substance abuse, depression, and anxiety disorders. Effective treatment sequencing and treatment philosophies will be discussed in an effort to promote wellness and provide safety for this special population.

This course can be taken as a stand-alone course or as part of our Eating Disorders Certificate program. For information about the certificate program, see page 32.

August 26-27

Kay Holmes, MFT, RN

Friday, 6 - 9 p.m.

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

Course # CE2017

Room S312 • \$205

Pleasant Hill campus

EMDR with Children and Adolescents

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

For course description and information about our EMDR series, see page 11.

August 27

Joan Lovett, MD, FAAP

Saturday, 9 a.m. - 2:30 p.m.

Course # CEB1010

Room L7 • \$112.50

Berkeley campus

Resources for Your Clients



We know that you seek to provide the best care for your clients. To help you do that better, we are introducing a new kind of class, which provides the information and support your clients need to better manage the issues they face in life – at an affordable price. If these classes would be useful to your clients, we hope you will let them know this resource is available.

If you have suggestions for topics or would like hard-copy flyers to make available to your clients, please call us at **800.557.1384.**

Autism Spectrum Disorders: A Guide for Parents of Preschool to Elementary Age Children

No CE Credit

Over the past decade, Autism Spectrum Disorders have been diagnosed with increasing frequency. Research shows that with early intervention, long-term outcomes can be improved. This course provides an overview of Autism Spectrum Disorders. Parents will learn the common warning signs, when and where to seek an evaluation for their child, what the most effective treatments are, and where to go to get them. Parents will also learn ways to manage the stress that comes with caring for a child with special needs. Community resources will be provided. Lunch is included.

Please note: *This class is for parents only. Child-care will not be available.*

May 21
Sara Rice Powers, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # XPE3008
Room S104 • \$50
Pleasant Hill campus

August 20
Sara Rice Powers, Ph.D.
Saturday, 9 a.m. - 4 p.m.
Course # XPB3000
Room L7 • \$50
Berkeley campus

Aging Family Members: Tools, Resources, and Support

No CE Credit

One in four adults today provide care for an aging family member. As a family member ages and caregiving becomes essential, the spouse, life partner or adult children often become responsible for key decisions related to their care and well-being. Since this role can span 10 years or longer, it can be challenging to juggle the needs of your own family while also caring for an aging loved one.

This workshop, led by a geriatric care manager and licensed family therapist, with 25 years experience, will provide the information and resources you need to make the most informed choices for your family. Issues of memory loss and dementias; legal documents, health care benefits, and entitlements; strategies for having difficult conversations about no longer driving or hiring household help; housing and placement options; and local and regional resources will be addressed. You will also learn how to care for yourself while caring for another. Refreshments will be provided.

June 18
**Linda Fodrini-Johnson, MFT, CMC
and Cazeaux Nordstrum, MFT**
Saturday, 9 a.m. - 1 p.m.
Course # XPE3007
Room S104 • Free
Pleasant Hill campus

**Look for more details on our
website in March!**



Certificate Programs

All certificate courses may be taken as part of the certificate program or as stand-alone CE courses. **Effective February 1,** there will be a \$35 application fee to apply to each certificate program and a maximum of three years allowed to complete the course of study for a certificate. If you would like to earn a certificate, please visit www.jfku.edu/ce for details.

Eating Disorders Certificate

The occurrence of eating disorders has increased at an alarming rate with subclinical issues, such as obsessive exercise, weight preoccupation, and body image disturbance, arising as concerns in treatment. 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)

For course description, see page 20.

February 4-5

Tony Paulson, Ph.D.
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE2013
Room S312 • \$205
Pleasant Hill campus

Elective Course

Eating Disorders: A CBT Approach

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

For course description, see page 24.

March 18-19

Heather Wassarman, Ph.D.
Friday, 1 - 4: 30 p.m.
Saturday, 9:30 a.m. - 5 p.m.
Course # CE2016
Room S312 • \$205
Pleasant Hill campus

Core Course

Medical and Physiological Aspects of Eating Disorders

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

For course description, see page 27.

May 6-7

Mary McCloy, RN, MFT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE2014
Room S312 • \$205
Pleasant Hill campus

Elective Course

Yoga for Clients with Eating Disorders

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

For course description, see page 29.

June 24-25

Catherine Debon, MFT, RDT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE2021
Room S108 • \$205
Pleasant Hill campus

Elective Course

Eating Disorders: Dual Diagnosis Issues

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

For course description, see page 30.

August 26-27

Kay Holmes, MFT, RN
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE2017
Room S312 • \$205
Pleasant Hill campus

Certificate Programs



Expressive Arts 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 PostJungian Approach

Elective Course

Drama Therapy

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

For course description, see page 21.

February 11-12
Armand Volkas, MFT, RDT/BCT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE2525
Room S108 • \$205
Pleasant Hill campus

Elective Course

Expressive Arts with Elderly Clients

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

For course description, see page 25

March 25-26
Kate Donohue, Ph.D., REAT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE2522
Room S104 • \$205
Pleasant Hill campus

Core Course

Introduction to Expressive Arts Therapy

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

For course description, see page 27.

April 29-30
Sandy Dibbell-Hope, Ph.D., DTR
Friday, 6 - 9 p.m.
Saturday, 9:30 am. - 5:30 p.m.
Course # CE2514
Room N155 • \$205
Pleasant Hill campus

Elective Course

Sandplay: An Experiential Workshop

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

For course description, see page 28.

June 10-11
Lois Gradwell, MFT
Friday, 3 - 6 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CE4008
Room Fri: N163 Sat: OC • \$205
Pleasant Hill & off campus

Elective Course

Expressive Arts with Children

Credit Hours: 10
(MFT, LCSW, RN)

For course description, see page 30.

August 5-6
Linda Satchell, MFT
Friday, 6 - 9 p.m.
Saturday, 9 a.m. - 5 p.m.
Course # CEJ2500
Room 211 • \$205
Campbell campus

Bryna Barsky-Ex, Ph.D., is a licensed clinical psychologist and sex therapist with extensive experience conducting therapy with couples, individuals, and groups. She works for Kaiser Santa Teresa as a psychologist and sex therapist in both the OB/GYN and psychiatry departments. A specialist with couples and individuals struggling with issues of intimacy, sexual dysfunction, and sexual enhancement, Bryna has a private practice in Fremont.

Bill Bowen, MFA, LMT, practices body-psychotherapy with a focus on the interface between the body and mind in the creative process. He trained in Rolfing and Rolfing Movement, Hakomi Body Centered Psychotherapy, Bodydynamic Analysis, Somatic Experiencing, and numerous other somatic and psychological disciplines, studying under preeminent practitioners in the field. A founding member of the Northwest Coalition of Body-Psychotherapy, he co-founded Hakomi Integrative Somatics with Pat Ogden, and he developed and directs the Psycho-Physical Therapy Institute.

Michael Carolla, MFT, is executive director of Touchstone Counseling Services in Pleasant Hill, CA, with more than 15 years experience in the mental health and mediation field. He has worked closely with the courts, receiving referrals for co-parenting mediation, post divorce parent/child mediation, and individual mental health issues.

Craig Chalquist, Ph.D. is a core faculty member of JFK University Studies and an adjunct instructor for the California Institute of Integral Studies. He earned his Ph.D. in depth psychology in 2003 and his Master of Science in Marriage and Family Therapy in 1993. He is also a certified Master Gardener through the University of California Cooperative Extension and holds certificates in permaculture design and sustainable landscape design. He is the author of five books and coeditor of the anthology *Ecotherapy: Healing with Nature in Mind*.

Lucia Chambers, MFT, trained with Dora Kalff in Switzerland. She is a teaching member of the International Society for Sandplay Therapy and a founding member of Sandplay Therapists of America. With more than 30 years in private practice in San Jose, Lucia has assisted in establishing study programs for sandplay across the United States.

Randi Cowdery, Ph.D., received her doctorate in marriage and family therapy from Loma Linda University. Her research and clinical interests focus on older adults, death, dying and bereavement, narrative approaches to grief, motherhood, couples and gender equality. She serves on the Board of Directors for AAMFT-CA.

Leslie Davenport, MFT, is an ordained interfaith minister and licensed MFT. Former core faculty for the graduate program in Transpersonal Psychology at JFK University and a founding member of the Institute for Health & Healing, she is the author of *Healing and Transformation through Self-Guided Imagery*.

Terri Davis, Ph.D., is a licensed psychologist (Massachusetts) and Chair of the BA Psychology Program at JFK University where she teaches suicidality to masters and doctoral students. Terri served on the American Psychological Association Advisory Committee on Colleague Assistance (ACCA), dedicated to investigating the occupational vulnerabilities of psychologists, addressing self-care issues, and promoting state-level colleague assistance programs.

Catherine Debon, MFT, RDT, entered the field of counseling in 1987. For the past 10 years, she has been working at Alta Bates psychiatric services, in Berkeley, as a drama therapist. Originally a dancer and a yoga practitioner for more than 20 years, she leads yoga groups with both adults and teenagers. She has extensive experience working with adolescents and eating disorder clients. In her private practice, she integrates body awareness and creative techniques. Since 1983, she has created and produced dance and theater pieces, which she performs at festivals and conferences.

Sandy Dibbell-Hope, Ph.D., DTR, is a licensed psychologist and registered dance therapist who has been in private practice in the East Bay since 1986. In her clinical work with individuals and couples and consultation with licensed therapists, she uses a mind/body/spirit approach that integrates verbal and expressive arts therapy.

Caryn DiLandro, Ph.D., is a clinical psychologist within the Post Traumatic Stress Disorder (PTSD) clinical team at the Livermore Division of the VA Palo Alto Health Care System. She specializes in providing Prolonged Exposure and Cognitive Processing Therapy, both evidence based treatments for PTSD, to veterans.

Kate Donohue, Ph.D., REAT, is a licensed psychologist and a registered expressive arts therapist who has been in private practice for 30 years. Cofounder of the International Expressive Arts Therapy Association, Kate has taught expressive arts at California Institute of Integral Studies, Institute for Transpersonal Psychology, JFK University, and the San Francisco C.G. Jung Institute.

Rosalind Englander-Calo, MFT, specializes in cognitive play therapy with children. Currently in private practice, she has extensive experience working in community agencies and school counseling programs, where she provides training for school personnel and therapy interns. She also has presented at public and professional conferences.

Linda Fodrini-Johnson, MA, MFT, CMC, is a certified Professional Geriatric Care Manager. In 1989, Linda started Eldercare Services, a full service professional care management, care-giving, and family education business, serving the entire SF Bay Area through the contributions of 20 professionals and more than 200 caregivers. Linda is currently the President Elect of the National Association of Professional Geriatric Care Managers.

Mark D. Forman, Ph.D., is a licensed clinical psychologist, an assistant professor in the Integral Theory Program at JFK University, and is co-founder and co-lead organizer of the Integral Theory Conference. Mark is the author of *A Guide to Integral Psychotherapy: Complexity, Integration, and Spirituality in Practice* (SUNY Press, 2010). He has worked clinically for the past eight years in the highly diverse Bay Area. He is currently in private practice in San Jose, CA.

Lois Gradwell, MFT, trained with Dora Kalff in Switzerland and is a teaching member of the International Society for Sandplay Therapy. She has conducted sandplay seminars and conferences throughout the United States, and has maintained a private practice in Walnut Creek for over 25 years

Jamison Green, MFA, has trained physicians, psychologists, social workers, law enforcement personnel, corporate business leaders, government agency staff, and clergy members on transgender issues for nearly 20 years. He has helped develop policies and medical standards affecting transgender and transsexual people for legislative bodies, corporations, and medical institutions. He serves on the Board of Directors of the World Professional Association for Transgender Health, the Transgender Law & Policy Institute, and TransYouth Family Allies, and he is the author of *Becoming a Visible Man*.

Paula Green, MFT, has worked in the domestic violence field for 29 years, serving as an expert witness in court and speaking on the topic to many organizations. She is a former supervisor and intern program coordinator at Battered Women's Alternatives (which is now STAND!). She has served as a supervisor at the JFK University Counseling Center in Pleasant Hill and maintains a private practice in Walnut Creek.

Barbara Griswold, MFT, is the author of *Navigating the Insurance Maze: The Therapist's Complete Guide to Working with Insurance—And Whether You Should* (www.navigatingtheinsurancemaze.com). She maintains a private practice in San Jose, and she serves on the California Association of Marriage and Family Therapists' (CAMFT) Ethics Committee.

James Guay, MFT, has a private practice in San Francisco's Castro District since 1999. An adjunct faculty member at JFK University, he also co-facilitates workshops for gay men at Esalen. James has served on the Board of Directors for GAYLESTA and has actively challenged the accepted paradigm of heterosexism within CAMFT.

Sara Harris, MFT, has been in private practice since 1984, where she integrates principles and practices of ecopsychology, depth psychology, cardiac psychology, and HeartMath. Cofounder of EarthWays, a rites of passage nature-based program, Sara also serves on the board of The School of Lost Borders.

Kay Holmes, MFT, RN, worked with eating disordered patients in acute psychiatric service for over fifteen years. In 1983 she opened a drug/alcohol treatment program, where she served as associate then clinical director for nine years. She maintains a private practice in Campbell, where she focuses on women's issues and relapse prevention.

Kim Hraca, MA, MFT, is in private practice in Berkeley, working primarily with individuals who have unconventional gender and sexual identities. She belongs to the Bay Area Gender Association, the longest running consultation group in North America for professionals working with transgender/transsexual clients, and is also a member of WPATH, the World Association for Transgender Health. She has presented numerous trainings for mental health professionals working with transgender and transsexual clients.

Bret Johnson, Ph.D., currently serves as a contracted evaluator and mediator for the Santa Cruz County Superior Court with high-conflict custody families. An adjunct faculty member at JFK University since 1991, he has worked extensively with HIV and AIDS clients in the public and private sector and is the author of *Coming Out Every Day: A Gay, Bisexual and Questioning Man's Guide*. Dr. Johnson maintains a private practice in Santa Cruz and Santa Clara.

David Joseph, Ph.D., serves as the primary clinician for a multiyear randomized clinical trial of Seeking Safety. He has given numerous workshops on PTSD and Substance Use Disorders, and on the implementation of Seeking Safety. In coordination with the National Center for PTSD, Dr. Joseph has developed trainings for police and providers on effective interventions for veterans with PTSD.

Maryasha Katz, LCSW, is a core faculty member at JFK University. Her clinical work focuses on various forms of trauma, including sexual assault, childhood sexual abuse, ritual abuse, and domestic violence, with an emphasis on multicultural community. Maryasha has worked to honor the diversity of queer clients at several organizations, including the Association for Dispute Resolution in Northern California, YWCA Rape Crisis Center in Santa Clara County, the Calaveras County Women's Center, the Santa Cruz County Sheriff's Department, Women's Crisis Support~ Defensa De Mujeres, and the Monterey Rape Crisis Center.

Leslie Kirby, MFT, is a somatic psychotherapist, supervisor, and consultant in private practice in Berkeley. She has trained extensively in the somatic methods of Hakomi and Sensorimotor Psychotherapy, and integrates a relational Adult Attachment frame to her somatic work. Her attachment work is primarily influenced by Sue Johnson's Emotionally Focused Therapy for Couples and Diana Fosha's Accelerated Experiential Dynamic Psychotherapy.

Howard Liebgold, MD, has taught anxiety classes and workshops around the country for the past 20 years. The 1991 California Physician of the Year, he served as head of Phobesea adult and children's classes at Kaiser Vallejo. His unique cognitive behavioral approach has helped more than 15,000 clients overcome their phobias and obsessive and compulsive disorders. He is author of *Curing Anxiety, Phobias, Shyness and OCD* and *Freedom from Fear – Overcoming Anxiety, Panic and Phobias*.

Joan Lovett, MD, FAAP, is a behavioral pediatrician with a private practice in Berkeley, where for the past 15 years she has used EMDR with children and adolescents. She is a Fellow of the American Academy of Pediatrics and an EMDRIA Approved Consultant. She has presented on childhood trauma and attachment both nationally and internationally, and offers individual and group consultation focusing on EMDR with children and adults. Dr. Lovett is the author of *Small Wonders: Healing Childhood Trauma with EMDR*.

Philip Manfield, Ph.D., has been a psychotherapist in private practice in the Bay Area for more than 30 years and was featured in the book, *3 Minute Consultations with America's Greatest Psychotherapists* published in 2001. The author of *Split Self/Split Object* and editor of *EMDR Casebook* and *Extending EMDR: A Casebook of Innovative Applications*, he is currently Northern California Regional Coordinator of the EMDR International Association.

Ann Margulies, MFT, has a private practice in Menlo Park, where she works with adults and couples. A consultant for individuals and groups, she has presented trainings throughout the Bay Area on couple therapy and attachment theory.

Maria Mattioli, MFT, is a member of the faculty at JFK University and San Jose City College. She has a private practice in Santa Cruz, where she specializes in experiential couple therapy and provides instruction on process painting, a method that helps connect clients to their innate creativity.

Gail McBride, LCSW, is a supervisory social worker at the VA Palo Alto Healthcare System, where she directs the Family Services Program for combat returnees from Iraq and Afghanistan. She provides clinical services to individuals, couples, and families, and has presented widely on the subject of reintegration of combat veterans and family adjustment during and after deployment.

Mary McCloy, RN, MFT, is a certified eating disorders therapist and a masters-prepared psychiatric nurse who has been working in the field of eating disorders for more than 10 years. She has taught psychopharmacology at San Jose City College and numerous workshops on eating disorders and addictions. A founding member of Connection Counseling Associates, she has a private practice in San Jose specializing in eating disorders.

Rachel Michaelsen, LCSW, Diplomate – Comprehensive Energy Psychology, has been studying and utilizing Energy Psychology (EP) Techniques since 1999. She is also a CAMFT-certified supervisor with a certificate in Advanced Clinical Supervision from Smith College School for Social Work. She has supervised paraprofessionals, graduate students, MFTs, ASWs, and supervisors since 1996 and has taught courses in supervision at JFK, NASW, CAMFT, Smith College, and many agencies since 2000. Ms. Michaelsen maintains a private practice in Oakland where she uses EP techniques to address a variety of issues including, PTSD, stress, anxiety and depression.

Giovanna Morelli, LCSW, has worked with high-risk children and families as a clinical social worker for the past 20 years, and has developed prevention and early intervention programs for children and adolescents in schools, hospitals, county agencies, and nonprofit organizations. Giovanna currently teaches psychopharmacology at JFK University, UCSC, and CSU East Bay.

Cazeaux Nordstrum, MFT, is a licensed psychotherapist, consultant, and educator with more than 25 years as a specialist in the area of aging and acute, chronic and life-threatening illnesses. Cazeaux has taught courses on aging, dementia, care-giving, depression, anxiety and mental health issues for Graduate Theological Union, Diablo Valley College, JFK University and UC Berkeley Extension. Her background in anthropology, indigenous cultures and a personal connection to nature has also led her to integrate elements of ecopsychology into her work. Cazeaux maintains a private practice in Walnut Creek.

Carol Odess, Ph.D., is a licensed psychologist with a private practice in Albany, emphasizing EMDR and the energy psychology method, Emotional Freedom Techniques (EFT). Carol is both an EMDRIA approved consultant and certified clinician. She is also an advanced practitioner and trainer of EFT.

Rhoda Olkin, Ph.D., is a distinguished professor at the California School of Professional Psychology at Alliant International University, San Francisco, and the Executive Director of the Institute on Disability and Health Psychology. Author of the book *What psychotherapists should know about disability*, Rhoda has written more than 40 professional articles and serves as a writing mentor to junior faculty.

Rena Palloff, Ph.D., has been a consultant to Trinity Treatment Group, developing and managing inpatient and outpatient chemical dependency treatment programs. Currently a managing partner of Crossroads Consulting Group, Rena has consulted extensively in healthcare, academic settings, and addiction treatment for more than 20 years. She coauthored the 1999 Frandson Award-winning book *Building Learning Communities in Cyberspace: Effective Strategies for the Online Classroom*; *Lessons from the Cyberspace Classroom*; *The Virtual Student*; and *Collaborating Online: Learning Together in Community*.

Douglas Polcin, Ed.D., MFT, is a research scientist at the Alcohol Research Group in Berkeley and an instructor in both the Alcohol and Drug Abuse Studies Program at UC Berkeley Extension and the Counseling Psychology Program at JFK University. His current research focuses on the use of coercion to facilitate entry into treatment, peer helping, motivational enhancement therapy, and implementing research findings in community treatment programs. Douglas has worked as a clinician, supervisor, and administrator in substance abuse treatment for 23 years.

Justine Polevoy, MFT, is a somatic psychotherapist, providing trainings and workshops in cutting-edge somatic psychotherapy modalities for treating trauma survivors. She is an adjunct faculty member at JFK University and the Sensorimotor Psychotherapy Institute. Justine maintains a private practice treating individuals and couples in their recovery from trauma to help them develop a somatically resourced sense of self.

Tony Paulson, Ph.D., is the Executive Director of Summit Eating Disorders and Outreach Program in Sacramento, and he has been treating people with eating disorders for nearly 17 years. During his doctoral training at Saybrook Institute, he received the Charles Thuss Award for exceptional writing and research based on his work in eating disorders. Dr. Paulson has given professional presentations on state and national levels, and frequently lectures to community groups in California.

Diana Poulson, MFT, teaches at Santa Rosa Junior College and the University of San Francisco, and facilitates personal and professional development workshops throughout the Bay Area. She has worked as a counselor and program coordinator for nonprofit organizations, including Sonoma County Battered Women's Shelter, Social Advocates for Youth and Sonoma County Adult, and Youth Development. Diana holds a BA in Sociology from Sonoma State University and a MA in Counseling from the University of San Francisco.

Sara Rice Powers, Ph.D., is a clinical neuropsychologist specializing in the diagnosis and treatment of autism spectrum disorders since 2004. Dr. Powers completed a postdoctoral fellowship at the UC Davis MIND Institute and has published articles on autism. She maintains a private practice in Walnut Creek, providing psychotherapy, assessment, and social skills training for adults and children with autism spectrum disorders and their families.

Kate Rome, MFT, PPS, is licensed as both a Marriage and Family Therapist and a credentialed School Counselor, with experience in a wide variety of school and agency settings. Currently an adjunct faculty member at John F. Kennedy University and a faculty candidate at University of Phoenix, Bay Area Campus, Kate has been active in play therapy education and has served on the chapter and Executive Boards of the California Association for Play Therapy.

Mark Rosenthal, LCSW, has been a clinical social worker at the Langley Porter Psychiatric Institute Partial Hospitalization Program since 2000 and has a private practice in San Francisco, focusing primarily on patients with borderline personality disorder.

Linda Satchell, MFT, specializes in expressive arts therapy and facilitates art therapy groups for children's groups and at drug and alcohol treatment centers and residential mental health facilities. An adjunct faculty member at JFK University, Linda also serves as clinical supervisor at Kinship Center in Salinas and has a private practice in Pacific Grove.

John Schinnerer, Ph.D., authored the award-winning book, *Guide to Self: The Beginner's Guide to Managing Emotion and Thought*. His blog, *Shrunken Mind*, has been recognized as one of the top three in positive psychology. John maintains a private practice in Danville, where he helps clients manage anger, stress, and other difficult emotions and improve optimal functioning via positive psychology.

Vivian Silva, MSW and gerontologist, works with elderly clients, their families, and their advocates to provide them the care plans, referrals and attention they need. She cofounded Windows to a New World, which organizes divorce groups and workshops for those 50 and older, and she designed Lady Guinevere's Round Table discussion groups to provide older women a social support network. Vivian currently serves as a care manager at the Sunnyvale Senior Center and as an instructor in the gerontology programs at San Jose State University and Notre Dame de Namur University.

Daniel Taube, JD, Ph.D., has been providing continuing education to licensed mental health professionals since 1995. He received his JD from Villanova University and his PhD in clinical psychology from Hahnemann University. Dr. Taube has served as the Director of the Doctor of Psychology Program and is core faculty at CSPP-SF, Alliant International University. He maintains a private practice in San Francisco where he works with couples.



Faculty Bios

Larissa Terry, Psy.D., BCBA-D, is a Clinical Psychologist and Board Certified Behavior Analyst Doctoral, specializing in the diagnosis and treatment of autism spectrum disorders and other developmental disabilities since 1995. Dr. Terry completed a postdoctoral fellowship at the UC Davis MIND Institute and was a staff psychologist at Regional Center of the East Bay. She maintains a private practice in Walnut Creek providing assessment, early intervention diagnostic clinics, parent training, and behavioral consultation for children and adults with autism spectrum disorders and their families.

Ron Unger, LCSW, is a therapist specializing in cognitive-behavioral therapy for psychosis. He has given numerous seminars on this subject and on the relationships between trauma and psychosis. His presentations emphasize practical and humanistic ways of working with difficulties that are often too easily perceived as being beyond understanding.

Kristen Valus, Psy.D., is a licensed clinical psychologist with a private practice in San Francisco. Dr. Valus specializes in cognitive behavioral treatment of mood and anxiety disorders in adults, and she provides training in cognitive behavioral therapy to professionals. She is a Founding Fellow of the Academy of Cognitive Therapy and an Adjunct Clinical Faculty member at UC Berkeley.

Peter VanOot, Ph.D., has an MA in physiological psychology, his doctorate in clinical psychology, and pre- and postdoctoral training in rehabilitation neuropsychology. Peter maintains a consultation- and assessment-based neuropsychology private practice in Oakland, and consults on pharmacology. He is a member of APA's Division 40 and 38, the National Academy of Neuropsychology (NAN), and the Northern California Neuropsychology Forum (NCNF).

Armand Volkas, MFT, RDT/BCT, is a psychotherapist and Registered Drama Therapist in private practice, Clinical Director of the Living Arts Counseling Center in Oakland and Associate Professor at CIIS. He has developed innovative programs using drama therapy for social change, intercultural conflict resolution, and collective trauma.

Heather Wassarman, Ph.D., is a licensed clinical psychologist in private practice in San Francisco, with more than ten years of experience providing cognitive-behavioral therapy to adults. She has served as adjunct faculty at both JFK University and UCSF, and specializes in CBT and mindfulness-based approaches.

Daniel Wile, Ph.D., is a clinical psychologist with 30 years experience as a couples therapist. Dr. Wile has published on psychotherapeutic theory as well as couples therapy, teaches in several graduate programs in the San Francisco Bay Area, and gives professional workshops on couples therapy throughout the United States. He is the author of *Couples Therapy: A Nontraditional Approach*; *After the Honeymoon, How Conflict Can Improve Your Relationship*; and *After the Fight: Using Your Disagreements to Build a Stronger Relationship*.

Herbert Wong, Ph.D., is a core faculty member at JFK University. As the founding Executive Director of the Richmond Area Multi-Services, Inc. (RAMS) Community Mental Health Center, Dr. Wong developed the first multicultural, multilingual, comprehensive mental health center which provides services in 17 languages in San Francisco and which was later used as a model for other multiethnic communities throughout the United States. Dr Wong maintains a consulting practice in San Ramon.

General Information



John F. Kennedy University aspires to serve as the Bay Area's premier lifelong learning hub, integrating programs and resources that are individually focused, professionally relevant, and socially purposeful. As an entrepreneurial force of JFK University, CE provides the greater Bay Area with accessible and forward-thinking lifelong learning opportunities that empower individuals and organizations to engage their disciplines, interests, and ambitions in germane, connected, and creative ways.

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, LCSWs and LPCCs (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-95-322-1111).
- 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 attempt to notify participants as soon as possible should any course-related changes occur. Please visit our website at 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.

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CE certificates will be presented at the completion of each on-site course to students who have preregistered at least two (2) business days prior to the start of the course. If you register inside 48 hours of a scheduled course, we cannot guarantee that your CE certificate will be available to you on-site. In that case, your certificate will be mailed to you within 10 business days. For online course students, CE certificates may be downloaded one hour after you successfully complete each online course.

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CE Credit: Course numbers that include "CE" provide mandated continuing education credit for agency requirements

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

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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, Lisa Noshay, at least two weeks prior to the beginning of the course. Please call 925.969.3447 or e-mail lnoshay@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

Campbell Campus

1 West Campbell Avenue, Bldg. A
Campbell, CA 95008

Costa Mesa Campus

3390 Harbor Boulevard
Costa Mesa, CA 92626-1502

For campus maps and directions, please see our website at www.jfku.edu/Locations/Campuses.html

CE Administrative Office is located on the Pleasant Hill campus in Room S205. Office hours are Monday - Friday, 9:30 a.m. - 5:00 p.m.

We're trimming our catalog, conserving resources and saving trees! Please visit our website at www.jfku.edu for Frequently Asked Questions, Campus Maps and Directions, and more detailed information about our courses.



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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 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.

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,
9:30 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.

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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) at least one (1) business day BEFORE the course start date.

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PLEASE NOTE

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Contact Information

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Continuing Education
100 Ellinwood Way, S205
Pleasant Hill, CA 94523
Office: 800.557.1384
Fax: 925.969.3155
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 Address: _____
 City: _____ State: _____ ZIP: _____
 Phone: _____ E-mail: _____

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

Last 4 digits of SSN: _____ OR JFKU Student ID #: _____

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