

UVM Graduate Counseling Program Summer 2016 Course Offerings

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

Fridays from 9:00am to 4:30pm | May 23, 2016 to July 1, 2016 | Mann Hall room 211

Open to all students

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

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

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

July 21st and 22nd from 9:00am to 4:30pm | July 18, 2016 to August 12, 2016 | Mann Hall room 211

Open to all students

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

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

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

June 13th and 14th from 9:00am to 4:30pm | May 23, 2016 to June 17, 2016 | Mann Hall room 102C

Open to all students

Dialectical behavior therapy (DBT) is a comprehensive cognitive-behavioral treatment. Originally developed to treat chronically suicidal individuals, DBT has evolved into a treatment model for multi-disordered individuals with borderline personality disorder (BPD) and others struggling with destructive coping patterns. DBT combines the basic strategies of behavior therapy with eastern mindfulness practices, residing within an overarching dialectical world-view that emphasizes the synthesis of opposites. The fundamental dialectic in DBT is between validation and acceptance of the client as they are within the context of simultaneously helping them to change. This course will provide an introduction to DBT's origins, treatment components, theory and practice.

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

EDCO 291 Z4 DBT: Treating Anxiety in Adolescents and Adults (1 credit) – Barbara Boutsikaris

June 21st and 23rd from 9:00am to 4:30pm | June 20, 2016 to July 16, 2016 | Mann Hall room 102C
Open to all students

Anxiety disorders are the most common of psychological disorders in the US and motivate many people to seek counseling. This two-day course will focus on how anxiety develops, how to differentiate between everyday anxiety and an anxiety disorder, and how evidence-based approaches can be used in the treatment of anxiety. Students will learn how to utilize cognitive, emotive and behavioral techniques to address a range of anxiety-related problems in adolescents and adults.

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

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

Tuesdays and Thursdays from 9:00am to 4:30pm | TBD | Mann Hall room 211

Pre-Reqs: EDCO 220, 350, 374, 378, or permission; Counseling Majors only; for permission, call 656-3888 or email cslgprog@uvm.edu

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

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

EDCO 389 Z1 Counseling Internship (3 credits) – Anne Geroski

Wednesdays from 9:00am to 4:30pm | TBD | Mann Hall room 211

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

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

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

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

Online | May 23, 2016 to August 12, 2016

Counseling Majors only; for permission, call 656-3888 or email cslgprog@uvm.edu

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

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