



**CONTINUING
EDUCATION**

FALL/WINTER
CATALOG
2019 - 2020



JOHN F. KENNEDY UNIVERSITY

An affiliate of the National University System

ON CAMPUS
ONLINE
JFKU.EDU
(800) 557-1384



What's New in This Catalog

All courses may be taken as stand-alone CE courses and are open to the GENERAL PUBLIC!

NEW COURSES

| | |
|---|----|
| Complex Trauma and LGBTQI+..... | 13 |
| Effective Care for ASD: Redefining the Therapist's Role | 19 |
| Mood & Anxiety Disorders in Pregnancy & Postpartum: The Darker Side of Motherhood | 10 |
| Treating Youth with ASD Through Expressive Arts Therapy | 20 |
| Using EMDR With Co-Occurring Disorders: Combining Standard and Addiction-Specific Protocols | 10 |

Please visit our website at www.ce.jfku.edu/ce for campus maps, directions, and more detailed information about our offerings.

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Ridhi Joshi, MA



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JOHN F. KENNEDY UNIVERSITY CONTINUING EDUCATION

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San Jose Campus

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Please visit our website at
www.jfkku.edu/ce

For campus maps, directions,
and more detailed information
about our offerings.

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Course Calendar

All courses may be taken as stand-alone CE courses and are open to the public.

CAMPUS KEY: • PH Pleasant Hill • SJ San Jose • OC Off Campus

SEPTEMBER

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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.

Course Calendar (cont.)



CAMPUS KEY: • **PH** Pleasant Hill • **SJ** San Jose • **OC** Off Campus

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| | | | |
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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.



Online Courses

Our online courses provide you with interactive, self-paced, web-based learning 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 practitioner-instructors and delivered on our CE-customized Learning Management System.

Registration for these courses is available 24/7 and must be done through our website @ www.jfku.edu/ce. Any Time, Any Day!

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Online Courses (cont.)



Our online courses provide you with interactive, self-paced, web-based learning 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 practitioner-instructors and delivered on our CE-customized Learning Management System.

Registration for these courses is available 24/7 and must be done through our website @ www.jfku.edu/ce. Any Time, Any Day!

SUPERVISION

| | |
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PLEASE NOTE

- **Online courses are not eligible for refunds or discounts and do not require additional materials or assignments.**
- **Participants will have 90 days from the date of registration to complete each course.**
- **30-day reactivations are permitted for \$35 and may take place any time after the original 90 days have expired.**
- **Before registering, please be sure to read the terms and technical requirements at www.jfku.edu/ce.**



Division of Extended Learning

Desarrollo Sostenible y Tácticas para la Minería

Visión de conjunto

¿Quiénes somos?

Nosotros estamos conscientes que la industria minera enfrenta escenarios complejos aumentando los desafíos en responder los temas regulatorios y a las demandas sociales.

Nosotros vemos la creciente necesidad en la industria de la minería para mejorar las formas de enfrentar los desafíos en sostenibilidad. La Universidad John F. Kennedy está orgullosa de ofrecer un Diplomado en Desarrollo Sostenible y Tácticas para la Minería. Este Diplomado se dicta online y con una clase presencial.

¿Por qué es importante?

Es importante reconocer que en muchos aspectos su empresa hace un impacto no financiero que es importante para sus clientes, para su personal y para la sociedad.

Nuestro Diplomado los ayudara a ustedes a crear un impacto positivo en su compañía hacia implementar estrategias, metodologías y tácticas que colaboran a conservar la licencia social para operar.

Los participantes desarrollarán destrezas que los ayudarán a enfrentar y gestionar los desafíos ejecutando tácticas innovadoras en los temas relativos a la gestión social. La estructura del Diplomado es la siguiente:

- Duración de 100 horas en 13 semanas de capacitación online
- Estudio de Caso aplicado a la Minería
- Una clase presencial al final

¿Qué haremos?

DEDSU (Diplomado en Desarrollo Sostenible) –El Diplomado entrega una mirada a las prácticas en sostenibilidad y sus aplicaciones usadas actualmente por líderes en esta disciplina con un mayor enfoque en la perspectiva de gestión social y diálogo comunitario.

Temas incluidos en las Sesiones:

1. El Valor de la Sostenibilidad y su Alcance
2. Prácticas en Empresas Sostenibles
3. La cadena de Suministro en empresas sostenibles
4. Energías Renovables en pequeñas comunidades
5. Innovación elemento clave en la sostenibilidad
6. Relacionamiento con las Comunidades
7. Equipo de Instructores

El equipo del DEDSU está integrado por profesionales expertos en los específicos desafíos que impactan a las compañías en el camino a ser sostenibles. El equipo trae una vasta experiencia en la gestión de “públicos de interés” (stakeholders). Estos líderes en la industria han sido miembros de comités ejecutivos, gerentes en operaciones y cadena de suministro y consultores seniors. Los participantes serán desafiados a desarrollar una visión amplia e integrada y con esto descubrirán áreas con oportunidades de cambio en la consciencia social conservando el compromiso con sus compañías para ser reales agentes de cambio.

Online – Disponible

XMG1047W \$2,000

Registrarse: ce.jfku.edu/public

Division of Extended Learning (cont.)



MCLE Courses

NEW! Everything You Need to Know to Feel Go(o)d as a Member of the Judicial System

Kim Clark, JD

We are pleased to offer FOUR one-hour ONLINE sessions of MCLE credit:

- Course ONE: Recognition and Elimination of Bias in the Legal Profession (1-hour)
- Course TWO: Legal Ethics (1-hour)
- Course THREE: Competence Issues (1-hour)
- Course FOUR: General (1-hour)

With a focus on social ethics that addresses race, racism, privilege, the role of the judicial system in sustaining cultural norms and how this impacts the challenges facing legal professionals, these courses will explore the moral, ethical, and philosophical implications of legal practice. Through critical analysis of the profession, participants will identify popular beliefs about race, racial identity, privilege, and the rule of law in American culture. Participants will also analyze their attitude towards the profession, their clients, and themselves as they discover tensions and conflicts in the practice of law, and discover how they can increase well-being both physically and mentally. These online courses will be taught at the introductory level.

COURSE ONE

Recognition and Elimination of Bias in the Legal Profession (1-hour)

In “California Rules of Professional Conduct” Failing to Act Competently, we will consider Rule 3-110. Competence might include awareness and sensitivity to cultural differences, accepting differences, and skills for making others comfortable to express differences. Current issues about legal cultural competency and the provision of competent counsel will be addressed.

Online – Available Anytime

CEL2027W \$25

Register: ce.jfku.edu/public

COURSE TWO

Legal Ethics (1-hour)

This online course will introduce participants to the Critical Race Theory (CRT) movement of legal scholarship that emerged from the social movements of the 1960’s. Participants will learn the relevance and significance of CRT’s legal efforts to understand racism’s ideological component and its spiritual nature in an attempt to eliminate racial bias.

Online – Available Anytime

CEL2028W \$25

Register: ce.jfku.edu/public

COURSE THREE

Competence Issues (1-hour)

(Formerly known as Prevention, Detection and Treatment of Substance Abuse or Mental Illness)

In this online course, participants will be introduced to the idea of utilizing a holistic approach to identify and assist lawyers with substance abuse or mental illness disorders. Additionally, participants will learn how to prevent substance abuse or mental health disorders by utilizing the Substance Abuse and Mental Health Service Administration Wellness Initiative.

Online – Available Anytime

CEL2029W \$25

Register: ce.jfku.edu/public

COURSE FOUR

General (1-hour) Practice, Praxis and Connecting with Feelings of Well-Being

This online course is designed to explore how the practice of law can offer ways of meaningful engagement with the world while providing a sense of fulfillment in life. This online course considers aspects of the law that bring suffering and disease and explores how to reframe these experiences to bring joy and happiness.

Online – Available Anytime

CEL2030W \$25

Register: ce.jfku.edu/public

Division of Extended Learning (cont.)

Museum Studies Fundamentals

John F. Kennedy University Museum Studies presents our first ever Continuing Education Series developed and taught by JFKU Faculty.

Each course includes 12 hours of content with online learning models to be done at your own pace. Courses will provide recorded lectures, student instructor discussion boards, readings, reflection, and written assignments with instructor and peer-to-peer feedback.

Designed to be taken in sequence, these courses are specifically created for volunteers, non-expert staff, and board members of museums interested in learning the fundamental ideas that propel museum work. This program costs \$350 per course, or \$1,750 for the entire series.

Core Courses

1. Museums 101
2. Strategic Thinking & Planning
3. Collections Management Basics
4. The Visitor Experience
5. Fundraising & Marketing

Please email conted@jfkku.edu for more information.

CORE COURSE

Museums 101

Susan Spero, Ph.D.

Credit Hours: 12

This online course sets the stage for the JFKU CE series. We will discuss the importance of museums to communities, starting with mission, vision, and values. Lectures, discussions, and readings will explore museum functions, collections, programming, audiences, and stakeholders. Reflection and written assignments will draw on your own experiences and prepare you for learning and engagement in the next four courses.

Online – Available Anytime

Fall 2019 starts September 30, 2019

XPE1041W \$350

Register: ce.jfkku.edu/public

CORE COURSE

Strategic Thinking and Planning

Michelle Powers, MBA/MA

Credit Hours: 12

This online course provides an overview of current business practices in museums with an emphasis on governance and planning for organizational success. Through engaging lectures, insightful readings, and robust dialog amongst the instructor and classmates, we will learn from case studies and work to understand how organizations implement their missions, visions, and values.

Required Text: Museum Administration 2.0 (2016 Edition, Revised by Cinnamon Catlin-Legutko - Hugh H. Genoways and Lynne M. Ireland)

Online – Available Anytime

Winter 2020 starts January 6, 2020

XPE1042W \$350

Register: ce.jfkku.edu/public

CORE COURSE

Collections Management Basics

Ted Greenberg, MA

Credit Hours: 12

This online course offers an overview of the key concepts, tools, and systems used in museum registration. Topics include acquisitions, loans, database management, exhibition planning, and preventative conservation. Moderated by a museum registrar, this course features short lectures, brief readings, group discussions, and skill-building assignments. One full-day on-site practicum class provides professional training with object handling, cataloging, photography, condition reporting, and collections storage basics.

Online – Available Anytime

Fall 2019 starts September 30, 2019

XPE1043W \$350

Register: ce.jfkku.edu/public

Division of Extended Learning (cont.)



CORE COURSE

The Visitor Experience

Susan Spero, Ph.D.

Credit Hours: 12

In this online course we will consider the full scope of your organization's visitors' experiences from their first notion to visit through the time on site to the moment they leave and then consider returning. In the course modules, you will learn essential strategies to plan and implement the core experiences that you deliver to museum audiences, including families, adults, and school groups. The course content includes short lectures, readings, expert interviews, and practical exercises.

Online – Available Anytime

Winter 2020 starts January 6, 2020

XPE1044W \$350

Register: ce.jfku.edu/public

CORE COURSE

Fundraising & Marketing

Michelle Powers, MBA/MA

Credit Hours: 12

This online course provides an overview of multiple fundraising and marketing techniques and best practices. Learning modules include input from experts in the fundraising field, contemporary literature and current trends, and the step-by-step creation of a working development plan for your institution, providing students the tools they need to make their organization more sustainable in a rapidly changing funding environment.

Required Text: Museum Administration 2.0 (2016 Edition, Revised by Cinnamon Catlin-Legutko – Hugh H. Genoways and Lynne M. Ireland)

Online – Available Anytime

Fall 2019 starts September 30, 2019

XPE1045W \$350

Register: ce.jfku.edu/public

ELECTIVE COURSE

Centering Children in Museum Practice

Susan Spero, Ph.D.

Credit Hours: 12

This course provides an overview of serving children in museum settings based on the practices of children's museums. Learning modules include: the history of children's museums; core learning philosophies; developmentally-appropriate, child-centered program and exhibit design; and operational issues such as safety and staffing. Course content includes lectures, readings, and practical exercises. This course has been developed in partnership with the Association of Children's Museums.

Coming Soon!

XPE1046W \$350

Register: ce.jfku.edu/public

Special Topics

NEW! Using EMDR With Co-Occurring Disorders: Combining Standard and Addiction-Specific Protocols

April Wise, PsyD, MFT

Credit Hours: 4 (APA, CAMFT, RN)

People who meet the criteria for co-occurring disorders including addictive disorders and PTSD are known to have a difficult time in treatment. In this course, clinicians who are trained in EMDR (Level I and II) will learn about three EMDR addiction-specific protocols for treating people with trauma and addictive disorders (chemical and process addictions) and how to integrate them with the standard protocol. Contrary to earlier thought, existing literature suggests improved outcomes when multiple diagnoses are treated concurrently. Participants will learn how to use the protocols, when to use each, and how to conceptualize a treatment path for clients using the integrated treatment approach.

Prerequisite Required: EMDR: Theory & Techniques of Eye Movement Desensitization & Reprocessing – Part I & II

Online – October 2019

CE1383W \$100

Register: ce.jfku.edu/public

Psychotherapy and a Changing Planet: Climate Psychology

Leslie Davenport, MS, MFT

Credit Hours: 6 (CAMFT, RN)

Climate scientists estimate that 200 million Americans will be touched by significant psychological distress from climate-related events in the upcoming years, and yet little attention is given to how to treat the profound mental health suffering that results from climate change. The U.N. sponsored Intergovernmental Panel on Climate Change reported that “The physical and economic destruction (of climate change) surely boggles the mind but what is not being addressed are the human psychological consequences of all this devastation.”

Online – Available Anytime

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

CE1321W \$159

Register: ce.jfku.edu/public

Mood & Anxiety Disorders in Pregnancy & Postpartum: The Darker Side of Motherhood

Shoshana Bennett, Ph.D.

Credit Hours: 4 (APA, CAMFT, RN)

Through lecture, discussion, video, and Q & A sessions, gain a working knowledge of the six mood and anxiety disorders (PMADs) that occur in pregnancy and postpartum (depression, panic, posttraumatic stress, obsessive-compulsive disorder, psychosis, and bipolar). Learn how to successfully screen your clients, assess their needs, and provide appropriate intervention. Etiology of the disorders, risk factors, barriers to treatment, and collaboration of the professional team will be discussed, as well as conventional and alternative treatment modalities.

Online – Available Anytime

CE1354W \$100

Register: ce.jfku.edu/public

Workshop Series



EMDR Training

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

PLEASE NOTE: There is a **2 Year Time Frame for Completion of an EMDRIA Approved EMDR Training**. Beginning January 1, 2017, participants who begin the EMDR training must complete the entire training within 24 months from their initial start date unless there are extraordinary circumstances.

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

Phil Manfield, Ph.D.

Credit Hours: 20 (APA, CAMFT, 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.

Course Requirements

- As practicing the EMDR procedure will involve working on personal issues, individuals in therapy themselves need to obtain their therapist's approval before taking the course.
- Participants must be licensed mental health practitioners or supervised interns.
- Those under supervision must have their supervisor email conted@jfku.edu stating eligibility or registration will be denied.
- Consultation times are arranged at Part I of the training and fees are paid directly to the consultant (\$35 or less per hour of consultation).

Recommended Text: Eye Movement Desensitization & Reprocessing: Basic Principles, Protocols & Procedures, by Francine Shapiro

October 11-13, 2019

Friday, 6 - 9:30 p.m.

Saturday & Sunday, 9 a.m. - 6:15 p.m.

CE1077 \$495

Pleasant Hill campus, Room S209-217

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

Phil Manfield, Ph.D.

Credit Hours: 20 (APA, CAMFT, 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 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.

Prerequisite Required: EMDR: Theory & Techniques of Eye Movement Desensitization & Reprocessing – Part I

December 6-8, 2019

Friday, 6 - 9:30 p.m.

Saturday & Sunday, 9 a.m. - 6:15 p.m.

CE1078 \$495

Pleasant Hill campus, Room S209-217

Bridge Course

Practitioners who took an approved EMDR – Part I course before July 2007 who wish to take Part II must take a 4-hour EMDR Bridge Course. 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 Dr. Philip Manfield and is not an official JFK University CE course.

EMDR Video Library

Phil Manfield, Ph.D.

(NO CREDIT)

Enhance your EMDR skills with access to a collection of more than twenty videos of complete clinical EMDR sessions conducted by Dr. Philip Manfield. The collection provides valuable illustrations and clinical models for mental health practitioners learning EMDR or

Workshop Series (cont.)

experienced EMDR therapists wanting to refine their skills. Sessions illustrate some of the subtler aspects of EMDR, as well as EMDR trauma processing and the use of “dyadic resourcing” to facilitate trauma processing with more difficult clients.

Prerequisite Required: Must be a licensed mental health practitioner or intern. License # must be included at the time of registration and will be verified. If unlicensed, access will be denied. This is also a NON-REFUNDABLE offering.

Online – Available Anytime

CE1295W \$50 for 90 days of unlimited usage

Register: ce.jfku.edu/public

**NEW! Using EMDR With Co-Occurring Disorders:
Combining Standard and Addiction-Specific Protocols**

April Wise, PsyD, MFT

Credit Hours: 4 (APA, CAMFT, RN)

People who meet the criteria for co-occurring disorders including addictive disorders and PTSD are known to have a difficult time in treatment. In this course, clinicians who are trained in EMDR (Level I and II) will learn about three EMDR addiction-specific protocols for treating people with trauma and addictive disorders (chemical and process addictions) and how to integrate them with the standard protocol. Contrary to earlier thought, existing literature suggests improved outcomes when multiple diagnoses are treated concurrently. Participants will learn how to use the protocols, when to use each, and how to conceptualize a treatment path for clients using the integrated treatment approach.

Prerequisite Required: EMDR: Theory & Techniques of Eye Movement Desensitization & Reprocessing – Part I & II

Online – October 2019

CE1383W \$100

Register: ce.jfku.edu/public

Mindfulness-Based Therapies

Mindfulness can be described as a “non-judgmental awareness of sensory and thought experience that can create a deeper sense of understanding and freedom to choose.” Research has increasingly shown it to be an effective tool for changing negative behaviors, managing difficult emotions, and reducing suffering. This series introduces evidence-based approaches that incorporate Mindfulness, including Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT).

Mindfulness-Based Therapies for Children & Adolescents

Koke Saavedra, PsyD

Credit Hours: 6 (APA, CAMFT, RN)

Develop a basic understanding of mindfulness-based therapies, including ACT, DBT, MBSR & MBCT, for children and adolescents presenting with anxiety disorders, problematic anger, and depression. Through lecture, case studies, mindfulness exercises, and discussion, become familiar with theoretical models underlying ACT, DBT, MBSR & MBCT; the evidence supporting its effectiveness for children and adolescents; a practical clinical model for assessment and case formulation across mindfulness-based therapies; and a series of helpful interventions for children and adolescents.

November 2, 2019

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

CE1297 \$159

Pleasant Hill campus, Room S118

ACT for Problematic Anger

Koke Saavedra, PsyD

Credit Hours: 6 (APA, CAMFT, RN)

Develop a deeper understanding of how to treat problematic anger using Acceptance and Commitment Therapy (ACT). During the last decade, ACT has become an established therapy for a wide range of challenges, including anger. Learn a user-friendly treatment for anger in adolescents and adults, in individual and group settings. Experiential exercises will be used extensively to learn basic ACT processes and key interventions. Learn how to assess, formulate and

Workshop Series (cont.)



treat problematic anger using this engaging, contemporary mindfulness-based therapy. Familiarity with the ACT model is assumed.

December 7, 2019

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

CE1298 \$159

Pleasant Hill campus, Room S112

Mindfulness for Parenting: Using Mindfulness to Help Parents Enhance Their Children's Emotional Well-Being

Koke Saavedra, PsyD

Credit Hours: 7 (APA, CAMFT, RN)

This course offers a theoretical and practical introduction to the application of mindfulness to enhance the quality of parenting and support child & adolescent development and mental health. Through theoretical and case-based presentations, experiential exercises, and practice, participants will become familiar with: (a) a process-based theoretical model underlying mindfulness-based parenting for various developmental stages as well as common psychological and behavioral problems; (b) growing evidence base supporting mindfulness for parenting; (c) how to assess and formulate problems in childhood and adolescence that guide parent-based mindfulness interventions; and (d) a menu of helpful mindfulness-based interventions to support effective parenting.

February 1, 2020

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

CE1390 \$175

Pleasant Hill campus, Room S118

A Mindfulness-Based Treatment for OCD & Chronic Worry in Children

Koke Saavedra, PsyD

Credit Hours: 7 (APA, CAMFT, RN)

This course is a hands-on introduction to a new mindfulness-based treatment of obsessions and chronic worry in children. The treatment is a creative extension of the flexible non-stigmatizing and effective mindfulness applications, especially ACT and MBSR, revolutionizing mental health over the last two decades. Participants will learn art-based mindfulness interventions as well as valuable action-focused interventions to help children, gently and in a non-stigmatizing way, disentangle themselves from the sticky, conditioned thoughts and images that scare them and derail their lives. Building on MBSR

and emotional intelligence, a relapse-preventing parenting component, is included to promote mindfulness at home. A simple process-based model of mindfulness will be used to assess, formulate, and help guide participants' interventions with each unique child and family. While helpful, familiarity with mindfulness is not expected or needed.

March 7, 2020

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

CE1391 \$175

Pleasant Hill campus, Room S118

Queer Consciousness

This workshop series looks at the unique issues of the LGBTQ communities.

NEW! Complex Trauma and LGBTQI+

Ling Lam, Ph.D., MFT

Credit Hours: 10 (CAMFT, RN)

This workshop focuses on helping participants acquire the clinical competencies when working with complex trauma in LGBTQI+ clients. An evidence-based, relational-focused, neurobiological-informed integrative approach of working with complex trauma will be presented with a specific application in working with LGBTQI+ clients. Detailed clinical vignettes and video sessions will be analyzed to extract useful lessons in case conceptualization as well as practical clinical skills.

Please visit ce.jfku.edu/public for details.

September 13-14, 2019

Friday, 6 - 9 p.m.

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

CEJ1165 \$215

San Jose campus, TBD

Discount Available!

Enroll in any three onsite courses at one time, and receive 10 percent off the total price!

Workshop Series (cont.)

Somatic Psychotherapy

From a somatic perspective, the body is considered and addressed in therapy along with the psyche because changes do not just happen on a psychological level, but must also be somatically experienced and anchored. This series offers an understanding of the way the mind and body impact each other and introduces ways to work somatically in clinical practice.

Introduction to Esoteric Healing – The Philosophy of Healing through the Energy Field

Bonnie Dysinger, M.Sc, CPEH, CHHP, C.Ht, RMT
Credit Hours: 7 (CAMFT, RN)

This class focuses on the philosophy of Esoteric Healing and includes an introduction to the chakras, their association with the endocrine glands and various body organs and systems, and psychological contributions. Students learn how to align and attune with the soul, and exercises to practice sensing energy. Class includes basic anatomy, an introduction to meditation, deeper understanding of the cause of disease, and the evolvment of soul consciousness. This 7 hour online class consists of lectures, assignments, quizzes, and videos. 6 hours of video content has been created with the specific focus to enrich student comprehension. This online course serves as preparation for the on campus, experiential course: Introduction to Esoteric Healing – Learning the Practical Application.

Online – Available Anytime

CE1310W \$175

Register: ce.jfku.edu/public

Applications of Clinical Hypnosis in Mind-Body Medicine

Darlene Viggiano, Ph.D., MFT
Credit Hours: 10 (APA, CAMFT, RN)

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

Online – Available Anytime

CE1228W \$215

Register: ce.jfku.edu/public

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.

The Changing World of Insurance: What Every Therapist Needs to Know

Barbara Griswold, LMFT
Credit Hours: 4 (APA, CAMFT, RN)

As of January 2014, an estimated 33 million more Americans now have insurance as a result of healthcare reform. Learn about these changes and how they will impact your clinical practice. Discover what every therapist should know about insurance, including how to keep new clients even when you aren't on their insurance plan, a strategy for getting in the door at "full" insurance plans, the 12 essential questions to ask when checking coverage, and tips for avoiding costly denials. Learn how to write successful treatment requests and secrets to getting more treatment approved. This workshop will help you make your services more accessible to clients of all socioeconomic backgrounds as well as help you successfully advocate for your clients with insurance plans.

October 5, 2019

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

CE1267 \$100

Pleasant Hill campus, Room S104

Workshop Series (cont.)



What's Missing from Your Client Charts: Writing Great Progress Notes and Treatment Plans

Barbara Griswold, LMFT

Credit Hours: 4 (APA, CAMFT, RN)

Many therapists think of their progress notes as a completely confidential means to keep track of clients history and treatment. In reality, we should be writing notes as if someone else might read them. While we may shiver at the idea of an insurance plan, ethics committee, or licensing board requesting to review a client's chart, this is happening more frequently, even to therapists who don't work with insurance. In these cases, well-written records can be a therapist's best defense. This new workshop will address what EVERY therapist should know about client charts and notes. Attendees will learn how to efficiently write notes that not only assist in treatment, but that meet the expectations of state law, professional ethics, licensing boards, and insurance plans.

October 19, 2019

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

CE1404 \$100

Pleasant Hill campus, Room S104

The New DSM-5: Changes You Need to Know for Your Practice

Rhoda Olkin, Ph.D.

Credit Hours: 4 (APA, CAMFT, RN)

This advanced course introduces the changes in the DSM-5 – both the conceptual and clinical implications. Participants will learn about the World Health Organization's International Classification of Diseases (ICD), which is being required on federal documents (VA Medical Centers, Medicare, etc.) and is likely to be required by insurance companies and other agencies. The ICD section on mental disorders and DSM-5 overlap, but they also have some important differences. Gain an understanding of the structure and use of the ICD codes in conjunction with the DSM-5.

Online – Available Anytime

CE1316W \$100

Register: ce.jfku.edu/public

Treatment Strategies for Returning Troops

California has the highest number of deployed and seriously wounded service members in the U.S. 30,000 service veterans come back to California yearly - more than the Department of Veterans Affairs (VA) can effectively serve, and many veterans seek treatment outside the VA. A RAND Corporation report in 2008 estimated that 300,000 vets suffer from PTSD, anxiety, or major depressive symptoms and substance abuse problems. Many also have comorbid traumatic brain injuries. Experts estimate that it can take six months to a year to transition back to civilian life, which can also have a significant impact on the family. This certificate program is designed to provide mental health providers, educators, school counselors, VA program staff at colleges and universities, and advocates at the many organizations who serve our veterans with the information and skills they need to address the pertinent issues affecting our returning troops. Taught by experts from the VA and the National Center for PTSD, the curriculum includes the latest empirically-supported treatment methods endorsed by the Department of Veterans Affairs (VA).

Posttraumatic Growth: Resolving and Going Beyond PTSD

Robert Grant, Ph.D.

Credit Hours: 6 (CAMFT, RN)

This 6-hour course will provide an advanced examination of the existential and spiritual issues that frequently follow in the wake of severe, long-term, and repetitive trauma. Topics such as the disintegrative impact of trauma, generation of a range of pre-personal and transpersonal material, and how to clinically help clients sort through this unfolding in an attempt to develop more comprehensive and authentic approaches to the self and others will be covered. The role of splitting, dissociation, addiction, meaning of suffering, the impact of malevolence, and development of problematic coping styles are additional topics that will also be discussed in this workshop. The course is designed for psychologists, psychotherapists, nurses, doctors, psychiatrists, spiritual directors, chaplains, church ministers, hospice and humanitarian workers, funeral directors, teachers, and anyone who works with victims of trauma.

December 14, 2019

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

CE1270 \$159

Pleasant Hill campus, Room S224

Workshop Series (cont.)

Women in the Military: What You Need to Know to Provide Effective Treatment

Pamela Planthara, PsyD

Credit Hours: 4 (APA, CAMFT, RN)

Women in the military are growing in increasing numbers, comprising 15% of active US duty military personnel. As the minority in a predominantly male culture, women encounter different issues in response to the experience of war. In this intermediate course, participants will learn about women's role in the military, as well as ways to effectively assess and treat the specific issues that women who were deployed to Iraq and Afghanistan now face (i.e. depression, binge eating, PTSD, somatic problems). Special emphasis will be placed on the different traumas they may have been exposed to and critical areas of readjustment after coming home.

Online – Available Anytime

CE1319W \$100

Register: ce.jfku.edu/public

Exploring the Psychological Impact of War & Its Unique Treatment Considerations

Gretchen Lindner, Ph.D.

Credit Hours: 7 (APA, CAMFT, RN)

Department of Veterans Affairs (VA) research suggests that about 40% of service members 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 military culture and common war-zone experiences, the difficulties service members have returning to civilian life, and the psychological impacts of war – particularly PTSD and its treatment. Participants will learn about vicarious traumatization and self-care when working with this population. This online course provides a thorough overview of the unique aspects of working with Iraq and Afghanistan war veterans and suggests numerous tips throughout the course to help maximize effectiveness in therapy with veterans.

Online – Available Anytime

CE1226W \$175

Register: ce.jfku.edu/public

Military Discount!

**Military Servicemembers and Veterans receive
10 percent off onsite courses!**

Certificate Programs



Our certificate programs are designed to offer in-depth learning opportunities in select clinical subject areas. These programs enable students to equip themselves with the practical skills and analytical tools necessary to achieve professional expertise.

- New electives will be offered each catalog and different core courses are offered throughout the year.
- All Certificate Programs have a one-time, non-transferrable, and non-refundable \$35 enrollment fee that must be paid by the 3rd course in a Program – allowing you three years to finish the certificate!
- Upon completion of a Program, email conted@jfku.edu with your name and Program title. Please note, verification and posting may take up to 8 weeks.

All certificate courses may be taken as part of the Certificate Program or as stand-alone CE courses.

**AUTISM SPECTRUM
DISORDER**

**COGNITIVE BEHAVIOR
THERAPY**

**EATING
DISORDERS ***

**EXPRESSIVE ARTS
THERAPY ***

GUIDED IMAGERY *

**MENTAL HEALTH
FOR AGING ADULTS ***

**NUTRITIONAL
PSYCHOLOGY**

*** Please note these programs are
no longer enrolling new students.**

Certificate Programs (cont.)

Autism Spectrum Disorder

A recently updated report by the Centers for Disease Control and Prevention (CDC) estimates that one in 68 children in the United States have an autism spectrum disorder. Although symptoms and severity can differ among individuals on the spectrum, each person affected by the disorder has impaired communication skills and difficulties initiating or sustaining social interactions. This unique certificate program, designed for mental health professionals, parents, special education providers, and advocates, is the first to offer a full spectrum examination of autism spectrum disorder, along with tips for intervention from birth through adulthood. Participants will learn how to diagnose and establish treatment plans for children and adults on the autism spectrum, and will be introduced to new emerging treatment ideas and practical tips for the ongoing support and treatment of autistic adults.

Certificate Requirements: A minimum of 50 hours is required. This includes five core courses and at least three electives. \$35 Program fee (CE00AS).

Core Courses

1. Understanding Autism Spectrum Disorder: Assessment & Treatment of Children & Adults
2. Assessment & Diagnosis of Autism Spectrum Disorder
3. Applied Behavioral Analysis & Other Established Treatments for Autism Spectrum Disorder
4. Managing the Treatment of Adults on the Autism Spectrum: What Happens After High School?
5. Effective Care for ASD: Redefining the Therapist's Role

CORE COURSE

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

Kathryn Stewart, Ph.D.

Credit Hours: 6 (APA, CAMFT, RN)

While most Spectrum children are closely monitored at school and by their care team, little attention has been paid to establishing effective treatment plans as they mature through adolescence and become adults. In this course, participants will discuss emerging ideas for the

ongoing support and treatment of Autism Spectrum adults. Participants will learn ways to redefine the therapist's role to more effectively serve this growing population. The course concludes with a panel presentation from a variety of providers who work with individuals along the Spectrum and offer examples and discussion of real life experiences.

Prerequisite Required: Familiarity with Autism Spectrum Disorder OR Effective Care for Autism Spectrum Disorder: Redefining the Therapist's Role

January 17, 2020

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

CE1244 \$159

Pleasant Hill campus, S116

Register: ce.jfku.edu/public

CORE COURSE

Assessment & Diagnosis of Autism Spectrum Disorder

Larissa D. Terry, PsyD, BCBA-D

Credit Hours: 5 (APA, CAMFT, RN)

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

Prerequisite Required: Understanding Autism Spectrum Disorder: Assessment & Treatment of Children & Adults

Online – Winter 2020

CE1314W \$135

Register: ce.jfku.edu/public

CORE COURSE

Applied Behavioral Analysis & Other Established Treatments for Autism Spectrum Disorder

Weihe Huang, Ph.D., RhD, BCBA-D

Credit Hours: 7 (APA, CAMFT, RN)

Early intervention has been shown to increase the functionality and capacity of individuals diagnosed with Autism Spectrum Disorder. In this intermediate online course, become familiar with the scientifically supported treatments that have been established as the

Certificate Programs (cont.)



most effective for individuals with Autism Spectrum Disorder, with focus on Applied Behavior Analysis (ABA) based methodologies including structured (Discrete Trial Training) and naturalistic (Pivotal Response Training, Early Start Denver Model, etc.) teaching techniques. Learn how to help families identify, evaluate, and access the best available treatments for their children.

Prerequisite Required: Understanding Autism Spectrum Disorder: Assessment & Treatment of Children & Adults OR familiarity with Autism Spectrum Disorder.

Online – Available Anytime

CE1365W \$175

Register: ce.jfku.edu/public

ELECTIVE COURSE

Individual Education Program (IEP) Basics: Understanding Your Role in the IEP Process

Karra Barber, BS

Credit Hours: 6 (APA, CAMFT, RN)

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

Online – Available Anytime

CE1231W \$159

Register: ce.jfku.edu/public

CORE COURSE

Effective Care for ASD: Redefining the Therapist's Role

Kathryn Stewart, Ph.D.

Credit Hours: 4 (APA, CAMFT, RN)

With the current prevalence of diagnoses along the autistic spectrum, many therapists will find themselves working with the ASD population

in practice. However, the traditional model of one-on-one therapy is not often effective with ASD clients. In this online course, a new model of therapy will be introduced, which stresses community resource building and practical application of skills. As case manager, learn how to build a treatment team which oversees each aspect of client care in the key areas needed (education, mental health, and life skill management), establish a treatment plan, and include appropriate referrals to better serve their clients' needs. The use of technology will also be discussed in the context of developing effective treatment plans.

Prerequisite Required: Familiarity with Autism Spectrum Disorder OR Understanding Autism Spectrum Disorder: Assessment & Treatment of Children & Adults

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

Online – Available Anytime

CE1374W \$100

Register: ce.jfku.edu/public

ELECTIVE COURSE

Social Skills for Adolescents on the Spectrum

Andrew Schlegelmilch, Ph.D.

Credit Hours: 5.5 (APA, CAMFT, RN)

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

Prerequisite Recommended: Understanding Autism Spectrum Disorder: Assessment & Treatment of Children & Adults OR familiarity with Autism Spectrum Disorder

Online – Available Anytime

CE1366W \$143

Register: ce.jfku.edu/public

Certificate Programs (cont.)

ELECTIVE COURSE

NEW! Treating Youth with ASD Through Expressive Arts Therapy

Suraya Keating, MFT, RDT

Credit Hours: 7 (APA, CAMFT, RN)

In this online course, participants will learn to utilize methods from Expressive Arts Therapy in individual and group work with youth with Autism Spectrum Disorder. For many youths with ASD, music, drama, and creative movement have been shown to heighten levels of engagement, expression, cooperation, and self-regulation. Through a blend of lecture and experiential exercises, this course utilizes a strength-based approach to identifying key practices from multiple arts modalities that can benefit youth with ASD, and will also explore the rationale, theory, and research behind these practices.

Online – Available Anytime

CE1368W \$175

Register: ce.jfku.edu/public

CORE COURSE

Understanding Autism Spectrum Disorder: Assessment & Treatment of Children & Adults

Larissa D. Terry, PsyD, BCBA-D

Credit Hours: 6 (APA, CAMFT, RN)

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder that involves life-long deficits in social interaction, communication, and behavior. In this introductory online course, you will become familiar with the history of ASD, DSM-5 diagnostic criteria, best practices for assessment and tools, and gain an overview of established treatments. This course provides an essential foundation for understanding further intermediate courses on assessment, diagnosis, and treatments for ASD.

Online – Available Anytime

CE1227W \$159

Register: ce.jfku.edu/public

Cognitive Behavioral Therapy

Many clients, referral sources, and third-party payers are looking to short-term, goal-oriented treatments as the standard of practice. Cognitive Behavioral Therapy (CBT) is an effective, time sensitive, evidenced-based treatment approach for a variety of conditions including anxiety disorders and depression. Building your CBT skill set will benefit your clients greatly, as well as your clinical practice.

This contemporary CBT certificate will allow you to get an in-depth understanding of cognitive-behavioral interventions and will introduce you to the Acceptance- and Mindfulness-Based (3rd generation) therapies. Participants will be able to tailor the certificate toward their particular interests in clinical practice, with an emphasis on PTSD/Trauma, Eating Disorders, or 3rd Generation (DBT, ACT, & Mindfulness-Based) approaches.

Certificate Requirements: A minimum of 60 hours is required. This includes five core courses and at least three electives. \$35 Program fee (CE00CB).

Core Courses

1. CBT: The Fundamental Skills
2. CBT: The Essential Interventions
3. CBT Case Formulation
4. CBT for Anxiety Disorders
5. CBT with Challenging Cases

All courses listed in the Mindfulness-Based Therapies Workshop Series may be applied as electives to the CBT Certificate Program. For details, see pages 12-13.

Enrolling in a Certificate Program is easy!

Download a Certificate Enrollment Form from www.jfku.edu/ce, and return the completed form along with the application fee before you enroll in your third course in the program. You will have three years from the date your application is received to complete your program. For more information, please visit www.jfku.edu/ce.

Certificate Programs (cont.)



CORE COURSE

CBT Case Formulation

Mark Balabanis, Ph.D.

Credit Hours: 10 (APA, CAMFT, RN)

Case formulation is an essential tool for treatment, and the ability to derive case formulations an essential skill for therapists. This workshop uses a cognitive behavioral model of formulations. Develop an understanding of how case formulation informs the timing and sequence of interventions, the understanding of difficulties, and the relationship to the client. By using case formulation, learn how the individuality of the particular client and the client's culture (ethnic, religious, sexual orientation, disability) are incorporated into the therapeutic approach.

Prerequisite Required: CBT: The Essential Interventions

October 11 & 19, 2019

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

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

CE1264 \$215

Pleasant Hill campus, Room S118

CORE COURSE

CBT for Anxiety Disorders

Mark Balabanis, Ph.D.

Credit Hours: 6 (APA, CAMFT, RN)

Learn how to identify and treat anxiety disorders using CBT, and learn how to apply a cognitive behavioral case formulation to determine interventions for Panic Disorder, Generalized Anxiety Disorder, Social Phobia, Specific Phobia, and Obsessive Compulsive Disorder. Topics include a diagnostic review of these disorders, psychoeducation, relaxation and basic mindfulness training, cognitive restructuring, and principles of exposure therapy.

February 22, 2020

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

CE1396 \$159

Pleasant Hill campus, Room S118

CORE COURSE

CBT: The Fundamental Skills

Kristen Valus, PsyD

Credit Hours: 7 (APA, CAMFT, RN)

This online course provides an introduction to the fundamental skills used in Cognitive Behavior Therapy (CBT). Learn basic theoretical concepts and clinical applications of CBT for the treatment of depression. Topics will include the "how-to's" of structuring a session, outcome measures, and homework design. Participants will learn key CBT interventions such as activity scheduling and thought records. After taking this course, you will be able to integrate basic CBT skills immediately into your practice.

Online – Available Anytime

CE1262W \$175

Register: ce.jfku.edu/public

CORE COURSE

CBT: The Essential Interventions

Kristen Valus, PsyD

Credit Hours: 7 (APA, CAMFT, RN)

This online course provides an introduction to the essential interventions typically used in Cognitive Behavior Therapy (CBT). Expand your repertoire of skills for eliciting and working with distorted cognitions, assumptions, and core beliefs. Participants will learn key CBT interventions in emotion regulation and be introduced to exposure and response prevention principles. After taking this course, you will be able to integrate these CBT skills immediately into your practice.

Prerequisite Required: CBT: The Fundamental Skills

Online – Available Anytime

CE1263W \$175

Register: ce.jfku.edu/public

Certificate Programs (cont.)

CORE COURSE

CBT for Challenging Cases

Mark Balabanis, Ph.D.

Credit Hours: 6 (APA, CAMFT, 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.

Online – Available Anytime

CE1371W \$159

ce.jfku.edu/public

Eating Disorders

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.

“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

Certificate Requirements: A total of 70 hours is required. This includes three core courses and at least four electives. Please note this program is no longer accepting new students. Currently enrolled students are encouraged to finish remaining coursework by the end of Spring 2020.

Core Courses

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

ELECTIVE COURSE

Challenges & Rewards of Working with Longer-Term Eating Disorders

Johanna Marie McShane, Ph.D., CEDS

Credit Hours: 10 (APA, CAMFT, RN)

Longer-term eating disorders benefit from treatment modalities tailored specifically to the complexities unique to those types of illnesses, including a deep and wide-ranging dependence upon the symptoms/behaviors of the disorder; the sufferer's belief that they are the illness as opposed to a person who “suffers from” the illness; an entrenched worldview based on the eating disorder that leads to profound difficulty envisioning life without the disorder and an inability to believe in the possibility of surviving without the “assistance” of the illness; diminished experience in relationships other than with the illness; and the sufferer's consequent fear of incompetence in their ability to cultivate and maintain fulfilling connections.

Treatment must navigate these complexities, balancing attempts to reduce/resolve symptoms with the reality that the sufferer is intensely attached to, and dependent upon, those very symptoms. Explore various methods for working with long-term eating disorders, including a new model designed specifically for this clinical population.

September 20-21, 2019

Friday, 1 - 4:30 p.m.

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

CE1277 \$215

Pleasant Hill campus, Room S118

Certificate Programs (cont.)



CORE COURSE

Assessment & Diagnosis of Eating Disorders

Jackie Holmes, MEd, MFT

Credit Hours: 10 (APA, CAMFT, RN)

Learn tools for assessing the type and severity of disordered eating, including subclinical problems with food and body image. Review criteria for DSM-5 diagnosis, including Binge-Eating Disorder, and examine how to differentiate between the various presentations of disordered eating.

October 25-26, 2019

Friday, 1 - 4:30 p.m.

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

CE2010 \$215

Pleasant Hill campus, Room S112

CORE COURSE

Treatment Issues in Eating Disorders

Tony Paulson, Ph.D.

Credit Hours: 10 (APA, CAMFT, RN)

Develop a working knowledge of the issues therapists face when treating clients with Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and Night Eating Syndrome. Nutritional analysis, comorbidity, differential diagnosis, and criteria for referral to intensive outpatient, inpatient, or residential treatment will be covered. Learn about medical complications and interventions, as well as the medications and types of therapy that are the most effective with this population. A registered dietician will present as a guest speaker.

November 8-9, 2019

Friday, 1 - 4:30 p.m.

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

CE2013 \$215

Pleasant Hill campus, Room S224

ELECTIVE COURSE

Recovery, Relapse & Recurrence

Jackie Holmes, MEd, MFT

Credit Hours: 10 (APA, CAMFT, RN)

Relapse is a common occurrence in clients with eating disorders. This online course examines the path of recovery from anorexia, bulimia, and binge eating disorders. Participants will review the behavioral, emotional, intellectual, and spiritual dimensions of recovery, and will identify the markers for relapse, then use those markers to develop therapeutic interventions to support clients during this phase and help them resume the path of healing. Distinctions between relapsing and "slipping" will be discussed and transference issues will be addressed. This class will include case presentations, as well as vignettes of recovering and recovered clients.

November 15-16, 2019

Friday, 1 - 4:30 p.m.

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

CE2022 \$215

Pleasant Hill Campus, S118

ELECTIVE COURSE

Family Issues in Eating Disorders

Jackie Holmes, MEd, MFT

Credit Hours: 10 (APA, CAMFT, RN)

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

January 24-25, 2020

Friday, 6 - 9 p.m.

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

CE2020 \$215

Pleasant Hill campus, Room S118

Discount Available!

Enroll in any three onsite courses at one time, and receive 10 percent off the total price!

Certificate Programs (cont.)

Expressive Arts Therapy

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 program 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.

“My training in Expressive Arts 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 arts intervention was the pivotal experience that led to successful outcomes.”

- David Benoit, MFT

Certificate Requirements: A total of 60 hours are required. This includes one core course and at least five electives. Please note this program is no longer accepting new students. Currently enrolled students are encouraged to finish remaining coursework by the end of Spring 2020.

CORE COURSE

Introduction to Expressive Arts Therapy

Terry Hatcher, Ph.D.

Credit Hours: 10 (APA, CAMFT, 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. Review the basic modalities and learn ways to introduce and integrate the arts into therapy with children, adults, couples, and families.

February 22 & 29, 2020

Saturdays, 10 a.m. - 4 p.m.

CE2514 \$225 (includes \$10 materials fee)

Pleasant Hill campus, N350

ELECTIVE COURSE

Deepening Imagery with Expressive Arts

Laury Rappaport, LCSW, OTR/L

Credit Hours: 10 (APA, CAMFT, RN)

Guided imagery can be enhanced with the integration of expressive arts. As evidence-based practices, the expressive arts serve to concretize, externalize, and deepen healing images accessed through guided imagery. In this course, you learn how to move from guided imagery into creative arts expression. The course is didactic, experiential, with clinical application for individuals, groups, and different populations.

Prerequisite Required: Clinical Applications of Deep Imagination – Level I

October 18-19, 2019

Friday, 1 - 4:30 p.m.

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

CE1349 \$225 (includes \$10 materials fee)

Pleasant Hill campus, Room S112

Certificate Programs (cont.)



ELECTIVE COURSE

Painting Your Personal Mythology

Terry Hatcher, Ph.D.

Credit Hours: 10 (CAMFT, RN)

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

March 21 & 28, 2020

Saturdays, 10 a.m. - 4 p.m.

CE2528 \$225 (includes \$15 materials fee)

Pleasant Hill campus, N350

ELECTIVE COURSE

Treating Youth with ASD Through Expressive Arts Therapy

Suraya Keating, MFT, RDT

Credit Hours: 7 (APA, CAMFT, RN)

In this course, participants will learn to utilize methods from Expressive Arts Therapy into individual and group work with youth with Autism Spectrum Disorder. For many youths with ASD, music, drama, and creative movement have been shown to heighten levels of engagement, expression, cooperation, and self-regulation. Through a blend of lecture and experiential exercises, this course utilizes a strength-based approach to identifying key practices from multiple arts modalities that can benefit youth with ASD, and will also explore the rationale, theory, and research behind these practices.

Online – Available Anytime

CE1368W \$175

Register: ce.jfku.edu/public

Guided Imagery (Inclusive of Deep Imagination)

The power of imagery lies in its capacity to access unconscious and preconscious processes when approaching therapeutic goals. By learning how to tap into a client's key symbols and metaphors, the capacity for change accelerates, positively influencing the emotional, mental, social, spiritual, and behavioral outcomes. This certificate program will build your competence with an interactive, non-scripted style of imagery. It can be applied toward individuals, couples, groups, and children to address a range of topics including complex grief, depression, pain, insomnia and other symptoms, end of life issues, and PTSD.

"I see imagination as the most important power we have. As we imagine the world, so we live and understand. But a great deal of the imagination that shapes us lies under the surface. We need to tap that underlying storehouse of images in order to grasp who we are and where we are headed." - Thomas Moore, Ph.D.

Certificate Requirements: A total of 45 hours is required. This includes four core courses and at least seven electives. Please note this program is no longer accepting new students. Currently enrolled students are encouraged to finish remaining coursework by the end of Spring 2020.

Core Courses

1. Clinical Applications of Deep Imagination – Level I
2. Clinical Applications of Deep Imagination – Level II
3. Somatic Imagery to Relieve Stress & Anxiety
4. Deepening Imagery with Expressive Arts

CORE COURSE

Clinical Applications of Deep Imagination – Level I (Online)

Leslie Davenport, MS, MFT

Credit Hours: 3 (APA, CAMFT, RN)

Growing research in several areas, including psychoneuroimmunology, optimal athletic performance, and trauma-oriented psychology, documents the benefits of guided imagery, which taps into both the wounds and inner resiliency that often lie below the conscious level of awareness. This online course is a gateway class to all the

Certificate Programs (cont.)

additional imagery training. It teaches the foundational theories, dispels misconceptions about clinical imagery, and illustrates the structure for a relational, non-scripted imagery process. This didactic includes two videos of clinical demonstrations which students will practice facilitating in the accompanying practicum. When both parts of this course are completed, you will be equipped to begin using imagery in your clinical practice.

Online – Available Anytime

CE1315W \$75

Register: ce.jfku.edu/public

CORE COURSE

Clinical Applications of Deep Imagination – Level I (Practicum)

Leslie Davenport, MS, MFT

Credit Hours: 3 (APA, CAMFT, RN)

This classroom session has a theory-to-practice orientation, applying the concepts taught in the online introduction. Instructions for facilitating the foundational, interactive-style of imagery session are provided, along with supervised practice time. The emphasis is on establishing resiliency and safety in order to progress to future instructions for treating complex grief, trauma, anxiety, etc. This class can be repeated for those seeking additional practice, or a refresher, in developing fluency for working with a client's symbolic inner life as an effective way to facilitate therapeutic goals.

Prerequisite Required: Clinical Applications of Deep Imagination – Level I Online

September 14, 2019

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

CE1384 \$75

Pleasant Hill campus, Room S104

CORE COURSE

Deepening Imagery with Expressive Arts

Laury Rappaport, LCSW, OTR/L

Credit Hours: 10 (APA, CAMFT, RN)

Guided imagery can be enhanced with the integration of expressive arts. As evidence-based practices, the expressive arts serve to concretize, externalize, and deepen healing images accessed through guided imagery. In this course, you learn how to move from

guided imagery into creative arts expression. The course is didactic, experiential, with clinical application for individuals, groups, and different populations.

Prerequisite Required: Clinical Applications of Deep Imagination - Level I (Online & Practicum)

October 18-19, 2019

Friday, 1 - 4:30 p.m.

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

CE1349 \$225 (includes \$10 materials fee)

Pleasant Hill campus, Room S112

ELECTIVE COURSE

Alleviating Depression with Guided Imagery

Yasmin K. Decuire, MFT

Credit Hours: 3 (CAMFT, RN)

Guided imagery is a powerful method for alleviating depression by building emotional resiliency and exploring distorted self-images and beliefs that perpetuate depression. This intermediate level course will offer imagery-based resiliency tools and demonstrate how to safely elicit, explore, and transform unconscious beliefs through symbolic images. Guidelines will be offered for family-of-origin messages, which became a physiological foundation for shame and self-criticism, to be transformed through imagery processes. The class will include theory as well as experiential exercises.

Prerequisite Required: Clinical Applications of Deep Imagination - Level I OR permission of instructor by emailing conted@jfku.edu detailing your related experience.

January 11, 2020

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

CE1386 \$75

Pleasant Hill campus, Room S118

ELECTIVE COURSE

Guided Imagery with Children and Adolescents

Yasmin Decuire, MFT

Credit Hours: 3 (APA, CAMFT, RN)

Guided Imagery is a powerful psychotherapeutic tool for children of all ages. Review the developmental stages from preschool into adolescence as a guideline for using guided imagery in an age

Certificate Programs (cont.)



appropriate way. Learn safe place imagery, inner advisor, and eyes-open imagery. Discover how to use relaxation techniques along with other interventions to help with a variety of childhood issues.

Prerequisite Required: Clinical Applications of Deep Imagination - Level I Practicum OR permission of instructor by emailing conted@jfkku.edu

January 11, 2020

Saturday, 2 - 5 p.m.

CE1350 \$75

Pleasant Hill campus, S118

ELECTIVE COURSE

Guided Imagery for Resolving Pain and Insomnia

Valerie Hinard, MA, MFT

Credit Hours: 3 (APA, CAMFT, RN)

Pain and insomnia are pervasive issues which often contribute to depression and anxiety. Currently 100 million people in the US report chronic pain, and The Department of Health & Human Services estimates that more than one-quarter of the U.S. population suffer from some form of insomnia during their lifetime. Research shows that guided imagery can significantly reduce, and in some instances even eliminate, physical pain. Through a blend of lecture and experiential exercises, imagery processes will be taught that support restorative sleep, and manage both chronic and acute pain.

Prerequisite Required: Clinical Applications of Deep Imagination - Level I OR permission of instructor by emailing conted@jfkku.edu detailing your related experience.

February 8, 2020

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

CE1388 \$75

Pleasant Hill campus, Room S112

ELECTIVE COURSE

Resolving Trauma and PTSD with Guided Imagery

Valerie Hinard, MA, MFT

Credit Hours: 3 (APA, CAMFT, RN)

Although trauma begins as an external event, it produces an intense emotional and physiological response that can persist and significantly impair a person's daily life. Because the biochemistry

of trauma survival impedes language and cognition, guided imagery, which works directly with processing images, sensations, perceptions, emotions, and kinetic movement, is a powerful and effective way to deal directly with the parts of the brain where traumatic memory is stored. Through lecture and experiential exercises, an imagery process will be taught that supports the re-regulation of hyper-activated nervous systems, gaining self-control over biochemically generated symptoms and cultivating empowerment, self-mastery, and hope.

Prerequisite Required: Clinical Applications of Deep Imagination - Level I OR permission of instructor by emailing conted@jfkku.edu detailing your related experience.

February 8, 2020

Saturday, 2 - 5 p.m.

CE1389 \$75

Pleasant Hill campus, Room S112

CORE COURSE

Clinical Applications of Deep Imagination – Level II

Leslie Davenport, MS, MFT

Credit Hours: 6 (APA, CAMFT, RN)

Deepen your 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. Explore the healing potential of the symbolic inner child. More complex clinical applications for a variety of therapeutic issues will be presented.

Prerequisite Required: Clinical Applications of Deep Imagination – Level I OR permission of instructor by emailing conted@jfkku.edu detailing your related experience.

March 14, 2020

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

CE1385 \$159

Pleasant Hill campus, Room S112

Certificate Programs (cont.)

ELECTIVE COURSE

Integrating Spirituality into Psychotherapy

Brian Dietrich, Ph.D., LMFT

Credit Hours: 3 (APA, CAMFT, RN)

Toward the end of the 19th century, there was a push to establish a scientific psychology independent of theology. Religion and spirituality were banished from mainstream psychology until the emergence of transpersonal psychology in the 1960s, which affirmed spirituality as a fundamental aspect of human life. Today many people are looking for a therapist who will honor their search for depth and meaning through spirituality. This course will explore the integration of psychology and spirituality in therapeutic work and provide training in guided imagery as a form of spiritual practice, a means of personal inquiry, and a method of self-care.

Prerequisite Required: Clinical Applications of Deep Imagination – Level I OR permission of instructor by emailing conted@jfk.edu detailing your related experience.

April 11, 2020

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

CE1355 \$75

Pleasant Hill campus, Room S118

ELECTIVE COURSE

Psychological Resiliency, Coping & Guided Imagery

Brian Dietrich, Ph.D., LMFT

Credit Hours: 3 (APA, CAMFT, RN)

Inner Resiliency is the capacity to bear one's suffering, to bend without breaking, and to cope effectively with stress. Coping can be used to address the problems that generate stress, or problem-focused coping. Coping can also have an internal focus, learning to regulate emotions like anger, sadness, and anxiety. This is known as emotion-focused coping. Guided Imagery is a particularly powerful emotion-focused coping strategy because it can be used for both problem-focused and emotion-focused coping. This class will explore various ways of using imagery for problem-focused and emotion-focused coping as a means of reducing stress and increasing inner resiliency.

Prerequisite Required: Clinical Applications of Deep Imagination – Level I OR permission of instructor by emailing conted@jfk.edu detailing your related experience.

April 11, 2020

Saturday, 1 - 4 p.m.

CE1354 \$75

Pleasant Hill campus, Room S118

ELECTIVE COURSE

Psychotherapy and a Changing Planet: Climate Psychology

Leslie Davenport, MS, MFT

Credit Hours: 6 (CAMFT, RN)

Climate scientists estimate that 200 million Americans will be touched by significant psychological distress from climate-related events in the upcoming years, and yet little attention is given to how to treat the profound mental health suffering that results from climate change. The U.N. sponsored Intergovernmental Panel on Climate Change reported that "The physical and economic destruction (of climate change) surely boggles the mind but what is not being addressed are the human psychological consequences of all this devastation."

Online – Available Anytime

CE1321W \$159

Register: ce.jfk.edu/public

Enrolling in a Certificate Program is easy!

Download a Certificate Enrollment Form from www.jfk.edu/ce, and return the completed form along with the application fee before you enroll in your third course in the program. You will have three years from the date your application is received to complete your program. For more information, please visit www.jfk.edu/ce.

Certificate Programs (cont.)



Mental Health for Aging Adults

By 2030, older adults will account for 20 percent of the US population, making this our nation's fastest growing group. It is estimated that one in five adults aged 55 and over experiences a significant mental health concern. Research shows that there is an insufficient supply of trained health and mental health professionals to meet this emerging need. Additionally, for the first time in history, most middle-aged adults will have living parents for whom they will provide care. As a result, clinicians are expected to see an increase in their elderly clientele, as well as family members who need support and guidance when providing care.

This new certificate program will teach you what you need to know when working with older adults. Participants will gain increased knowledge of the unique needs of the elderly, learn techniques for identifying normal age-related changes from non-normal changes, and practice evidence-based strategies for responding to the mental health concerns of this rapidly growing population. This program is useful for mental health professionals, family members, caregivers, Geriatric Care Managers, and other advocates of the elderly.

Certificate Requirements: A minimum of 50 hours is required. This includes four core courses and at least five electives. Please note this program is no longer accepting new students. Currently enrolled students are encouraged to finish remaining coursework by the end of Spring 2020.

Core Courses

1. Foundations of Adult Development: Aging & the Older Adult Population
2. Screening & Assessment of Cognition & the Dementias
3. Assessment & Treatment of Mental Illness in Older Adults
4. Applying Evidence-Based Psychological Treatments with Older Adults

CORE COURSE

Screening and Assessment of Cognition and the Dementias

Kaci Fairchild, Ph.D.

Credit Hours: 6 (APA, CAMFT, RN)

Gain an introductory understanding of cognitive aging and approaches to assessment of cognitive impairment. Applications of assessment of cognitive impairment will be considered, as well as the differentiating factors between normal aging, neurocognitive impairment, and psychopathology. We will discuss instruments designed for the assessment of cognitive impairment and review empirically-supported referral recommendations. The diagnostic criteria from the new DSM-5 will also be reviewed.

This course meets and exceeds the 3-hour Aging and Long Term Care requirement for MFTs and LCSWs.

Prerequisite Required: Foundations of Adult Development: Aging and the Older Adult Population

October 26, 2019

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

CE1299 \$159

Pleasant Hill campus, Room S104

ELECTIVE COURSE

Palliative Care vs. Hospice Care: Comparing & Contrasting Services

Michael Stephens, MFT, MPH

Credit Hours: 6 (APA, CAMFT, RN)

In this intermediate course, participants will learn about the similar and unique benefits of Palliative Care and Hospice Care. Understanding ways of assessing the concept of Quality of Life (QoL), which is central to the kind of healthcare services offered through each, will be delineated. Resistance of patients/families to engaging in advance care directives and end-of-life discussions will be highlighted within a socio-economic, cultural, situational, and characterological context. Assessment and intervention strategies will be developed, keeping in mind person-centered principles with the patient and family considered as a unit of care.

November 9, 2019

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

CE1401 \$159

Pleasant Hill campus, Room S104

Certificate Programs (cont.)

CORE COURSE

Applying Evidence-Based Psychological Treatments with Older Adults

Kaci Fairchild, Ph.D.

Credit Hours: 6 (APA, CAMFT, RN)

Evidence-based practice (EBP) is the intersection of the top research evidence with clinical knowledge and patient values (Institute of Medicine, 2001). Through use of EBPs, practitioners can reduce severity of mental health issues with which older adults struggle. This course is designed to review some of the Evidenced Based Practices used with older adults experiencing a variety of mental health concerns including depression and anxiety. It will provide an overview of recognized EBPs as well as highlight theory and supporting research.

This course meets and exceeds the 3-hour Aging & Long-Term Care requirement for Psychologists, MFTs, LCSWs, & LPCCs.

December 13, 2019

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

CE1322 \$159

Pleasant Hill campus, Room S104

ELECTIVE COURSE

Assessment of Decision-Making Capacity in Older Adults

Kaci Fairchild, Ph.D.

Credit Hours: 6 (APA, CAMFT, RN)

Clinical providers are uniquely suited to be a resource in the assessment of decision-making capacity in older adults. These assessments are often complex and require a multi-modal evaluation that both supports autonomy while protecting the vulnerable. This course will present a conceptual framework from which to approach these assessments as well as discussion of assessment strategies for specific capacities.

Prerequisite Required: Foundations of Adult Development: Aging & the Older Adult Population

January 10, 2020

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

CE1318 \$159

Pleasant Hill campus, Room S104

CORE COURSE

Foundations of Adult Development: Aging & the Older Adult Population

Christine Elizabeth Gould, Ph.D.

Credit Hours: 6 (APA, CAMFT, RN)

Learn the critical areas of knowledge about older adults, including an overview of popular theories of aging, common misconceptions of aging, and the realities of daily life faced by many older adults.

This course meets and exceeds the 3-hour Aging and Long Term Care requirement for MFTs and LCSWs.

Prerequisite Required: Foundations of Adult Development: Aging & the Older Adult Population

February 8, 2020

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

CEJ1166 \$159

San Jose campus, Room TBD

CORE COURSE

Assessment & Treatment of Mental Illness in Older Adults

Christine Elizabeth Gould, Ph.D.

Credit Hours: 6 (APA, CAMFT, RN)

Gain an introductory understanding of psychopathology among older adults, clinical assessment approaches, and psychotherapeutic interventions. The effects of aging and diversity upon psychopathology, a review of instruments designed to assess the most common psychiatric illnesses among older adults, and review of evidence based psychotherapeutic interventions with older adults will be covered. The diagnostic criteria from the new DSM-5 will also be reviewed.

This course meets and exceeds the 3-hour Aging and Long Term Care requirement for MFTs and LCSWs.

Prerequisite Required: Foundations of Adult Development: Aging & the Older Adult Population

March 7, 2020

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

CEJ1167 \$159

San Jose campus, Room TBD

Certificate Programs (cont.)



ELECTIVE COURSE

Attachment & Separation: Working with Major Loss Issues

Michael Stephens, MFT, CMT

Credit Hours: 6 (APA, CAMFT, RN)

In this intermediate course, participants will learn fundamental intrapsychic dynamics associated with attachment and separation, in particular, as they relate to experiencing a sense of loss. Participants will understand grief and loss through a developmental lens. Mahler and Fairbairn concepts will be incorporated into the lecture. How to assess and navigate the grieving process based on insights from course concepts will be a main point of focus. Intervention strategies and application exercises will be designed and applied using attachment theory as a guiding framework within the context of systems theory.

March 28, 2020

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

CE1399 \$159

Pleasant Hill campus, Room S104

ELECTIVE COURSE

Helping Clients with Chronic & Life Threatening Illness

Michael Stephens, MFT, MPH

Credit Hours: 6 (APA, CAMFT, RN)

Online participants will learn application of theories from several modalities, including Holistic, Humanistic-Existential, and Object Relations, to help effectively support clients/patients with chronic illness. Fundamental change principles in combination with grief models are also incorporated. Wherever there is change, there is loss. While many change models focus on accommodation methods to foster adaptation to new circumstances, they often do not address a person's resistance, which produces ambivalence to change. It has been commonly observed in the health care field that addressing both components is therapeutically effective. Concepts will be delivered (derived from Fairbairn's model) to help you identify root causes of ambivalence and depression that are often associated during this challenging phase of life. Gain the tools and techniques to help clients/patients find effective ways to cope with chronic illness, address meaning of life issues from an existential perspective, identify and resolve resistance, and adapt to a "new normal."

Online – Available Anytime

CE1358W \$159

Register: ce.jfku.edu/public

ELECTIVE COURSE

Death & Dying: Facilitating the Transition

Michael Stephens, MFT, CMT

Credit Hours: 6 (APA, CAMFT, RN)

In this intermediate online course, learn how to provide support to clients, family members, caregivers, and loved ones as they face the death and dying experience. Instruction will be given on how to facilitate multiple aspects of the dying process including: grief and loss, existential and cultural issues, and legal and practical affairs. Several intervention techniques will be introduced. Material will be taught from holistic and existential humanistic perspectives.

Online – Available Anytime

CE1357W \$159

Register: ce.jfku.edu/public

Nutritional Psychology – Online

Nutritional Psychology is an emerging field in the rising movement toward an integrative approach to healthcare, which is taking place in institutions across the country, including the Department of Defense, VA Medical Centers, and respected medical and professional schools (Harvard, UCSF, Georgetown University, Boston University, and George Washington University). Psychologists are now employed in 59% of all integrative healthcare hospitals and clinics across America. However, few receive training in this important area.

In this ONLINE ONLY Certificate Program, clinicians will gain knowledge and understanding of the emerging field of nutritional psychology, which illuminates the science of how nutrients affect mood and behavior. Participants will explore the potential impact diet has on the diagnosis and treatment of mental disorders, including possible misdiagnosis of non-psychiatric conditions created by today's modern dietary lifestyle. Clinicians will learn the language, skills, principles, and philosophy needed to work in conjunction with integrative medicine providers and to better facilitate a holistic approach to mental health care.

Certificate Programs (cont.)

Certificate Requirements: A total of 32 hours are required. This includes all seven ONLINE courses. \$35 Program fee (CE00NP).

1. Nutritional Psychology: An Introduction
2. Nutritional Psychology Tools: Assessment & Macronutrient Remediation
3. Integrating Nutritional Psychology into Clinical Practice
4. The Effects of Nutrition on Clinical Disorders
5. Sugar & Emotion
6. The Stress-Mood Axis
7. The Gut-Brain Axis

CORE COURSE

Nutritional Psychology: An Introduction

Ephimia Morpew-Lu, MS, Dip.C.N.& Amanda Hull, Ph.D.

Credit Hours: 5 (APA, CAMFT, RN)

This course provides a foundation for understanding the science of how foods impact mood, behavior, and emotions. Clinicians will learn which food groups contain the nutrients that synthesize mood-stabilizing neurotransmitters in the brain, and how a deficiency in these nutrients can lead to depression, fatigue, insomnia, moodiness, obesity, and carbohydrate cravings. The course will introduce mental health professionals to the most common subclinical physiological states the body experiences in response to the typical American dietary pattern. Knowledge of this information will become increasingly necessary as clinicians work in conjunction with integrative health care professionals to solve dietary-related behavioral problems and facilitate behavioral change. This Introduction to Nutritional Psychology course, along with the other courses in the Nutritional Psychology certification program, do not provide mental health care practitioners with a license to practice nutrition; rather, they provide these professionals with an introduction to the language and principles necessary to work alongside, or in conjunction with, licensed integrative medicine practitioners (i.e. registered dietitians, nutritionists, naturopaths, integrative physicians, homeopathic physicians, etc.) to facilitate behavioral change.

Online – Available Anytime

CE1284W \$135

Register: ce.jfku.edu/public

CORE COURSE

Nutritional Psychology Tools: Assessment & Macronutrient Remediation

Ephimia Morpew-Lu, MS, Dip.C.N.& Amanda Hull, Ph.D.

Credit Hours: 5 (APA, CAMFT, RN)

The Western dietary pattern has been implicated in an increased risk for depression and anxiety. As a result, it is becoming increasingly necessary for mental health care professionals to understand the scientific principles that govern the connection between diet and mental health. This course offers clinicians a scientifically-based understanding of how daily dietary intake can lead to emotional, mental, and behavioral imbalance, and introduces tools used by integrative healthcare professionals to assess and remediate these imbalances. The 3-Day Food Journal is a tool that allows simple assessment of the impact that daily dietary intake is likely having on mood. Based on the results of the 3-Day Food Journal, a method of nutritional remediation called Macronutrient Mood Therapy (MMT), will be presented. While this course does not result in a license to practice nutrition, it will provide the foundational knowledge needed for mental health practitioners to work in conjunction with integrative medicine providers to solve dietary-related behavioral problems and facilitate behavioral change.

Prerequisite Required: Nutritional Psychology: An Introduction

Online – Available Anytime

CE1286W \$135

Register: ce.jfku.edu/public

CORE COURSE

Integrating Nutritional Psychology into Clinical Practice

Amanda Hull, Ph.D. & Ephimia Morpew-Lu, MS, Dip.C.N.

Credit Hours: 4 (APA, CAMFT, RN)

Clinicians engaged in the nutritional psychology certification program will gain valuable new skills in understanding, interpreting, and improving mood and mental health. Understanding how to appropriately and legally apply these new skills is the focus of this course. Upon its completion, clinicians will have a thorough understanding of how to ethically, safely, and legally use nutritional psychology to inform clinical practice and learn when and how to refer to other integrative medicine professionals.

Certificate Programs (cont.)



Prerequisite Required: Nutritional Psychology Tools: Assessment & Macronutrient Remediation

Online – Available Anytime

CE1285W \$100

Register: ce.jfku.edu/public

CORE COURSE

The Effects of Nutrition on Clinical Disorders

Amanda Hull, Ph.D. & Alyssa Adams, PsyD

Credit Hours: 5 (APA, CAMFT, RN)

Research demonstrates that many common mental health disorders, including major depression, bipolar disorder, schizophrenia, anxiety disorders, Autism Spectrum Disorder, OCD, and ADHD are associated with nutrient deficiencies. This course will provide an overview of the metabolic processes and the micro-/macronutrients involved in the production of the “classic” neurotransmitters and review the relationships between neurotransmitter imbalances and specific mental health disorders. Participants will also review the emerging scientific evidence for the use of nutritional supplementation in the treatment of a wide range of mental health disorders, as well as learn complementary and integrative medicine (CIM) treatments that may be efficacious in managing mental health disorders.

Prerequisite Required: Integrating Nutritional Psychology into Clinical Practice

Online – Available Anytime

CE1308W \$135

Register: ce.jfku.edu/public

CORE COURSE

Sugar & Emotion

Ephimia Morpew-Lu, MS, Dip.C.N.& Aska Hokazono, MS, RD

Credit Hours: 5 (APA, CAMFT, RN)

Research is demonstrating the behavioral and neurochemical effects of excessive dietary sugar intake and its powerful drug-like (opioid) effects on the brain and body. In addition to being increasingly linked to mood, excessive sugar intake in the American population is now taking center stage in the pandemic of obesity and cardiovascular disease, and is now being implicated in facilitating certain types of cancers. This course will present research illustrating the

neurochemical, psychological and behavioral effects of sugar on mood and behavior. Functional Hypoglycemia (FH) will be reviewed, and the Functional Hypoglycemia Questionnaire (FHQ) will be introduced.

Prerequisite Required: The Effects of Nutrition on Clinical Disorders

Online – Available Anytime

CE1309W \$135

Register: ce.jfku.edu/public

CORE COURSE

Stress-Mood Axis

Ephimia Morpew-Lu, MS, Dip.C.N.& Lou Lasprugato, MFT

Credit Hours: 5 (APA, CAMFT, RN)

Millions of Americans suffer from stress-related illnesses, which are influenced by the modern dietary lifestyle. Persistent fatigue, mood instability, depression, and anxiety can all result from repeated activation of the stress response. Many clinicians understand that stress impacts mood, but they are often unable to explain the specific mechanisms by which it does so. This course will delineate the physiology behind the stress response involving the Sympathetic Nervous System and the Hypothalamic-Pituitary-Adrenal (HPA) axis. The biological stages of the General Adaptation Syndrome (GAS), as well as the physical and psychological manifestations associated with chronic stress and HPA-Dysregulation, will also be presented. Finally, Stress System Restorative Therapy (SSRT), a comprehensive treatment model including nutritionally-oriented methods and mind-body interventions, will be proposed as a means for remediating HPA-D.

Prerequisite Required: Sugar & Emotion

Online – Available Anytime

CE1323W \$135

Register: ce.jfku.edu/public

Certificate Programs (cont.)

CORE COURSE

Gut-Brain Axis

Amanda Hull, Ph.D. & Alyssa Adams, PsyD

Credit Hours: 3 (APA, CAMFT, RN)

The network of neurons in the gastrointestinal system is so extensive it is now being referred to as “The Second Brain.” Research is identifying the important role that gut bacteria plays in the bidirectional communication between the Enteric Nervous System (ENS) and the brain (the gut-brain axis), and is demonstrating how these organisms impact stress hormones and neurotransmitters related to stress, anxiety, and depressive behaviors. Additionally, food sensitivities can negatively impact the gut-brain axis. Consuming foods one is sensitive to can heighten the stress response and predispose individuals to increased subclinical states of anxiety, emotional instability, depression, and fatigue. This course will present research on the dynamic interplay between functional gastrointestinal disorders, food sensitivities, and stress-related psychiatric disorders, such as anxiety and depression. Additionally, the mechanisms by which antidepressants are used for gastrointestinal disorders including irritable bowel syndrome (IBS), Gut and Psychology Syndrome, and gluten intolerance will be presented. Integrative approaches to support mood through addressing the gut and food sensitivities will be presented.

Prerequisite Required: Stress-Mood Axis

Online – Available Anytime

CE1324W \$75

Register: ce.jfku.edu/public

Pre-Licensing Courses



All pre-licensing courses may also be taken as stand-alone CE courses.

15-Hour Chemical Dependency Training

Rena Palloff, Ph.D.

Credit Hours: 15 (APA, CAMFT, RN, CFAAP/CAADAC)

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

- This course meets the Alcoholism and Chemical Substance Abuse Dependency pre-licensing requirement for Psychologists and LCSWs, as well as MFTs and LPCCs who began their degree program before August 1, 2012.

Online – Available Anytime

CE1049W \$315

Register: ce.jfku.edu/public

Psychopharmacology (3 unit)

Giovanna Morelli, LCSW

Credit Hours: 28 (APA, CAMFT, 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. Learn recent information on the effects of psychotropic medications on various groups, including children, the elderly, women, and different racial and ethnic populations.

- This course meets the 3-unit Psychopharmacology pre-licensing requirement for MFTs and LPCCs who began their degree program before August 1, 2012.

Online – Available Anytime

CE1166W \$525

Register: ce.jfku.edu/public

Psychological Testing (3 unit)

Bret Johnson, Ph.D.

Credit Hours: 28 (APA, CAMFT, 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-5 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 course meets the 3-unit Psychological Testing pre-licensing requirement for MFTs who began their degree program before August 1, 2012.

Online – Available Anytime

CE1167W \$525

Register: ce.jfku.edu/public

15-Hour Crisis & Trauma Counseling

Brenda Frechette, Ph.D.

Credit Hours: 15 (APA, CAMFT, RN)

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

- This course meets the Crisis and Trauma Counseling pre-licensing requirement for LPCCs who began their degree program before August 1, 2012.

Online – Available Anytime

CE1218W \$315

Register: ce.jfku.edu/public

Pre-Licensing Courses (cont.)

15-Hour Spousal/Partner Abuse Assessment, Treatment & Intervention

John Hamel, LCSW

Credit Hours: 15 (APA, CAMFT, RN)

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

- This course meets the Spousal/Partner Abuse pre-licensing requirement for Psychologists and LCSWs, as well as MFTs and LPCCs who began their degree program before August 1, 2012.

Online – Available Anytime

CE1221W \$315

Register: ce.jfku.edu/public

Child Abuse Assessment, Reporting & Treatment

Kate Rome, MFT, PPS

Credit Hours: 7 (APA, CAMFT, RN)

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

- This course meets the AB 141 Child Abuse pre-licensing requirement for Psychologists and LCSWs, as well as MFTs and LPCCs who began their degree program before August 1, 2012.

Online – Available Anytime

CE1219W \$175

Register: ce.jfku.edu/public

Supervision Courses



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

Law & Ethics in Clinical Supervision: Fundamentals

Credit Hours: 6 (APA, CAMFT, RN)

Supervisors have ethical responsibilities to supervisees, clients, and the profession, and are guided by laws regarding client care and employment. This course provides legal and ethical information to supervisors working in mental health and social-services settings. Topics include: ethics of supervision, laws that impact supervisors and supervisees, mandatory reporting issues, documentation, liability risk and risk prevention, ethical expectations of supervisees, hiring and firing, and dual relationships. Material will be covered through lecture, discussion, and vignettes.

- This course meets the requirement for those who supervise MFT Interns and Trainees, and PCC Interns.
- This course can be applied to the requirement of 15 contact hours for those who supervise ACSWs.
- This course is strongly recommended for Psychologists who supervise ACSWs, MFT Interns and Trainees, PCC Interns, and pre-doctoral Interns (Ph.D.s & PsyDs).
- This course meets the Law and Ethics requirement for Psychologists, LCSWs, MFTs, LPCCs, and LEPs.

Online – Available Anytime

CE1372W \$159

Register: ce.jfku.edu/public

Law & Ethics in Clinical Supervision: A Deeper Look

Credit Hours: 6 (APA, CAMFT, RN)

Supervision, much like mental health and social services practice, has the potential for ethical dilemmas arising from power dynamics, cultural issues, and conflicts between codes of ethics and laws. This course advances supervisors' critical thinking about the legal and ethical issues faced in providing clinical supervision. Topics include: ethical decision making, ethical supervision practices, the ethics of culturally competent supervision, supervisory competency expectations, and dual relationships. Material will be covered through lectures, discussions, and vignettes.

- This course meets the requirement for those who supervise MFT Interns and Trainees, and PCC Interns.
- This course can be applied to the requirement of 15 contact hours for those who supervise ACSWs.
- This course is strongly recommended for Psychologists who supervise ACSWs, MFT Interns and Trainees, PCC Interns, and pre-doctoral Interns (Ph.D.s & PsyDs).
- This course meets the Law and Ethics requirement for Psychologists, LCSWs, MFTs, LPCCs, and LEPs.

March 6, 2020

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

CE1392 \$159

Pleasant Hill campus, Room S104

15-Hour Clinical Supervision Training Online

Credit Hours: 15 (APA, CAMFT, RN)

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

- This course meets the requirement for those who supervise ACSWs, MFT Interns and Trainees, and PCC Interns.
- This course is strongly recommended for Psychologists who supervise ACSWs, MFT Interns and Trainees, PCC Interns, and pre-doctoral Interns (Ph.D.s & PsyDs).

Online – Available Anytime

CE1233W \$315

Register: ce.jfku.edu/public

Supervision Courses (cont.)

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

Credit Hours: 6 (APA, CAMFT, RN)

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

- This course meets the requirement for those who supervise MFT Interns and Trainees, and PCC Interns.
- This course can be applied to the requirement of 15 contact hours for those who supervise ACSWs.
- This course is strongly recommended for Psychologists who supervise ACSWs, MFT Interns and Trainees, PCC Interns, and pre-doctoral Interns (Ph.D.s & PsyDs).

Online – Available Anytime

CE1234W \$159

Register: ce.jfku.edu/public

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

Credit Hours: 6 (APA, CAMFT, RN)

This course is divided into 3 sections that explore the following topics: managing difficult situations such as uncontained anxiety, authority issues, countertransference, and lack of integration of skills and theory in practice; identifying and addressing vicarious traumatization; and a literature review of current research and successful interventions to address cross-cultural issues that can arise in supervision. The course is text based, with vignettes and sample cases to illustrate the lessons, and it includes all the materials needed for successful completion.

- This course meets the requirement for those who supervise MFT Interns and Trainees, and PCC Interns.
- This course can be applied to the requirement of 15 contact hours for those who supervise ACSWs.
- This course is strongly recommended for Psychologists who supervise ACSWs, MFT Interns and Trainees, PCC Interns, and pre-doctoral Interns (Ph.D.s & PsyDs).

Online – Available Anytime

CE1235W \$159

Register: ce.jfku.edu/public

3-Hour Legal & Ethical Issues in Clinical Supervision Online

Credit Hours: 3 (APA, CAMFT, RN)

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

- This course can be applied to the requirement of 6 contact hours for those who supervise MFT Interns and Trainees, and PCC Interns.
- This course can be applied to the requirement of 15 contact hours for those who supervise ACSWs.
- This course is strongly recommended for Psychologists who supervise ACSWs, MFT Interns and Trainees, PCC Interns, and pre-doctoral Interns (Ph.D.s & PsyDs).
- This course can be applied to the requirement of 6 contact hours of Law and Ethics for LCSWs, MFTs, LPCCs, and LEPs.
- This course meets the Law and Ethics requirement for Psychologists.

Online – Available Anytime

CE1102W \$75

Register: ce.jfku.edu/public

Required Courses



Law & Ethics in Clinical Supervision: A Deeper Look

Rachel Michaelsen, LCSW

Credit Hours: 6 (APA, CAMFT, RN)

Supervision, much like mental health and social services practice, has the potential for ethical dilemmas arising from power dynamics, cultural issues, and conflicts between codes of ethics and laws. This course advances supervisors' critical thinking about the legal and ethical issues faced in providing clinical supervision. Topics include: ethical decision making, ethical supervision practices, the ethics of culturally competent supervision, supervisory competency expectations, and dual relationships. Material will be covered through lectures, discussions, and vignettes.

- This course meets the requirement for those who supervise MFT Interns and Trainees, and PCC Interns.
- This course can be applied to the requirement of 15 contact hours for those who supervise ACSWs.
- This course is strongly recommended for Psychologists who supervise ACSWs, MFT Interns and Trainees, PCC Interns, and pre-doctoral Interns (Ph.D.s & PsyDs).
- This course meets the Law and Ethics requirement for Psychologists, LCSWs, MFTs, LPCCs, and LEPs.

March 6, 2020

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

CE1392 \$159

Pleasant Hill campus, Room S104

Law & Ethics in Clinical Supervision: Fundamentals

Rachel Michaelsen, LCSW

Credit Hours: 6 (APA, CAMFT, RN)

Supervisors have ethical responsibilities to supervisees, clients, and the profession, and are guided by laws regarding client care and employment. This course provides legal and ethical information to supervisors working in mental health and social-services settings. Topics include: ethics of supervision, laws that impact supervisors and supervisees, mandatory reporting issues, documentation, liability risk and risk prevention, ethical expectations of supervisees, hiring and firing, and dual relationships. Material will be covered through lecture, discussion, and vignettes.

- This course meets the requirement for those who supervise MFT Interns and Trainees, and PCC Interns.
- This course can be applied to the requirement of 15 contact hours for those who supervise ACSWs.

- This course is strongly recommended for Psychologists who supervise ACSWs, MFT Interns and Trainees, PCC Interns, and pre-doctoral Interns (Ph.D.s & PsyDs).
- This course meets the Law and Ethics requirement for Psychologists, LCSWs, MFTs, LPCCs, and LEPs.

Online – Available Now

CE1372W \$159

Register: ce.jfku.edu/public

6-Hour Deepening Legal & Ethical Understanding in Professional Practice

Daniel Taube, JD, Ph.D.

Credit Hours: 6 (APA, CAMFT, RN)

This intermediate course offers 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. Leave this course with a greater ability to make legally and ethically informed decisions and to better manage the complexities of your practice.

- This course meets the Law and Ethics requirement for Psychologists, LCSWs, MFTs, LPCCs, and LEPs.

Online – Available Now

CE1222W \$159

Register: ce.jfku.edu/public

7-Hour Spousal/Partner Abuse Assessment, Treatment & Intervention

John Hamel, LCSW

Credit Hours: 7 (APA, CAMFT, RN)

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

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

Online – Available Now

CE1225W \$175

Register: ce.jfku.edu/public

Required Courses (cont.)

15-Hour Chemical Dependency Training

Rena Palloff, Ph.D.

Credit Hours: 15 (APA, CAMFT, RN, CFAAP/CAADAC)

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

- This course meets the Alcoholism and Other Chemical Substance Dependency (One-time only) requirement for LEPs.

Online – Available Anytime

CE1049W \$315

Register: ce.jfku.edu/public

3-Hour Legal & Ethical Issues in Clinical Supervision

Online

Rachel Michaelsen, LCSW

Credit Hours: 3 (APA, CAMFT, RN)

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

- This course can be applied to the requirement of 6 contact hours for those who supervise MFT Interns and Trainees, and PCC Interns.
- This course can be applied to the requirement of 15 contact hours for those who supervise ACSWs.
- This course is strongly recommended for Psychologists who supervise ACSWs, MFT Interns and Trainees, PCC Interns, and pre-doctoral Interns (Ph.D.s & PsyDs).
- This course can be applied to the requirement of 6 contact hours of Law and Ethics for LCSWs, MFTs, LPCCs, and LEPs.
- This course meets the Law and Ethics requirement for Psychologists.

Online – Available Anytime

CE1102W \$75

Register: ce.jfku.edu/public

Child Abuse Assessment, Reporting & Treatment

Kate Rome, MFT, PPS

Credit Hours: 7 (APA, CAMFT, RN)

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

- This course meets the Child Abuse Assessment (one-time only) requirement for LEPs.

Online – Available Anytime

CE1219W \$175

Register: ce.jfku.edu/public

General Information



Please visit our website at www.jfku.edu/ce for Frequently Asked Questions, Campus Maps, Directions and more detailed information about our faculty and courses.

John F. Kennedy University's Continuing Education Division (CE) offers post-graduate courses for licensed professionals to maintain their licenses in psychology disciplines. CE also hosts courses for MCLE credit and provides public service workshops, as well as conferences.

JFK University does not discriminate on the basis of race, color, height, weight, national origin, religion, age, marital status, gender, sexual orientation, veteran status, or disability. In a continuing effort to enrich its academic environment and provide equal educational and employment opportunities, JFK 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 Association of Marriage and Family Therapists (CAMFT) to provide continuing education for LCSWs, MFTs, LPCCs, and LEPs (provider #128404).
- 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 #4C-95-322-1115).
- 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 any changes in fees, faculty assignments, course dates, and room locations. We will notify participants by phone and/or email as soon as possible should any course-related change 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 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. Policies and procedures regarding any grievance are available upon request by calling us at **800.557.1384**.

FEES

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

CERTIFICATES OF ATTENDANCE

CE certificates will be presented at the completion of each onsite course to students who have preregistered at least five (5) business days prior to the start of the course. If registration occurs less than five days before the course start date, we cannot guarantee that your CE certificate will be available onsite. In that case, your certificate will be mailed to you as soon as possible, once your attendance is verified. For online course students, CE certificates are available immediately after you successfully complete the final exam and evaluation.

PROGRAM CREDIT DESIGNATIONS

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

DISABILITY SERVICES

All individuals with disabilities who need special accommodations or related assistance should contact the Office of Disability Services at least three (3) weeks prior to the course start date. Please call 925.969.3362.

General Information (cont.)

CAMPUS LOCATIONS OF THE SAN FRANCISCO BAY AREA

Pleasant Hill Campus

100 Ellinwood Way
Pleasant Hill, CA 94523
(Tri-Valley)

San Jose Campus

3031 Tisch Way, 201
San Jose, CA 95128
(South Bay)

- * FREE PARKING at all Campuses
- * Carefully read and understand parking signage upon arrival

CONTACT INFORMATION

John F. Kennedy University Continuing Education

100 Ellinwood Way, S221
Pleasant Hill, CA 94523

Operating Hours:

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

conted@jfkku.edu

www.jfkku.edu/ce

OFFICE: (800) 557-1384

FAX: (925) 969-3155

Policies and procedures regarding any grievance are available upon request by calling us at **800.557.1384**.

Please visit our website at www.jfkku.edu/ce for Frequently Asked Questions, Campus Maps, Directions, and more detailed information about our faculty and courses.

Registration Policies



Please carefully review the information below. Register Early! Pre-Registration ensures your place in the course(s) you want and helps minimize the cancellation of courses due to insufficient enrollment.

REGISTER FOR ON-SITE COURSES

Online: Register securely using our “Shopping Cart” feature by following these simple instructions:

1. Visit ce.jfku.edu/public
2. Click “On-site Courses” at the top.
3. Click on any “course title” to view the full course description.
4. Click “Register” on the right. Once the course is added to your Shopping Cart, you have the option to add more classes or check out.
5. Continue to add courses to your Shopping Cart by repeating steps 1-4.
6. When you are ready to checkout, click “View Cart” on the top right.
7. Fill in your information and select “Continue.”
8. Complete the payment form and click “Complete Registration.”
9. You will receive two e-mails from us: one transaction receipt e-mail and another detailed receipt that contains course information. This verifies your enrollment in the class.

You should receive two email confirmations within a few minutes. If you do not receive a confirmation and have checked your spam/junk mailboxes, please call us at 800.557.1384.

Email: Complete the enclosed Registration Form, scan or photograph it, and email it to cereg@jfku.edu.

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

Mail: Complete the enclosed Registration Form and mail it to: JFK University – CE 100 Ellinwood Way, S221 Pleasant Hill, CA 94523.

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

In-person: Complete the enclosed Registration Form and stop by our CE Division located at 100 Ellinwood Way, S221 Pleasant Hill, CA, 94523. Our operating hours are Monday-Friday, 9 a.m. - 5 p.m. We also have a locked drop box located immediately outside our suite door.

Payment may be made by credit card (American Express, Visa, MasterCard) check or money order. Please make checks and money orders payable to JFKU-CE. All returned checks are subject to a processing fee of \$35.

REGISTER FOR ONLINE COURSES

1. Visit ce.jfku.edu/public
2. Click “Online Courses” at the top.
3. Click on any “course title” to view the full course description.
4. Click “Register” on the right. Once the course is added to your Shopping Cart, you have the option to add more classes or check out.
5. Continue to add courses to your Shopping Cart by repeating steps 1-4.
6. When you are ready to checkout, click “View Cart” on the right.
7. Fill in your information and select “Continue.”
8. Complete the payment form and click “Complete Registration.”
9. You will receive two e-mails from us: one transaction receipt e-mail and another detailed receipt that contains course information. This verifies your enrollment in the class.
10. Select “Online courses” to review your online courses.
11. Click “Launch Course” to begin online coursework. You will have 90 days to complete the course.

You should receive an email confirmation within a few minutes. If you do not receive a confirmation and have checked your spam/junk mailboxes, please call us at 800.557.1384. Upon successful registration you will have **90 days** to complete the course.

REGISTRATION CANCELLATION

Cancellations: Should you choose to drop a course PRIOR to the course start date, you may either request a refund or transfer into another course within the current catalog cycle, minus a \$20 processing fee. If subsequent transfers are necessary, an additional administrative fee of \$20 will be charged. For either option, you must contact Continuing Education by phone (800.557.1384) or email (conted@jfku.edu) **at least one business day prior to the course start date.**

REFUNDS: ABSOLUTELY NO REFUNDS WILL BE GRANTED FOR ONLINE COURSES.

Registration Policies (cont.)

Late Arrival: If you arrive late and are not permitted in the course, you may apply your registration fee to another course per our course transfer policy. If you do not contact us within 48 hours, you will forfeit your registration fee. Note: FULL attendance is required in order to earn CE credit.

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

DISCOUNTS

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

- Financial Aid and payment plans are not available.
- Discounts cannot be combined. 10% is the maximum discount available.

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

10 percent Military Servicemember/Veteran Discount: Military services personnel and veterans will receive a 10 percent discount on any eligible CE course.

10 percent Multicourse Discount: Individuals who register for three or more courses simultaneously will receive a 10 percent discount for each of those eligible courses.

10 percent Group Discount: Three or more participants who register for the same eligible course(s) simultaneously will receive a 10 percent discount. All group members must register at the same time to secure the discounted rate and have individual registration forms completed. Group discounts are not available through online registration.

DISCOUNT ELIGIBILITY

Online courses, co-sponsorships, and conferences are NOT eligible for discounts. All other courses in this catalog are discount-eligible. Discounts cannot be combined.

Registration Form



Registration for **ONLINE courses is available 24/7** and must be done through our website at **ce.jfku.edu/public**. **Any Time, Any Day!**

STUDENT INFORMATION

Name: _____ Lic.Type: _____ Lic. No.: _____ M F

Address: _____

City: _____ State: _____ ZIP: _____

Phone: (____) _____ - _____ E-mail: _____

Would you like to receive our monthly eNewsletter? Yes No

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

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

DISCOUNTS: If you are eligible for a discount, please check the appropriate box below and deduct 10 percent from your course fees. **DISCOUNTS CANNOT BE COMBINED. 10 PERCENT IS THE MAXIMUM DISCOUNT AVAILABLE.**

Affiliates: JFK University **OR** The National University System Alumni Student Faculty Staff

General Public: Military Servicemember/Veteran Multicourse Group (other member names: 1) _____,

2) _____, 3) _____ Coupon Code: (_____)

How did you learn about CE?

Catalog JFKU Alumni Colleague/Friend JFKU Student JFKU Website JFKU e-mail

JFKU Flyer APA CAMFT Word of Mouth Other (specify: _____)

(Continued on back)

Registration Form (cont.)

| COURSE # | COURSE TITLE | DATE(S) | FEE |
|-------------------------|---------------------|---------------|-------|
| <i>EXAMPLE: CEJ1003</i> | 6-Hour Law & Ethics | April 8, 2020 | \$159 |
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Date: _____ / _____ / _____ Total: \$ _____

PAYMENT: Visa MasterCard American Express Check Money Order

*Please make checks and money orders payable to JFKU-CE. **All returned checks are subject to a processing fee of \$35.**

Card Number: _____ Expiration Date: _____ CVV: _____

Signature: _____

Email to cereg@jfk.edu

Fax to (925) 969-3155

Mail/Deliver In-Person to JFK University-CE, 100 Ellinwood Way, S221, Pleasant Hill, CA 94523

THANK YOU!



JOHN F. KENNEDY UNIVERSITY

An affiliate of the National University System