

UVM Graduate Counseling Program Summer 2017 Course Offerings

EDCO 291 Z1 Happiness, Mindfulness & Health (3 credits) – Anthony Quintiliani

Fridays from 9:00am to 4:30pm | June 19, 2017 to July 14, 2017 | Mann Hall room 211

Open to all students

This course will utilize research; lecture- discussion, role-playing and skills practice activities in learning happiness skills and mindfulness skills to enhance health. The actual content and skills will be focused on counseling/psychotherapy, psychological and physical health promotion, intervention and recovery processes in health-related areas of need.

For more information, contact the instructor: anthony1@gmavt.net or 802-425-2953.

EDCO 291 Z2 Trauma Informed Care for Children and Families (1 credit) – Beth Holden

July 13th and 14th from 9:00am to 4:30pm | June 19, 2017 to July 17, 2017 | Mann Hall room 102C

Open to all graduate students

This course will focus on providing trauma informed counseling services to children, adolescents and family members. We will explore the system of care in public and private mental health systems, examine the political underpinnings of the trauma informed movement, and develop skills and strategies when working within the specialization of trauma. Promising and best practice models will be reviewed, such as Attachment, Self-Regulation, and Competency (Blaustein & Kinniburgh, 2010). DSM 5 criteria will be reviewed with acknowledgement of the controversy of the recommended developmental trauma diagnosis. This course is intended to be interactive and teaching methods will include lecture, class discussion, small group work, activities and power point.

The entire course will run over a four-week period, with pre- readings being assigned for the first week and the actual two in- class days running consecutively in the second week. Follow up coursework will be assigned and turned in within the following two weeks after the in-class portion. For more information, contact instructor: BethH@howardcenter.org.

EDCO 291 Z3 DBT: Origins & Theory (1 credit) – Jane Okech and Megan Johnson Dunston

June 5th and 9th from 9:00am to 4:30pm | May 22, 2017 to June 16, 2017 | Mann Hall room 102C

Open to Counseling Majors, MA level practitioners or Instructor permission, email

cslgprog@uvm.edu

This course will provide students with an understanding of Dialectical Behavior Therapy's origins and the theoretical assumptions that drive its practice. Students will be exposed to an overview of the general principles of cognitive behavioral therapy as well as elements of Eastern mindfulness practice that provide the basis of DBT. Students will gain an understanding of: Borderline Personality Disorder diagnostic criteria and associated areas of skill deficits; Marsha Linehan's work with clients with BPD; The Biosocial theory; Component parts that constitute Dialectical Behavior Therapy; and Methods of delivering Dialectical Behavior Therapy and implications for diverse populations.

The entire course will run over a four-week period, with pre-readings being assigned for the first week and the actual two in-class days running consecutively in the second week. Follow up coursework will be assigned and turned in within the following two weeks after the in-class portion. For more information, contact instructor: Jane.Okech@uvm.edu.

EDCO 291 Z4 DBT: Fundamental Change Strategy (1 credit) – Jane Okech and Megan Johnson Dunston

June 12th and 16th from 9:00am to 4:30pm | May 22, 2017 to June 16, 2017 | Mann Hall room 102C
Open to Counseling Majors, MA level practitioners or Instructor permission, email cslgprog@uvm.edu

Building from the base of Cognitive Behavioral Therapy's theoretical underpinnings, Dialectical Behavior Therapy consists of four fundamental change strategies: skills training, exposure therapy, contingency management, and cognitive therapy. In this course students will learn: Techniques in recognizing and challenging negative thought patterns and replacing them with more balanced, neutral descriptions that more closely reflect reality (Cognitive Therapy); Systems for exposing oneself to feelings, thoughts or situations which were previously feared and avoided in order to desensitize oneself to the anxiety-producing stimuli (Exposure Therapy); Methodology for teaching the four DBT coping skill modules: Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance (Skills Training); and How to identify the ways that maladaptive behavior and adaptive behavior are punished or rewarded and using this knowledge to modify behavior through consequences (Contingency Management).

The entire course will run over a four-week period, with pre-readings being assigned for the first week and the actual two in-class days running consecutively in the second week. Follow up coursework will be assigned and turned in within the following two weeks after the in-class portion. For more information, contact instructor: Jane.Okech@uvm.edu.

EDCO 291 Z5 DBT: Validation and Dialect (1 credit) – Jane Okech and Megan Johnson Dunston

June 19th and 23rd from 9:00am to 4:30pm | June 19, 2017 to July 14, 2017 | Mann Hall room 102C
Open to Counseling Majors, MA level practitioners or Instructor permission, email cslgprog@uvm.edu

Dialectical Behavior Therapy is unique in that it places equal emphasis on change and acceptance. This course provides an overview of the acceptance strategies that balance the change strategies in DBT practice. Research indicates that offering validation along with the push for change creates an environment where clients are more likely to cooperate and less likely to suffer distress associated with the idea of change. Dialects work to resolve the seeming contradiction between acceptance and change through the ideas that (1) all things are interconnected (2) change is constant and inevitable and (3) opposites can be integrated to form a closer approximation of the truth. This course will expose students to: What constitutes validation and invalidation; The six levels of validation in DBT; How to implement these six levels of validation as interventions in therapeutic conversations; Three dialectical dimensions (emotional vulnerability vs. self-invalidation, active passivity vs. apparent competence and unrelenting crisis vs. inhibited grief); and Strategies for investigating and synthesizing the two poles of dialectical dilemmas.

The entire course will run over a four-week period, with pre-readings being assigned for the first week and the actual two in-class days running consecutively in the second week. Follow up coursework will be assigned and turned in within the following two weeks after the in-class portion. For more information, contact instructor: Jane.Okech@uvm.edu.

EDCO 387 Z1 Therapeutic Psychopharmacology (3 credits) – Kevin Rodgers

Tuesdays and Thursdays from 9:00am to 4:30pm | July 17, 2017 to August 11, 2017 | Mann Hall room 102C

Pre-Reqs: EDCO 220, 350, 374, 378, or permission; Counseling Majors only; for permission, email cslgprog@uvm.edu

This course is an introduction to neuroanatomy, neurophysiology, and pharmacology as they pertain to mental health counseling. The course also covers commonly prescribed medications, ethical issues and the referral process. This course is required for MH track students.

The schedule is still to be determined. For more information, contact the instructor: krodgers@uvm.edu.

EDCO 389 Z1 Counseling Internship (3 credits) – Jane Okech

Tuesdays from 1:15pm to 5:15pm | May 22, 2017 to August 11, 2017 | Mann Hall room 205A

Pre-Reqs: EDCO 220, 350, 374, 363, 375; Counseling Majors only

Supervised experience in counseling in a clinical mental health or school setting. This course is required for School track, MH track and Dual option students. Prerequisites: EDCO 220,350,374,363 (Practicum), 375 (School and Mental Health tracks), EDCO 340 (School Counseling track) and EDCO 361 (Mental Health track).

For more information, contact the instructor: Jane.Okech@uvm.edu

EDCO 394 Z1 Research Methods in Counseling (3 credits) – Lance Smith

Online | May 22, 2017 to August 11, 2017

Counseling Majors only; for permission, email cslgprog@uvm.edu

This course is designed for counseling students to develop an understanding of research methods, qualitative and statistical analysis, needs assessment, and program evaluation. This course has been structured according to the curriculum standards as determined by the Council for Accreditation of Counseling and Related Educational Programs (CACREP).

For more information, contact the instructor: lcsmith@uvm.edu.