

Growth Skills One Week Intensive for Counselors

March 31- April 4, 2025

Program Title: The Elements of Healing in the Person of the Therapist

Lecture one

Presenter(s): Dr. John Townsend

Target Audience: Psychologists, Counselors, Social Workers, Pastoral Counselors

Number of CE Hours: 1

The NBCC content area addressed: Counseling Theory/Practice and the Counseling Relationship and Counselor Professional Identity and Practice Issues

Program Content Description:

Participants will explore how the person of the therapist contributes to therapeutic efficacy.

Program Learning Objectives:

1. Gain a beginning understanding of individual factors of the therapist that contribute to therapeutic gains.
2. Understand the concept of therapeutic frame and how it contributes to therapeutic efficacy.
3. Identify factors that contribute to a positive therapeutic alliance.

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Program Title: The Role of Affect in the Therapeutic Process

Lecture two

Presenter(s): Dr. John Townsend

Target Audience: Psychologists, Counselors, Social Workers, Pastoral Counselors

Number of CE Hours: 1

The NBCC content area addressed: Counseling Theory/Practice and the Counseling Relationship

Program Content Description:

Participants will learn diagnostics to identify character issues driving psychological disorders, and treatment interventions and techniques to further growth.

Program Learning Objectives:

1. Understand the nature and function of affect, both awareness and expression.
2. Gain an understanding of the role of affect in diagnosing character development.
3. Explore the use of emotion-focused approaches to effective treatment that encourage greater internalization.

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Program Title: Helping the Whole Person

Lecture 3

Presenter(s): Dr. Henry Cloud

Target Audience: Psychologists, Counselors, Social Workers, Pastoral Counselors

Number of CE Hours: 1

The NBCC content area addressed: Counseling Theory/Practice and the Counseling Relationship

Program Content Description:

Participants will explore the difference between a symptom focused approach to therapy, and a growth approach that responds to symptoms in a deeper, life-changing way.

Program Learning Objectives:

1. Identify the stages of structural change that contribute to healing and growth according to the Growth Model.
2. Identify some of the developmental deficits that may result from the lack of structural change and how these can contribute to mental health symptoms according to the Growth Model.
3. Identify some of their internal and external objects that have impacted their ego development and relational patterns.

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Program Title: Ingredients of the Therapeutic Process

Lecture 4

Presenter(s): Dr. Henry Cloud

Target Audience: Psychologists, Counselors, Social Workers, Pastoral Counselors

Number of CE Hours: 1

The NBCC content area addressed: Counseling Theory/Practice and the Counseling Relationship

Program Content Description:

Participants will explore and gain a beginning understanding of the use of an experiential approach to therapy.

Program Learning Objectives:

1. Gain a beginning understanding of Gestalt and Psychodrama approaches to therapy.
2. Identify steps to setting up, conducting and processing an experiential exercise.
3. Understand the importance of heightening and containing client affect.

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Program Title: Helping Clients in Their Work Lives

Lecture 5

Presenter(s): Dr. Henry Cloud

Target Audience: Psychologists, Counselors, Social Workers, Pastoral Counselors

Number of CE Hours: 1

The NBCC content area addressed: Counseling Theory/Practice, and Career Development and Counseling

Program Content Description:

Participants will examine the relationship between character growth and work performance.

Program Learning Objectives:

1. Gain a beginning understanding of how diagnosing character growth can positively contribute to success in performance.
2. Explore the development of trust and how it contributes to reality and results.
3. Identify steps to effectively address problems and individual deficiencies in the work environment.

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Program Title: Diagnosing What Works with Whom

Lecture 6

Presenter(s): Dr. Henry Cloud

Target Audience: Psychologists, Counselors, Social Workers, Pastoral Counselors

Number of CE Hours: 1

The NBCC content area addressed: Counseling Theory/Practice, Wellness and Prevention

Program Content Description:

Participants will learn treatment interventions and techniques to further growth, and solving treatment-resistant issues which hinder growth.

Program Learning Objectives:

1. Gain a beginning understanding of individual factors that contribute to the application of therapeutic gains.
2. Understand what types of individuals are more resistant to therapeutic feedback.
3. Identify outside forces in the lives of individuals that will prohibit or derail the therapeutic process.

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Program Title: Resolving Superego Pathology & Negative Self-talk

Lecture 7

Presenter(s): Dr. Randall Reinheimer

Target Audience: Psychologists, Counselors, Social Workers, Pastoral Counselors

Number of CE Hours: 1

The NBCC content area addressed: Counseling Theory/Practice

Program Content Description:

Participants will gain a beginning understanding of superego pathology, its presentation in clients and how to effectively address it.

Program Learning Objectives:

1. Explore the relationship of guilt and shame to the superego in clients according to the Growth Model.
2. Differentiate between external and internal experiences of shame.
3. Understand an interpersonal approach to resolving client guilt and shame according to the Growth Model.

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Program Title: Resistances & The Difficult Client

Lecture 8

Presenter(s): Dr. Kimber Del Valle

Target Audience: Psychologists, Counselors, Social Workers, Pastoral Counselors

Number of CE Hours: 1

The NBCC content area addressed: Counseling Theory/Practice

Program Content Description:

Participants will explore the importance of resistances and transferences in the therapeutic process and learn how to solve treatment-resistant issues which may hinder growth.

Program Learning Objectives:

1. Identify primary and secondary defenses and how they may present in a therapeutic context.
2. Explore other internal and external factors that may contribute to difficult clients.
3. Understand an attachment-based interpersonal approach to addressing resistance.