

CENTRE FOR COUNSELLING & COMMUNITY SAFETY



The Centre for Counselling & Community Safety offers a wide range of courses and certificates in counselling, capacity building and community safety.

Whether we are counsellors, teachers, health care or other service providers, it is essential to develop the skills and abilities to work with diversity, to respect and understand others. The JIBC's programming provides the framework to build skills which improve relationships and creates inclusion and equity for all.

Natasha Aruliah Instructor



Counselling and Capacity Building

We provide practitioners with essential skills to protect, support and empower children, youth, adults, families and communities. Courses are designed for counsellors, frontline staff and other professionals who are currently working with clients and are interested in building and refining their counselling and support skills.

See pg.19.

Community Safety

Our diverse programs give staff skills to assist individuals in coping with the consequences of crime and trauma and the knowledge and tools to enforce community bylaws.

See pg.40.

Customized Training Solutions

Successful workplace training builds staff skills, strengthens performance, and gives you and your team confidence in a shared future. Customized training extends team learning beyond the classroom and into your everyday practice.

You can provide workplace training that makes a difference by bringing our practical, immediately applicable courses and certificates to your organization. We can tailor any of our courses to meet your organization's specific learning goals, and bring our outstanding faculty to you. Choose a one or two day course, or reap the benefits of a certificate program.

Our customized training is a cost-effective, practical and efficient way to provide essential counselling, capacity building and leadership your staff and organization needs, now and in the future.

Call us at 604.528.5628 to further your organization's learning today.

Be sure to look for our innovative new courses and certificates:

- Creativity and Trauma [COUNS260] [PG.20]
- Mindfulness-Based Art Therapy–Level 1 [COUNS285] [PG.22]
- Mindfulness-Based Art Therapy–Level 2 [COUNS385] [PG.22]
- Mindfulness-Based Counselling–Level 2 [COUNS366] [PG.22]
- Supporting Clients Across Cultural Differences–Providing Relevant and Appropriate Services [COUNS268] [PG.24]
- Youth Leadership [CY280] [PG.25]
- Aboriginal Focusing-Oriented Therapy And Complex Trauma Certificate [PG.26]
- Graduate Certificate in Complex Trauma and Child Sexual Abuse Intervention [PG.34]
- Bylaw Compliance, Enforcement, and Investigative Skills Certificate [PG.43]

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SPECIAL EVENTS

Bridging the Couple Chasm: Gottman Couples Therapy – A Research-Based Approach Level 1 Training

Featuring: John Gottman and Julie Schwartz Gottman



Course Code: SPE117

Nov 3-4, 2011 9:00am – 5:00pm

\$499, (\$449 early bird rate by Oct 4, 2011)

1.0 Credit

The Stanley Theatre, 2750 Granville Street, Vancouver

When couples enter the therapy office, they sting with pain and despair. They look to the clinician to referee chronic conflicts, fix their partners, and rebuild burned bridges. Now, based on Dr. John Gottman's 35 years of compelling research with over 3,000 couples, there's a practical and highly effective approach to guiding these couples across the chasm that divides them. In this workshop, Drs. John and Julie Gottman provide you with a research-based roadmap for helping couples to compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams. In this inspirational two-day course, you will learn:

- Research-based strategies and tools to help couples successfully manage conflict
- Skills that empower couples to dialogue about their worst gridlocked issues by uncovering their underlying dreams, history, and values
- Methods to help couples process their fights and heal their hurts
- Techniques for couples to deepen their intimacy and minimize relapse
- New assessments and effective interventions to help understand couples' struggles

Included in your registration fee, you will receive a 300-page clinical manual (\$150 value) featuring new relationship assessment questionnaires and clinical interventions designed to help couples break the cycle of criticism, defensiveness, contempt and stonewalling.

Faculty Bios

JIBC faculty are some of the most respected and experienced educators in BC working in their chosen fields. Read faculty bios online at: www.jibc.ca/cccs/faculty

Summer Institute 2012: A Creative Journey Through Mindfulness Based Art Therapy

Featuring: Margaret Jones-Callahan



Course Code: COUNS285 and COUNS385

Jul 3-6, 2012 9:00am – 4:30pm

\$600, (\$550 early bird rate by May 28, 2012)

2.0 Credits

JIBC New Westminster Campus

Come learn to cultivate positive social and emotional health and self-management skills through mindfulness awareness within the creative process. Through seeing and experiencing our images, thoughts, emotions, and sensations as a continuous, ever changing stream of events, new perspectives and insights are generated and empathy, resilience, confidence, and the courage to express our natural creative intelligence arise.

You will learn to apply these skills to pain management, trauma issues, anxiety, addiction recovery, stress management and work place issues through discussion and experiential exercises. This course extends the creative exploration of therapeutic issues to the principles of Mindfulness of Effort, Speech and Mind, and the wisdom arising from mindfulness. Through mindfulness exercises of group composition you will learn, circle stories, brush practice, mask and mirror, and space awareness practices, to address specific issues such as conflict, relationship issues, grief, shock, stress, anxiety and addiction. Regular meditation practice is encouraged to cultivate the natural expressive power of mind and positive qualities of inner strength. Includes lunch.

INDIVIDUAL COURSES

Counselling and Capacity Building

Most of the following courses are open to general enrolment and you may register as you choose. Some courses are part of a certificate program and may require approval of the Program Coordinator and/or completion of an application process prior to registration. Courses are listed in alphabetical order.

AD401 **ALSO ONLINE**

A Continuum of Care: Prevention to Harm Reduction

This course provides an introduction to the system of care for substance use in BC. You will learn about historical and current developments at the federal and provincial level. Exploration of the major components of the system, resources and strategies to access will be explored.

This course can also be taken online. During the 14-hour online course, which spans six weeks, you will participate in online activities such as written presentations, readings, website explorations, email discussions and completion of a learning journal. *Prerequisite:* AD400. *Instructor:* Michelle Hawco

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

AD129

All My Relations: Working with Aboriginal Clients in Substance Use Recovery

This course will provide you with a basic understanding of how movements of Canada's colonial process (e.g. residential schools) impact Aboriginal clients presenting in substance use settings. This knowledge will assist service providers working within Aboriginal communities affected by the change in culture, family systems, and substance-related birth defects. *Prerequisite:* AD400. *Instructor:* Teresa Howell

\$161.50 (\$151.50 GROUP RATE)
1 DAY 0.5 CREDITS

AD210

Art Therapy in Early Stages of Addiction Recovery

Predicated on the theories of narrative therapy and other strength-based paradigms, this course will introduce you to art therapeutic principles of practice for working with people in early stages of recovery. You will learn about clinical dynamics, legal and ethical issues, potential benefits and contraindications of art therapy for this client population. You will have the opportunity to experience the materials and processes directly. No art-making experience or skill is required. *Instructor:* Sabine Silberberg

\$285 (\$265 GROUP RATE)
2 DAYS 1.0 CREDITS

AD403

Assessment Practices

You will develop an in-depth understanding of the assessment process, with emphasis on eliciting relevant information from clients through collaborative and motivational interviewing practices. Topics include the identification process, assessment methods and tools, readiness to change, and treatment planning basics. *Prerequisite:* AD400. *Instructor:* Rob Axsen

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

EP508

Becoming a More Effective Counsellor

This course explores the characteristics of an effective counsellor and gives you an uncomplicated way to understand human behaviour. You will identify strategies for talking to clients about the essential steps that lead to change and how to help clients become aware of the interplay among thoughts, feelings, actions and physiology. You will identify what is effective and what you can specifically do to become more effective in the role of counsellor. *Instructor:* Elaine Stoll

\$260 (\$240 GROUP RATE)
2 DAYS 1.0 CREDITS

COUNS126

Behaviour Change Counselling in Community Settings

Behaviour Change Counselling is an adaptation of Motivational Interviewing, with an emphasis on addressing lifestyle and healthy behaviour changes when the practitioner has only short periods of contact (10-30 minutes). You will be introduced to a specific skill set to engage in collaborative and constructive conversations with clients related to the importance of behaviour change. *Instructor:* Rob Axsen

\$158.50 (\$148.50 GROUP RATE)
1 DAY 0.5 CREDITS

EP278

Clinical Supervision: Innovative Practices

Becoming a clinical supervisor can be a natural and gratifying evolution of one's career as a therapist. This course will deepen your understanding of some of the main theories of clinical supervision and their applications, forms of service delivery (such as group supervision), ethical and legal issues (such as vicarious liability and confidentiality), evaluation of supervisor/supervisee efficacy, and supervisory professional development (such as self and layered supervision). *Instructor:* Monica Franz

\$270 (\$250 GROUP RATE)
2 DAYS 1.0 CREDITS

AD407

Community Voices/Contemporary Issues

In this course, you will explore your values and deepen your understanding of selected contemporary issues facing clients and practitioners. You will learn about consumer and sector advocacy, supervised injection sites, substitution therapies, harm reduction approaches, and survival sex trade worker co-operatives. *Prerequisite:* AD400. *Instructor:* Tom Hetherington

\$143.50 (\$133.50 GROUP RATE)
1 DAY 0.5 CREDITS

Class Schedules

Find class schedules including dates, locations and fees online at www.jibc.ca/cccs

AD408

Compassion and Policy: The Heart and Mind of Drug Policy Reform

This course explores the drug policy reform movement and the consequences of the global war on drugs. You will learn about problems with current drug control approaches, evidence-based drug policy alternatives, and the concept of a regulated drug market based on human rights and public health principles. The lessons learned from alcohol and tobacco policy will also be discussed. *Prerequisite:* AD400. *Instructor:* Mark Haden

\$143.50 (\$133.50 GROUP RATE)
1 DAY 0.5 CREDITS

AD410

Concurrent Disorders Planning – Level 1

This course covers key issues in treatment planning, including definitions, terms, and classification systems; the relationship between mental health and addiction; and basic principles of screening, assessment, and treatment planning. Course format focuses on experiential learning, with an emphasis on the role of service providers as agents of change. *Prerequisite:* AD400. *Instructor:* TBA

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

Group Rate

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Faculty Bios

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EP587

Counselling Skills: The Art of Asking Effective Questions

Asking effective questions is an art and plays a key role in the counselling/helping dynamic. Learn about the six essentials of asking good questions. Discover what your questioning style is and how to deepen and broaden it. Learn to ask interesting questions that relate specifically to the themes buried inside client conversations. Being more creative in how and what you ask helps the client engage with you. *Instructor:* Elaine Stoll

\$270 (\$250 GROUP RATE)
2 DAYS 1.0 CREDITS

COUNS260 **NEW**

Creativity and Trauma

This course will present current research on the impact of mindfulness developmentally, and its effects in treating trauma. The cultivation of social and emotional intelligence can interrupt traumatic patterning and generate new resources.

You will explore how the creative process offers a stable, and nurturing container for working through emotional conflict and trauma through lecture and experiential creative activities. A variety of mediums will be offered, including brush work, collage, and circle stories. We will discuss specific topics related to trauma including developmental issues, identity, the dynamics of shame, neuroplasticity and healing, and affect theory. *Instructor:* Margaret Jones-Callahan

\$295 (\$275 GROUP RATE)
2 DAYS 1.0 CREDITS

TS123

Everything You Ever Wanted to Know About the DSM-IV-TR – Level 1

This introductory course is for professionals interested in increasing their understanding of psychiatric concepts in order to better serve clients who are receiving services within the mental health system. You will examine the Diagnostic and Statistical Manual of Mental Disorders: DSM-IV-TR and review basic psychiatric diagnostic terminology. You will also discuss common diagnostic categories such as mood, anxiety and personality disorders, and the role of non-medical mental health professionals in the diagnostic process. *Instructor:* Jocelyn Lymburner

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

COUNS163

Expressive Play Therapy for the Grieving Child

The content of this three-day course will focus on the use of expressive therapies to help children who have suffered the loss of a primary caregiver or family member, whether a temporary loss such as separation, divorce, hospitalization, or incarceration, or a permanent loss due to death, adoption, foster care, and/or immigration. You will be considering the crucial role of attachment in the mother-child relationship, the effects of the loss of a primary attachment on a child's emotional well-being. You will have the opportunity to experience the image-making process (using metaphors, visualizations, art, assemblage, sewing, and storytelling) as related to the topic of loss. *Strongly Recommended:* CY104 and CY104A. *Instructor:* Marie-José Dhaese

\$425.50 (\$405.50 GROUP RATE)
3 DAYS 1.5 CREDITS

CY104

Expressive Play Therapy Methods – Level 1

This introductory course is for counsellors, social workers, child care workers, and mental health professionals working with children 3-12 years old. The course focuses on expressive play therapy methods and examines the function of art and play through the developmental stages. You will have the opportunity to learn about (and become familiar with) the toys and art therapy exercises used in working with children in this age group. Levels 1 and 2 are designed to be taken together. You will come to understand expressive play therapy as a holistic and integrative practice that addresses the physical, emotional, cognitive, and spiritual needs of children in therapy. *Instructor:* Marie-José Dhaese

\$286 (\$266 GROUP RATE)
2 DAYS 1.0 CREDITS

CY104A | ADVANCED

Expressive Play Therapy Methods—Level 2

This advanced course is for practitioners who use play and various expressive therapies in their work with children. You will learn about the guiding principles of child-centred play therapy, the intake process, setting up a playroom, how to structure the session, when to lead and when to follow, permissiveness, and limits. You will have the opportunity to view and discuss video excerpts of sessions. The afternoons will be spent practicing the material learned in the morning through role-playing. *Prerequisite:* CY104. *Instructor:* Marie-José Dhaese

\$286 (\$266 GROUP RATE)

2 DAYS 1.0 CREDITS

CY278

Facilitate This! Group Leadership Skills for Youth Workers

In this course, you will pick up new (and fun) methods and activities for leading youth groups, exchange knowledge with your peers, and learn the theory and value of peer support amongst youth. This course will focus on creating and fostering inclusive groups with a peer support model; the roles, responsibilities and methods of a group facilitator; and the stages of group development. Participants will practice their new skills so they can work confidently with youth groups. *Instructors:* Romi Chandra and Iris Yong

\$173.50 (\$163.50 GROUP RATE)

1 DAY 0.5 CREDITS

COUNS110

Facilitating Effective Group Process

The success of psycho-educational programs and therapy groups depends on the ability of the facilitator to work with group process. To be an effective facilitator, you must have skills of engagement that can both keep participants in the room and engage them in a collective process of learning and change. A group setting can challenge even the most skilled professionals. In this course, you will develop skills to facilitate group process. Topics include building a therapeutic alliance, creating an effective learning environment, understanding group development, understanding and working with cycles of inclusion, affection and control, working with mandated and reluctant participants, managing difficult challenges, and working with a co-facilitator. *Instructor:* Jane Katz

\$280 (\$260 GROUP RATE)

2 DAYS 1.0 CREDITS

AD120 ONLINE

Fetal Alcohol Spectrum Disorder

This online course is for frontline workers, program managers, and others working with high-risk women and/or children, youth, and adults living with fetal alcohol spectrum disorder (FASD), along with their families and support networks. This course will provide an overview of FASD and its prevention. You will discuss how a diagnosis is made and how to work effectively with clients affected by FASD. This 21-hour course spans seven weeks. Participants are required to complete all the course readings, regularly post comments, and submit a final assignment. *Instructors:* Nancy Poole and Jan Lutke

\$397.50 (\$367.50 GROUP RATE)

3 DAYS 1.5 CREDITS

AD409

Fetal Alcohol Spectrum Disorder: Increasing Our Understanding

You will gain up-to-date information on fetal alcohol spectrum disorder (FASD) and best practices when working with people living with FASD and women at risk of having a child affected by FASD. Topics include understanding FASD across the lifespan, BC resources for diagnosis and support, and a range of prevention models that support women of child-bearing years. *Prerequisite:* AD400. *Instructor:* Nancy Poole

\$142.50 (\$132.50 GROUP RATE)

1 DAY 0.5 CREDITS

EP524

Fostering and Encouraging Client Responsibility

In this two-day course you will learn practical ways to assist clients who describe themselves as stuck or overly dependent on others, systems or people. You will learn about the language of personal responsibility, the role collusion plays and how you can use metaphors to help clients focus. You will learn how to help your clients explore the 17 essentials that are needed to grow and build personal responsibility. *Instructor:* Elaine Stoll

\$270 (\$250 GROUP RATE)

2 DAYS 1.0 CREDITS

COUNS171

Innovative Practice in Group Clinical Supervision

In this course, you will learn how to integrate innovative paradigms guiding group practice in the facilitation of skilled group supervision. Through a series of discussions, demonstrations, self-reflective exercises, and practice sessions, you will apply paradigms of practice to your particular agency settings and client populations. Topics include qualities of group supervisory leadership, group dynamics and challenges, cultivating a collaborative group ethos, structural and administrative management, and group supervision ethics. *Instructor:* Monica Franz

\$297 (\$277 GROUP RATE)

2 DAYS 1.0 CREDITS

AD405

Interconnected Risk

This course will provide you with an understanding of the interconnected risks of substance use and violence, trauma, sexuality, mental health, marginalization, and poverty. Topics include building your own model/approach for doing multi-diagnosis, integrated care planning, and implementation of safety strategies. *Prerequisite:* AD400. *Instructor:* Michael Koo

\$280 (\$260 GROUP RATE)

2 DAYS 1.0 CREDITS

CY250

Introduction to Art Therapy for Counsellors and Therapists

This course is for professionals who integrate some form of art making into their clinical work, are not formally trained art therapists, and are interested in the expressive aspect of mind. The course will provide an introduction to the theory and practice of art therapy, enabling participants to use this powerful therapeutic medium with effectiveness, skill and ethical integrity. Areas covered include models of art therapy, both short term and long term, creating and maintaining an art therapeutic environment, therapeutic benefits and contraindications, vicarious traumatization, liability issues and boundary management. Opportunities will be provided for experiential practice, creative exploration, and discussions. *Instructor:* Margaret Jones-Callahan

\$285 (\$265 GROUP RATE)

2 DAYS 1.0 CREDITS

CONTRACT ONLY

Making the Transition: Providing Service to Trans Survivors of Violence and Abuse

The course content and delivery can be customized to fit your organization or community's needs.

This introductory course was developed by the Women/Trans Dialogue Planning Committee and the Justice Institute of BC for service providers interested in developing the knowledge and skills necessary to support and assist trans survivors of violence. While there are some issues of overlap between lesbian/gay/bisexual and trans communities (LGBT) relating to violence that can be addressed in a LGBT framework, trans people of all sexual orientations have specific service needs and experience unique barriers in attempting to access services. This training goes beyond a LGBT approach to address issues specific to work with trans survivors. The course will build on and increase your awareness in a variety of areas: the social context of violence against trans people; forms of violence and abuse typically experienced by trans people; power and control as examined through a trans lens; barriers to reporting violence and accessing services; and agency policies and practices required to create trans-positive environments and to support trans survivors who have experienced violence. For more information, call 604.528.5620

COUNS285 NEW

Mindfulness-Based Art Therapy – Level 1

This course teaches how to cultivate positive social and emotional health and self-management skills through mindfulness awareness within the creative process. Through seeing and experiencing our images, thoughts, emotions, and sensations as a continuous, ever changing stream of events, new perspectives and insights are generated and empathy, resilience, confidence, and the courage to express our natural creative intelligence arise. You will learn to apply these skills to pain management, trauma issues, anxiety, addiction recovery, stress management and work place issues through discussion and experiential exercises. This course emphasizes Mindfulness of Body and developing personal presence in the counselling dynamic. *Instructor:* Margaret Jones Callahan

\$295 (\$275 GROUP RATE)
2 DAYS 1.0 CREDITS

COUNS385 NEW ADVANCED

Mindfulness-Based Art Therapy – Level 2

This course extends the creative exploration of therapeutic issues begun in Mindfulness-Based Art Therapy Level 1, to the principles of Mindfulness of Effort, Speech and Mind, and the wisdom arising from mindfulness. Through mindfulness exercises, you will learn group composition, circle stories, brush practice, mask and mirror, and space awareness practices, to address specific issues such as conflict, relationship issues, grief, shock, stress, anxiety and addiction. Regular meditation practice is encouraged to cultivate the natural expressive power of mind and positive qualities of inner strength. *Instructor:* Margaret Jones-Callahan

\$300 (\$280 GROUP RATE)
2 DAYS 1.0 CREDITS

COUNS266

Mindfulness-Based Counselling – Level 1

Mindfulness is seen to have a positive impact on brain functioning and psychological well-being. You will have the opportunity to explore mindfulness and compassion practices for yourself and learn strategies on how to help clients use mindfulness practice for self-management. The characteristics of mindfulness-based counselling are being centered in the present moment and a radical friendliness, acceptance, and compassion to all experiences. You will gain deeper understanding of the relevance of mindfulness practice in the quality of your work with others and greater experience in both personal and professional applications of mindfulness practices. *Instructor:* Jennifer Rodrigues.

\$144 (\$134 GROUP RATE)
1 DAY 0.5 CREDITS

COUNS366 NEW ADVANCED

Mindfulness-Based Counselling – Level 2

This experiential and contemplative course builds on Mindfulness-Based Counselling Level 1 for therapists wanting to make a commitment to mindfulness meditation practices and to deepen their understanding of its clinical applications. Using case studies and mindfulness practices you will learn how to enhance clients' self-compassion, emotional healing, contentment as well as therapeutic presence. Participants are encouraged to bring their own case studies to discuss. *Prerequisite:* COUNS266.

Instructor: Jennifer Rodrigues
\$173.50 (\$163.50 GROUP RATE)
1 DAY 0.5 CREDITS

AD204

Motivational Interviewing in Practice – Level 1

You will develop an overview of Motivational Interviewing (MI) practice, and how MI can be used to assist clients in building motivation towards change and in strengthening commitment. Topics include understanding and facilitating change; overview of strategies for working with clients at each level of readiness for change; use of empathic counselling skills; working with resistance, ambivalence, and developing change plans. *Note:* It will be beneficial to have taken Assessment Practices AD403. *Prerequisite:* AD400. *Instructor:* Rob Axsen

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

COUNS205 | ADVANCED

Motivational Interviewing in Practice – Level 2

You will develop a deeper level of understanding of the spirit and principles of Motivational Interviewing practices. You will review key concept areas from Level 1, and then explore each one at a deeper level to assist in developing more comprehensive practice guidelines. *Prerequisite:* AD204. *Instructor:* Rob Axsen

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

COUNS138

On the Edge: Vicarious Trauma and Compassion Fatigue in Aboriginal Organizations

This course is for community-based helpers who spend much of their time working with trauma survivors. You will receive an overview of the western theory about vicarious trauma, compassion fatigue and counter-transference. It is also an overview of the Aboriginal experience, where many helpers are trauma survivors themselves. You will be provided with information, skills, and tools for dealing with and preventing overwhelm. You will discuss topics such as boundaries, physiological impacts, spirituality, supervision models, and treatments experienced in a variety of cultures. *Instructors:* Carrie Reid and Carol White

\$166.50 (\$156.50 GROUP RATE)

1 DAY 0.5 CREDITS

CY265

Sandplay Therapy: Using the Healing Power of Imagery to Help Children, Youth, and Adults Cope with the Challenges of Difficult Times – Level 1

This course will focus on using the healing power of imagery through the medium of sandplay therapy to safely facilitate symbolic expression and transformation of painful experiences, and also provide ways of creating healing images in order to help children, youth, and adults face the challenges of their daily lives. You will learn about the therapeutic properties, setting up a sandplay area, and the many ways sandplay therapy (dry sand, wet sand, and water play) can be used. You will have an opportunity to make and witness sandplay images. Please bring a small tray filled with sand, corn flour, or birdseed and at least 15 to 20 figurines/small objects. *Strongly Recommended:* CY104 and CY104A. *Instructor:* Marie-José Dhaese

\$286 (\$266 GROUP RATE)

2 DAYS 1.0 CREDITS

CY266 | ADVANCED

Sandplay Therapy: Using the Healing Power of Imagery to Help Children, Youth, and Adults Cope with the Challenges of Difficult Times – Level 2

In this course you will explore in depth sandplay therapy and its application and use with adults, children, and their families. We will discuss and explore further witnessing and facilitating the making of a spontaneous sandplay image and what to take note of during this process. We will also consider the use of structured interventions when needed. Both adult and child process and imagery will be addressed and participant imagery will be debriefed. Please bring a small tray filled with sand, corn flour, or birdseed and at least 15 to 20 figurines/small objects. *Prerequisite:* CY265. *Instructor:* Marie-José Dhaese

\$286 (\$266 GROUP RATE)

2 DAYS 1.0 CREDITS

"In my role, I serve families – new immigrant and refugee families – with backgrounds that are sometimes difficult. The program was amazing, the different courses allowed me to reflect on my personal values and the way that I interact with others, including clients, and helped me develop the skills to better do my job. I feel more grounded. I understand the framework that supports the work I do daily. I have a solid foundation with the theory and practical skills which supports me in my work with families in the community."

Ana Machado Padilla

Graduate, Family Resource Program Certificate,
Family Support Worker, Richmond Family Place



COUNS268 **NEW**

Supporting Clients Across Cultural Differences—Providing Relevant and Appropriate Services

This course will build on intercultural theory and introduce basic intercultural counselling and support skills relevant to working with diverse populations. You will explore your role as a service provider and what you bring to the client support process. You will also examine factors that impact your service provision and interactions across cultural differences. Best practices necessary to appropriately and effectively support our clients and communities are discussed. This course is grounded in theory and will be experiential, self-reflective and participatory and taught within a social justice framework. This course is for anyone working across cultural difference, specifically those with counselling and/or support responsibilities. *Instructor:* Natasha Aruliah

\$280 (\$260 GROUP RATE)
1 DAY 0.5 CREDITS

Continuing Education Credits

Most of our courses and special events have been pre-approved or are eligible for continuing education credits with the following professional associations:

- Canadian Counselling Association
- Canadian Psychological Association
- Canadian Professional Counsellors Association

Questions? 604.528.5711 or counselling@jibc.ca

Group Rate

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EP286

Teaching Problem-Solving Skills to Clients

Are you teaching effective problem-solving skills to your clients? Discover the role that 10 decision-making styles play in problem-solving approaches. You will learn how to listen for what's behind how a person presents and describes problems. This new skill can help your clients strengthen their desire to more constructively solve their own problems. You will also learn to add one important question that is missing from many problem-solving models. *Instructor:* Elaine Stoll

\$143.50 (\$133.50 GROUP RATE)
1 DAY 0.5 CREDITS

TS225

Trauma and Addictions: Assessment and Treatment Issues

In this course, you will examine current theoretical understandings regarding the impact of human responses to traumatic experiences, with emphasis on the consequent development of substance use and addictions in some individuals. You will review the psychobiological and psychosocial processes of both trauma and addictions, and consider the complications for assessment and treatment of the concurrent disorders (PTSD-SUD). As well, you will discuss available guidelines for best-practice approaches in integrative treatment models. *Prerequisite:* AD400. *Instructor:* Joe Solanto

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

CY279

Understanding and Responding to Girls and High-Risk Drinking

In this course, you will explore girls' and younger women's experiences with alcohol and other high-risk coping. The course highlights the girls' own voices, as they speak directly about their experiences and concerns about their health and drinking through multimedia film and art. You will examine current research, and specific strategies for working with girls who are differently situated and marginalized in communities across Canada, both urban and rural, will also be shared. Girls' drinking will be explored within an intersectional framework that considers the impact of experiences of racism, sexism, abuse, sexual exploitation, body image and violence on girls and their coping and resistance. *Instructor:* Natalie Clark

\$173.50 (\$163.50 GROUP RATE)
1 DAY 0.5 CREDITS

CY240

Understanding Children and Youth Who Have Experienced Trauma

This course explores the impact of trauma across the developmental lifespan of children and adolescents, and considers the impact of the intersections of gender, culture, sexuality, community, and the resulting coping strategies. You will learn how to support and evaluate the needs of children and adolescents who have experienced trauma, and examine specific skills for meeting these needs within a strengths-based and relational-cultural model. Best practices and emerging innovations in assessment and treatment will also be discussed. *Instructors:* Cheryl Bell-Gadsby and Natalie Clark

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

EP308

Understanding Pharmacology from a Counsellor's Perspective

This course is for any helping professional interested in expanding their knowledge of pharmacology and how it pertains to clinical counselling situations. You will learn about the central nervous system, anti-depressant medications, anti-anxiety medications, and drugs used to treat schizophrenia and bipolar disorder. Emphasis is placed on substance use and the consequences (effects, side effects, lethality) of mixing psychotropic medications with street drugs. *Prerequisite:* AD400. *Instructors:* Yvonne Savard and Munir Velji

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

AD400 **ALSO ONLINE****Understanding Substance Use**

This course provides an overview of current key concepts and models in the field of substance use applying the bio-psycho-social-spiritual model, the stages of change model as well as the harm-reduction approach to practice. You will be able to identify existing barriers to accessing help and have the opportunity to explore ethical issues and challenges working with clients. This course can also be taken online. Online activities are interactive and include presentations, readings, website explorations, discussions and the completion of learning activities. No previous online learning experience is required to participate in this course. This 14-hour course spans six weeks, and participants are required to participate in two teleconference calls. This is a prerequisite for further courses in the Substance Use Certificate.

Instructor: Michelle Hawco

\$280 (\$260 GROUP RATE)

2 DAYS 1.0 CREDITS

COUNS168**Welcome to Canada: Working Effectively with Newcomers**

This course is for anyone working with temporary workers, immigrants, and refugees. We will examine theories of adjustment and transition, and intercultural theory, and specifically, explore how to effectively support newcomers to ensure their successful transition to Canada as well as look at factors that hinder or ease adjustment. While this course is grounded in theory, it will be experiential, self-reflective and participatory, and will be taught within a social justice framework.

Instructor: Natasha Aruliah

\$173.50 (\$163.50 GROUP RATE)

1 DAY 0.5 CREDITS

CY277**Who Am I? Understanding the Role of Identity in Marginalized Youth Experiences**

This course is designed for professionals working with youth, in particular, marginalized youth, including Aboriginal, immigrant and lesbian, gay, bisexual or transgender (LGBT) youth. Using identity development theory as a framework, we will explore how we can work more effectively with youth and address some of the challenges they face in their lives today, such as bullying, gangs and suicide. While this course is grounded in theory, it is also experiential, self-reflective and participatory, and taught within a social justice framework. *Instructor:* Natasha Aruliah

\$297 (\$276 GROUP RATE)

2 DAYS 1.0 CREDITS

CY267**Working More Effectively with Parents and Other Caregivers**

The content of this course is applicable whether you see parents in their homes, in your office, in groups, or individually. Learn more about what to avoid doing and what to ensure you include. Developing strategies for sorting through the multiple agendas brought to the table will ensure you aren't colluding with the parents/caregivers. You will learn how to effectively focus your attention as well as their attention in the intense dynamic that accompanies helping parents.

Instructor: Elaine Stoll

\$161.50 (\$151.50 GROUP RATE)

1 DAY 0.5 CREDITS

COUNS102 | ADVANCED**Working with Complicated Grief**

This course explores the extraordinarily challenging clinical situations. You will learn why, in some situations, the "normal" course of grief does not apply. Factors such as violent crime and symbolic loss, etc. will be explored. You will examine a model for assessing and addressing complicated grief as well as how to distinguish the difference between complicated grief and post-traumatic stress disorder (PTSD).

Instructor: Kathryn Priest-Peries

\$143.50 (\$133.50 GROUP RATE)

1 DAY 0.5 CREDITS

TS126**Working With People Who Self-Harm**

This course is designed for health and mental health professionals. Cutting and other self-injurious behaviours are on the increase among adolescents and young adults. In this course you will gain an understanding of the causes of these behaviours as well as explore tried and tested helping strategies. The course aims to provide an understanding of the origins and experience of self-injurious behaviours, as well as practical tools that can be used to help in recovery from self-harm.

Instructor: Mark Weinberg

\$173.50 (\$163.50 GROUP)

1 DAY 0.5 CREDITS

CY280 **NEW****Youth Leadership**

In this course you will explore the question: "What is inclusive youth leadership and how can I affect change?" You will explore your own leadership style and develop inclusive leadership skills while learning to mentor leadership in youth. You will examine ways to include young people in decision-making processes, create organization-specific youth friendly checklists, and will learn tips and tools for setting up youth friendly spaces. You will also learn about creating equal space in decision-making and how to level power dynamics. *Recommended:* CY278.

Instructors: Romi Chandra, Iris Yong

\$280 (\$260 GROUP RATE)

2 DAYS 1.0 CREDITS

FOR MORE INFORMATION

Program Coordinator 604.528.5711

Program Assistant 604.528.5875

email: counselling@jibc.ca

www.jibc.ca/cccs

About Course Fees

Course fees listed are for JIBC New Westminster & Vancouver campuses only.

For course fees at all other locations visit: www.jibc.ca

All courses scheduled from April 1, 2012 onwards, are subject to a 2% increase. See website for further details.

Course fees listed include the JIBC Learner Services Fee.

Aboriginal Focusing-Oriented Therapy and Complex Trauma Certificate

The Focusing-Oriented Therapy and Complex Trauma certificate is an advanced 21-day (10.5 credit) program that uses Focusing-Oriented Therapy as a safe and effective method of working with clients who experience complex trauma.

The program emphasizes both knowledge and application through classroom instruction, clinical practice (logged and supervised therapy sessions) and clinical supervision/observation. A variety of Aboriginal/Indigenous treatment modalities are woven throughout the courses, including experiential exercises, story-telling, ceremonial processes and land-based healing techniques.

What is Focusing-Oriented Therapy?

Focusing-Oriented Therapy (FOT) is a body-centred and person-centred approach to healing, developed three decades ago at the University of Chicago by Dr. Eugene Gendlin. FOT allows clients total control of the pace and the direction of their healing journey. It is particularly effective in the treatment and healing of complex trauma caused by accident, sexual, physical, emotional abuse or neglect. FOT has been especially well received in Aboriginal communities because of its humanistic, person-centred approach to healing, which reflects the core values of respect and non-interference.

For more information about FOT, visit www.focusing.org.

Who should attend

This program will benefit Aboriginal and non-Aboriginal counsellors and therapists who are interested in developing clinical treatment techniques and strategies essential to healing of traumatic life situations presented by many clients. Focusing-Oriented Therapy is particularly helpful to practitioners who work with residential school survivors, addictions, and survivors of sexual, physical and emotional abuse. The program especially benefits counsellors and therapists who work in Aboriginal agencies and/or communities or in various other cross-cultural situations/settings.

Note: While this program is taught from an Aboriginal, land-based knowledge perspective, peoples from all cultures and ethnicities are encouraged to apply.

How to apply

- We recommend you apply as soon as possible, to allow for adequate time to process your application.
- Download an application form from www.jibc.ca/cccs
- Include a letter of intent, your resume and a work letter of reference with your application form.
- There is a \$75 non-refundable application fee.
- Students are selected based on their letter of intent, previous education, training, and/or experience and the strength of their reference. Please note that paraprofessionals who have been working in the field without formal training will also be considered.
- Once your application has been approved, register directly with the Student Services Centre at 604.528.5590.

We suggest registering at least one month before classes begin as seating is limited.

How the certificate and courses are offered

Courses are open to certificate students only. However, all or part of the certificate can be offered on a contract basis and customized for your organization, agency or group. For further information please contact the Program Coordinator at 604.528.5628 or counselling@jibc.ca.

In addition to the certificate received from the JIBC, program graduates are eligible for international certification as a Focusing-Oriented therapist, from the Focusing Institute of New York.

Clinical practice and supervision

This program component provides the students with clinical skills and feedback about their level of practice throughout the program. You will log and document a minimum of 80 therapy sessions that you have led and attend regular supervision sessions. You will also submit one videotape upon completion of the program for evaluation by the course instructors to demonstrate the required level of competency for certification.

Observation

In the observation component, which is ongoing throughout the program, you will gain experience in how to offer feedback from the client perspective to peers in a professional and constructive manner. As well, you will experience and effectively observe and reflect on the therapeutic process and will debrief in clinical supervision sessions.

Program fee

The cost to complete the program is \$4,301.50 plus non-refundable application fee. Includes training materials.

Candidates for this program may also be eligible for JIBC awards and bursaries. For details visit www.jibc.ca/student-services or call 604.528.5762.

SUGGESTED LEARNING PATH

STEP 1. Complete the courses in the following sequence:

- Complex Trauma [CT301]
- Basic Focusing-Oriented Therapy and Complex Trauma [CT302]
- Intermediate Focusing-Oriented Therapy [CT303]
- Advanced Focusing-Oriented Therapy and Complex Trauma [CT304]
- Depression, Grieving and Complex Trauma [CT305]
- Clinical Spirituality and Complex Trauma [CT306]
- Dreams and Complex Trauma [CT307]

STEP 2. Graduation. Stay connected! Come back as a lifelong learner for professional development.

Course Descriptions

Courses are designed and taught from an Aboriginal perspective. Some content may be moved from one course to another to best fit the group needs for optimal learning.

CT301 Complex Trauma

You will learn about the impacts and assessments of Complex Trauma within self, family, communities and systems (residential schools, governments, agencies, etc). You will explore the dynamics and interruption of traumatic bonding, Aboriginal treatment models and attitudes for FOT, including how to prepare a safe ground for unraveling trauma, vicarious trauma and intergenerational trauma. A variety of Aboriginal/Indigenous treatment modalities are woven throughout the seven certificate courses via experiential exercises, storytelling, land-based healing techniques and ceremonial processes.

\$614.50 3 DAYS 1.5 CREDITS

CT302 Basic Focusing-Oriented Therapy and Complex Trauma

You will consider neurological research and its implications on trauma treatment from Aboriginal/Indigenous perspectives. You will learn about the resilience of our brains and bodies to hold and release trauma and how to approach trauma experiences from a Post Traumatic Growth perspective. The Medicine Wheel is used to demonstrate ways of working with clients to recognize and unravel trauma. Basic FOT techniques are introduced. *Prerequisite:* CT301

\$614.50 3 DAYS 1.5 CREDITS

CT303 Intermediate Focusing-Oriented Therapy

You will learn how to work more deeply with regression, dissociation and ego states; how to ground clients from psychotic breaks and/or out of control emotions; and self-injury from Aboriginal/Indigenous perspectives. The importance of nature and animals in treatment is also introduced. You will continue to practice and deepen your skills in FOT. You will deepen your own implicit skills using Aboriginal/Indigenous teachings of respectful engagement and balance with all of the relationships in nature. How Indigenous knowledge as framework is central to consider when working within Aboriginal contexts will be demonstrated. *Prerequisite:* CT302

\$614.50 3 DAYS 1.5 CREDITS

CT304 Advanced Focusing-Oriented Therapy

You will learn to identify and practice helping clients move through memory, intergenerational, and vicarious flashbacks and abreactions. You will explore how unresolved current and historical traumas play out in relationships. You will continue to practice and deepen your skills in FOT and develop implicit body-centered observation skills. Aboriginal/Indigenous creation stories, language, songs, storytelling and the concepts of "gifts" will be addressed where appropriate. *Prerequisite:* CT303

\$614.50 3 DAYS 1.5 CREDITS

CT305 Depression, Grieving and Complex Trauma

You will learn to assess various aspects and complexities of depression and 'personality disorders' to determine the best treatment approaches. Suffering, grieving and grief rituals are explored. You will continue to practice and deepen your skills in FOT and start learning how to 'flush' complex memory and intergenerational trauma in FOT sessions. Indigenous knowledge frameworks, ceremony, song and connection to land, geography, seasons and elements will be explored as implicit resource development. *Prerequisite:* CT304

\$614.50 3 DAYS 1.5 CREDITS

CT306 Clinical Spirituality and Complex Trauma

This course introduces you to spiritual healing techniques and boundaries for working with complex, intergenerational and vicarious trauma. Whole Body FOT techniques are also introduced. Aboriginal/Indigenous knowledge cosmology such as ancestral knowledge and connection to ancestors will be explored where appropriate. *Prerequisite:* CT305

\$614.50 3 DAYS 1.5 CREDITS

CT307 Dreams and Complex Trauma

You will develop skills to connect with dreams and nightmares to help unravel complex trauma, inter-generational trauma and vicarious trauma. This course will also synthesize FOT theory and skills developed throughout the program. You will continue to synthesize and demonstrate Aboriginal/Indigenous holistic values of respectful, responsible relationships that are reciprocal and reverent. *Prerequisite:* CT306

\$614.50 3 DAYS 1.5 CREDITS

Instructors:

Program Elder: Gerald George, Sto:lo Nation
Lead Instructor, Program Supervisor and Clinical Supervisor: Shirley Turcotte
Lead Instructor: Alannah Young
Instructors: Alexis Phillips, Shaun Phillips, Dennis Windego
Full faculty bios at: www.jibc.ca/cccs/faculty

FOR MORE INFORMATION

Program Coordinator, 604.528.5711
Program Assistant, 604.528.5875
email: counselling@jibc.ca
www.jibc.ca/cccs

Funding Available – Check Online For Eligibility

Contact our student services office to learn more about awards and bursaries.
financialaid@jibc.ca
www.jibc.ca/student-services
604.528.5762

Aboriginal Trauma Certificate

This 20-day (10 credit) program for Aboriginal and non-Aboriginal professionals is delivered in four one-week modules to be taken sequentially. You will gain knowledge, skills, and awareness to effectively support Aboriginal peoples experiencing intergenerational as well as personal complex trauma and PTSD. Land-based healing approaches and techniques will also be explored. The format is highly interactive and experiential, and will include storytelling, role-playing and small group discussions; provide opportunities for community, relational, and self-reflection; and explore community healing strategies.

This program will be of interest to front-line social service providers and to management/leadership personnel working primarily with rural or urban First Nations peoples/communities coping with the effects of intergenerational and personal trauma, who are open to exploring the possible effects of personal history, culture, attitudes, and biases that could influence their work in this area.

How the certificate and courses are offered

This certificate is offered on a contract basis only and can also be customized for your organization, agency, or group.

How to complete the certificate

Participants must complete the certificate as noted in the suggested learning path. Successful completion of assigned readings, group projects, a learning journal, a personal wellness plan and full attendance are required to receive a certificate.

Continuing Education Credits

Most of our courses and special events have been pre-approved or are eligible for continuing education credits with the following professional associations:

- Canadian Counselling Association
- Canadian Psychological Association
- Canadian Professional Counsellors Association

Questions? 604.528.5711 or counselling@jibc.ca

SUGGESTED LEARNING PATH

↓ **STEP 1.** Week One: We will go beyond PTSD/PTG and learn about the land-based spiritual nature of surviving trauma and resolving its effects. You will consider the impacts of intergenerational trauma for Aboriginal peoples since colonization and gain an understanding of the impacts of personal trauma on Aboriginal individuals, families, organizations and communities.

↓ **STEP 2.** Week Two: We will explore the land-based knowledge strategies of communities, families and individuals to survive and thrive through trauma fallout. We will explore self-harming and its role in processing through trauma fallout. You will learn the creative and ingenious ways in which Aboriginal peoples have survived unspeakable losses; the role of the trickster and the resilience of the human spirit.

↓ **STEP 3.** Week Three: We will explore the use of creative and expressive arts to support Aboriginal peoples in the various stages of healing and recovery within the model of the Medicine Wheel. You will learn to observe and assess for intergenerational and vicarious trauma and ways in which to hear and respond with land-based knowledge approaches to complex intergenerational grief.

↓ **STEP 4.** Week Four: You will learn the importance of intergenerational and vicarious trauma knowledge held by children, families and communities. We will explore the impact of vicarious and intergenerational trauma on support workers and organizations, discovering individual, organizational, and community strategies for self-care and wellness. Week Four ends with a Closing Ceremony.

Leader Instructor: Shirley Turcotte

Instructors: Livingston Finch, Jeffrey J Schiffer

Full faculty bios at: www.jibc.ca/cccs/faculty

FOR MORE INFORMATION

Program Coordinator, 604.528.5711

Program Assistant, 604.528.5833

email: counselling@jibc.ca

www.jibc.ca/cccs

Expressive Play Therapy Certificate

This 14-day (7 credit) program is designed for frontline practitioners including counsellors, therapists, clinical social workers, and other practitioners currently working in the field with children, youth, adults, families and communities, who wish to enhance their skills and knowledge in expressive play and sandplay therapeutic interventions. The course content is appropriate for those learners with a minimum of a bachelor's degree or equivalent work/study experience, seeking to enhance their knowledge and develop new skills.

Students with a master's degree in a related field may apply for Continuing Education Units (provider #95-010) towards registration with the Association for Play Therapy and certification with the Canadian Association for Child Play Therapy. Please contact the Centre for Expressive Therapy at 250.248.1290 or for more details visit www.centreforexpressivetherapy.com

How to apply

- We recommend you apply as soon as possible, to allow for adequate time to process your application.
- Download an application form from www.jibc.ca/cccs
- Include a letter of intent, your resume and a work letter of reference with your application form.
- There is a \$75 non-refundable application fee.
- Students are selected based on their letter of intent, previous education, training, and/or experience and the strength of their reference.
- Once your application has been approved, register directly with the Student Services Centre at 604.528.5590.

We suggest registering immediately for COUNS299 as seating is limited to 12.

How the certificate and courses are offered

Courses may be taken individually or as part of the certificate, with the exception of COUNS299. All courses can also be customized for your organization, agency, or group. CY104 is a prerequisite for all courses if you enroll in the certificate.

How to complete the certificate

As of September 2010, new participants must complete the courses within a two-year period.

Successful completion of final presentation, written assignment and full attendance is required to receive an Expressive Play Therapy Certificate.

Learners must achieve 70% or higher.

Program fee

The cost to complete the certificate at our New Westminster campus: \$1,995. Plus non-refundable application fee.

SUGGESTED LEARNING PATH

↓ **STEP 1.** Complete the prerequisite, Expressive Play Therapy Methods [CY104]. The following sequence is recommended:

- Expressive Play Therapy Methods– Level 2 [CY104A]
- Sandplay Therapy–Level 1 [CY265]
- Sandplay Therapy–Level 2 [CY266]
- Expressive Play Therapies to Help the Grieving Child [COUNS163]
- Final Project/Consultation Group [COUNS299]

↓ **STEP 2.** Graduation. Stay connected! Come back as a lifelong learner for professional development

FOR MORE INFORMATION

Program Coordinator, 604.528.5711
Program Assistant, 604.528.5875
email: counselling@jibc.ca
www.jibc.ca/cccs

Course Descriptions

These courses, with the exception of COUNS299, can be taken individually or as part of the Expressive Play Therapy Certificate. To take individual courses contact the Program Coordinator at 604.528.5711 or counselling@jibc.ca.

CY104 Expressive Play Therapy Methods–Level 1

This introductory course is for counsellors, social workers, child care workers, and mental health professionals working with children 3-12 years old. The course focuses on expressive play therapy methods and examines the function of art and play through the developmental stages. You will have the opportunity to learn about (and become familiar with) the toys and art therapy exercises used in working with children in this age group. Levels 1 and 2 are designed to be taken together. You will come to understand expressive play therapy as a holistic and integrative practice that addresses the physical, emotional, cognitive, and spiritual needs of children in therapy.

Instructor: Marie-José Dhaese

\$286 (\$266 GROUP RATE)

2 DAYS 1.0 CREDITS

CY104A | ADVANCED Expressive Play Therapy Methods–Level 2

This advanced course is for practitioners who use play and various expressive therapies in their work with children. You will learn about the guiding principles of child-centred play therapy, the intake process, setting up a playroom, how to structure the session, when to lead and when to follow, permissiveness, and limits. You will have the opportunity to view and discuss video excerpts of sessions. The afternoons will be spent practicing the material learned in the morning through role-playing. *Prerequisite:* CY104.

Instructor: Marie-José Dhaese

\$286 (\$266 GROUP RATE)

2 DAYS 1.0 CREDITS

CY265

Sandplay Therapy: Using the Healing Power of Imagery to Help Children, Youth, and Adults Cope with the Challenges of Difficult Times–Level 1

This course will focus on using the healing power of imagery through the medium of sandplay therapy to safely facilitate symbolic expression and transformation of painful experiences, and also provide ways of creating healing images in order to help children, youth, and adults face the challenges of their daily lives. You will learn about the therapeutic properties, setting up a sandplay area, and the many ways sandplay therapy (dry sand, wet sand, and water play) can be used. You will have an opportunity to make and witness sandplay images. Please bring a small tray filled with sand, corn flour, or birdseed and at least 15 to 20 figurines/small objects. *Strongly Recommended:* CY104 and CY104A.

Instructor: Marie-José Dhaese

\$286 (\$266 GROUP RATE)

2 DAYS 1.0 CREDITS

CY266 | ADVANCED

Sandplay Therapy: Using the Healing Power of Imagery to Help Children, Youth, and Adults Cope with the Challenges of Difficult Times–Level 2

In this course you will explore in-depth sandplay therapy and its application and use with adults, children, and their families. We will discuss and explore further witnessing and facilitating the making of a spontaneous sandplay image and what to take note of during this process. We will also consider the use of structured interventions when needed. Both adult and child process and imagery will be addressed and participant imagery will be debriefed. Please bring a small tray filled with sand, corn flour, or birdseed and at least 15 to 20 figurines/small objects. *Prerequisite:* CY265.

Instructor: Marie-José Dhaese

\$286 (\$266 GROUP RATE)

2 DAYS 1.0 CREDITS

COUNS163

Expressive Play Therapy for the Grieving Child

The content of this three-day course will focus on the use of expressive therapies to help children who have suffered the loss of a primary caregiver or family member, whether a temporary loss such as separation, divorce, hospitalization, or incarceration, or a permanent loss due to death, adoption, foster care, and/or immigration. You will be considering the crucial role of attachment in the mother-child relationship, the effects of the loss of a primary attachment on a child's emotional well-being. You will have the opportunity to experience the image-making process (using metaphors, visualizations, art, assemblage, sewing, and storytelling) as related to the topic of loss.

Strongly Recommended: CY104 and CY104A.

Instructor: Marie-José Dhaese

\$425.50 (\$405.50 GROUP RATE)

3 DAYS 1.5 CREDITS

COUNS299

Final Project/Consultation Group

Participants will be provided with a unique opportunity to integrate the expressive play therapy theory and practice taught in the program. Participants will prepare a detailed presentation of a therapeutic session. This will be an in-depth, small-group exploration and feedback will be given on clinical work. Full participation in this course is required for candidates to receive the certificate of achievement. *Prerequisite(s):* This course is limited to 12 participants and is only available to those enrolled in the certificate program and who have taken CY104, CY104A, CY265, CY266 and COUNS163.

Instructor: Marie-José Dhaese

\$425.50 (\$405.50 GROUP RATE)

3 DAYS 1.5 CREDITS

Group Rate

A group rate is available for Centre for Counselling & Community Safety courses when three or more persons from the same organization register at the same time.

Family Resource Program Certificate

The Centre for Counselling and Community Safety, in partnership with the BC Association of Family Resource Programs, is offering the Family Resource Program Certificate.

The 12-day (6 credit) Family Resource Program Certificate is experiential and cognitive, competency-based training for workers who support and assist parents of young children in dealing with a wide range of challenges including child development, economic stress, adaptation to a new country and culture, separation and divorce, family violence, or mental health issues. You will complete a unique offering of courses that will increase your ability to address family functioning and assist parents or caregivers with their children's social, cognitive, emotional and physical development.

Who should attend

The Family Resource Program Certificate is for family support practitioners, particularly those in prevention-focused parent/child engagement programs, including:

- Practitioners currently working in the Family Resource Program (FRP) Field
- Individuals seeking careers in Family Resource Programs and related fields such as early learning centres
- Practitioners working in other fields who want to expand their knowledge in the areas of prevention-focused family support

How to apply

- We recommend you apply as soon as possible, to allow for adequate time to process your application.
- Download an application form from www.jibc.ca/cccs
- There is a \$75 non-refundable program application fee.
- Include your resume and a work letter of reference with your application form.
- Non-FRP applicants should include a letter outlining how their work relates to FRP and benefits they hope to achieve by participating in the training.
- Once your application has been approved, register directly with the Student Services Centre at 604.528.5590.

We suggest registering at least one month before classes begin as seating is limited.

How the certificate and courses are offered

Courses are open to certificate students only. However, all or part of the certificate can be offered on a contract basis and customized for your organization, agency or group. For further information please contact the Program Coordinator at 604.528.5628 or counselling@jibc.ca.

How to complete the certificate

Participants must attend and complete all courses within an assigned timeline. Successful completion of all readings, learning journals, group projects and written assignments is required to receive the Certificate.

Program fee

The certificate is currently available at no cost to eligible employees working in Family Resource Programs (FRP), however seats are limited. Please note, subsidies do not cover application fees, travel, and accommodation expenses. Other individuals working in related fields may also apply, but priority will be given to employees working in funded FRP programs.

SUGGESTED LEARNING PATH

STEP 1. Complete the courses in the following sequence:

- Roots and Principles of Family Resource Programs in Canada [FMRS101]
- Family Resource Program Approach to Practice [FMRS102]
- Child Development [FMRS103]
- The Skilled Practitioner: Communicating Effectively [FMRS104]
- Understanding Family Diversity [FMRS105]
- Working with Vulnerable Families [FMRS106]
- Supporting Families of Children with Special Needs [FMRS107]
- Program Planning and Evaluation [FMRS108]

STEP 2. Complete the final assignment within two weeks of completing the final course.

STEP 3. Graduation. Stay connected! Come back as a lifelong learner for professional development.

FOR MORE INFORMATION

Program Coordinator, 604.528.5628
Program Assistant, 604.528.5875
email: counselling@jibc.ca
www.jibc.ca/cccs

Course Descriptions

FMRS101

Roots and Principles of Family Resource Programs in Canada

This course covers the fundamental characteristics of Family Resource Programs and the social movements, values and practices that have influenced the development of programs in Canada. It covers the key principles used Canada-wide and the niche and core service areas of parent/child engagement programs. You will discuss the six valued practices of family resource programming.

2 DAYS 1.0 CREDIT

FMRS102

Family Resource Program Approach to Practice

This course examines the key FRP approaches to practice while exploring how personal values, beliefs and biases affect your work with families. You will examine the links between ECD research and the intended FRP outcomes for children, parents and communities. The importance of reflective practice and how it can be applied to your work will be examined. You will also discuss the legal and ethical responsibilities in the areas of confidentiality, privacy and responding to child protection concerns.

Prerequisite: FMRS101

2 DAYS 1.0 CREDIT

FMRS103

Child Development

You will learn how your work can promote positive childhood outcomes by examining the neuroscience of early brain development and the impact of the environment on healthy child development. This course covers the typical developmental stages of children between 0-6 years while analyzing strategies to facilitate mastery of key developmental tasks. You will discuss the physical, emotional, psychological and behavioural indicators of serious issues and identify specific strategies to support parents in addressing these issues.

Prerequisite: FMRS102

1 DAY 0.5 CREDIT

FMRS104

The Skilled Practitioner: Communicating Effectively

This course examines the core communication skills: active listening, communicating empathy, effective use of questions and clear messaging. You will learn how to apply communication skills to situations with families with particular attention to basic conflict resolution skills. You will also learn how to differentiate between “rescuing” behaviours and providing strength-based support.

Prerequisite: FMRS103

1 DAY 0.5 CREDIT

FMRS105

Understanding Family Diversity

This course identifies the social, economic, cultural and structural diversity of families while describing the specific approaches, strategies and programs to facilitate inclusion. You will increase your understanding of the impact of immigration, and adaptation to a new culture on family life and parenting. You will learn about the impact of discrimination and how to apply this understanding to your work. You will also learn the specific historical and social context of Aboriginal children and families in BC. This course examines the family life cycle, stages of parenting and the impact of poverty, low literacy, trauma, physical/mental disabilities and family violence on the child's mastery of developmental tasks.

Prerequisite: FMRS104

2 DAYS 1.0 CREDIT

FMRS106

Working with Vulnerable Families

This course will cover the attitudes and values required to work effectively with vulnerable families and the skills needed to support these families. You will examine parenting styles and their impact on disciplinary practices. You will learn the difference between effective forms of discipline, inappropriate punishment, and your role in modeling appropriate discipline strategies. This course examines the various forms of abuse as well as signs and indicators. You will discuss the practitioner's responsibility and the importance of accessing resources to ensure children are safe from abuse and neglect.

Prerequisite: FMRS105

1 DAY 0.5 CREDIT

FMRS107

Supporting Families of Children with Special Needs

This course examines the scope of special needs of the children who are likely to attend FRP programs. You will learn specific approaches that promote engagement and inclusion of children with various special needs. Examination of the research will provide an understanding of how practitioners can support parents in addressing challenges arising from their child's needs, and how you can design a space that facilitates involvement and inclusion.

Prerequisite: FMRS106

1 DAY 0.5 CREDIT

FMRS108

Program Planning and Evaluation

This course examines the use of logic models to design effective programs. You will learn the importance of connections and partnerships among service providers in program planning and evaluation. The purpose, methods and differences of monitoring and evaluation will be covered. You will discuss the significance of policies and procedures based on program standards to ensure accountability, appropriate risk management and effective performance. You will also have an opportunity to synthesize your knowledge and skills learned in the certificate through case study presentations.

Prerequisite: FMRS107

1 DAY 0.5 CREDIT

CONTRACT ONLY

Feminist Management Certificate Program

This program is the result of a multi-year collaborative partnership between the Ending Violence Association of BC (EVA), the BC Society of Transition Houses (BCSTH), and the Centre for Counselling and Community Safety at the JIBC. The 20-day (10 credit) program has been designed for women who have been in a management role in their organization for at least four years.

Who should attend

This program will benefit leaders and senior managers working in women-serving agencies or who wish to introduce or enhance a feminist model of management in their organization or agency.

What participants learn

The Feminist Management Certificate focuses on the values, knowledge, and skills that are both necessary and relevant to the needs of women-serving agencies. Using a feminist, inclusive approach to service delivery as a foundation, emphasis is placed on theoretical principles and practices of feminist management. Course content and case scenarios come from the women's sector and have been developed and updated with this context in mind.

How the certificate is offered

The certificate is composed of 11 modules, to be completed over four one-week trainings, and a final assignment for the last week of the program.

For More Information

Program Coordinator 604.528.5628
Program Assistant 604.528.2833
email: counselling@jibc.ca
www.jibc.ca/cccs

SUGGESTED LEARNING PATH

STEP 1. Week One

- Module 1: Feminist Analysis and Practice in Management
- Module 2: Human Resource Development and Management

STEP 2. Week Two

- Module 3: Managing Conflict in Organizations
- Module 4: Feminist Decision-Making
- Module 5: Supervision in a Feminist Context

STEP 3. Week Three

- Module 6: Creating Healthy Workplaces
- Module 7: Values-Based Strategic Planning and Policy Development

STEP 4. Week Four

- Module 8: Financial Management
- Module 9: Promoting Healthy Board/Staff (Collective) Relationships
- Module 10: Program Evaluation for Women-Serving Agencies
- Module 11: Creative Fundraising and Proposal Writing



Graduate Certificate in Complex Trauma and Child Sexual Abuse Intervention

The Graduate Certificate in Complex Trauma and Child Sexual Abuse Intervention values theoretical, experiential and applied learning that is learner-centered and informed by current research and practice.

The program takes an integrative approach to the assessment and treatment of complex trauma and child sexual abuse, drawing on the most current clinical and evidence-based material on effective complex trauma intervention, as well as the most recent research on attachment, neurobiology, memory and dissociation. This 30-day (15 credit) program is situated within an understanding of culturally relevant practice and how multiple identities, social locations and historical contexts inform theory and practice.

Who should attend

Counsellors, therapists, psychologists, clinical social workers, mental-health, child and youth care and other practitioners with a bachelor's or master's degree or equivalent work/study experience who are working with child, adolescent and/or adult survivors of complex trauma and child sexual abuse will benefit from this certificate program.

This program is also suitable for individuals who have completed trauma-based specialty interventions such as EMDR or Bodydynamics, as the certificate will build on this knowledge and provide an integrated framework for continued development.

What you will learn

You will gain a current and comprehensive understanding of the key theoretical and clinical approaches underlying best practices in the complex trauma field. You will develop clinical skills in assessment, treatment planning, and clinical interventions that will enable you to work effectively with a wide range of clients from diverse social locations experiencing complex trauma reactions, including a specific knowledge for treating survivors of sexual abuse.

How to apply

- We recommend that you apply as soon as possible, to allow for adequate processing time.
- A minimum of a bachelor's degree in counselling, clinical social work, psychology or a related discipline together with relevant work experience in complex trauma and/or child abuse is required. Applicants without a bachelor's degree with the equivalent combination of three to five years of education, training and work experience in a related discipline such as psychology, social work and/or counselling, working with child, youth and/or adult survivors of trauma will also be considered.
- Download an application form from www.jibc.ca/cccs
- Include your resume, work letter of reference, transcript and \$75 non-refundable application fee with your application form.
- Once your application has been approved, register directly with the Student Services Centre at 604.528.5590.

We suggest registering immediately as seating is limited.

How the certificate and courses are offered

The certificate is a blend of online, face-to-face and self-directed study. All courses can be taken individually or as part of the certificate however, a complete application package as well as Program Coordinator approval are required. All courses can also be customized for your organization, agency or group.

How to complete the certificate

Complete all courses within a two-year period. Successful completion of all assignments and full attendance is required to receive a Graduate Certificate in Complex Trauma and Child Sexual Abuse Intervention Certificate.

- Option 1: Complete all courses and receive a Graduate Certificate in Complex Trauma in Child Sexual Abuse intervention.
- Option 2: Complete all designated trauma courses and receive a Graduate Certificate of Achievement in Complex Trauma. The Graduate Certificate of Achievement in Complex Trauma is the prerequisite for the Child Sexual Abuse courses and the Graduate Certificate in Complex Trauma and Child Sexual Abuse Intervention.

Program fee

The cost to complete the Graduate Certificate in Complex Trauma and Child Sexual Abuse Intervention is \$5,432 plus non-refundable application fee. Courses may be paid for individually. For individual course fees please see course descriptions. Program text book must be purchased, however, all other course materials, including assessment tools, are included.

Candidates for this program may also be eligible for JIBC bursaries. For details contact Student Services at financialaid@jibc.ca or call 604.528.5762.

SUGGESTED LEARNING PATH

- ↓ **STEP 1.** Complete the online course, Theoretical Foundation in Complex Trauma [CT501]
- ↓ **STEP 2.** Complete the required courses in the sequence below.
 - Assessment and Treatment Planning in Complex Trauma [CT502]
 - Intervention and Skill Building in Complex Trauma [CT503]
 - Somatics in Complex Trauma [CT504]
 - Complex Trauma Integrated Project [CT520]
 - Child Sexual Abuse Intervention [CSA530]
 - Clinical Consultation in Complex Trauma and Sexual Abuse [CTCSA550]
- ↓ **STEP 3.** Graduation. Stay connected! Come back as a lifelong learner for professional development

FOR MORE INFORMATION

Program Coordinator, 604.528.5711
 Program Assistant, 604.528.5875
 email: counselling@jibc.ca
www.jibc.ca/cccs

Course Descriptions

These courses can be taken individually or as part of the certificate however, a complete application package as well as Program Coordinator approval are required. Faculty may be subject to change.

CT501 **ONLINE**

Theoretical Foundation in Complex Trauma

This online course orients you to the theory, literature, philosophy, evidence-based research and central working models for recovery that underpin the current approach to the field of complex trauma. The course locates the field of traumatic stress within social and historical movements and changing assumptions. Models of healing include Aboriginal approaches, and the needs of survivors of diverse social locations (ethnicity, culture, age, sexuality, gender, etc.) are explored throughout the course. The impact of the work, and the need for practitioner self-care, threads throughout this course. The course is one online session per week for 12 weeks. *Instructor:* Maureen McEvoy

\$1,086 6 DAYS 3.0 CREDITS

CT502

Assessment and Treatment Planning in Complex Trauma

This course provides you with detailed and practical explorations of assessment and treatment planning with child, youth and adult complex trauma survivors. You will learn and practice multiple assessment approaches, including structured instruments, informal assessment interviewing and the therapeutic relationship as an assessment tool. Assessment of the multiple dimensions of family and social identity, including Aboriginal approaches to assessment and the systems within which the child, youth or adult survivor lives are also emphasized. You will find the course rich in diverse case examples, hands-on practice and therapist self-awareness. *Prerequisite:* CT501. *Instructor:* Maureen McEvoy

\$905.50 5 DAYS 2.5 CREDITS

CT503

Intervention and Skill Building in Complex Trauma

Building on the theory, assessment and treatment planning knowledge gained in the previous two courses, this course offers you very practical and highly participatory classroom sessions for learning the skills and competencies necessary for each stage of intervention with complex trauma survivors. Specific focuses include safety and containment skills, processing and integration of traumatic memory, interventions to manage dissociative processes and building effective clinical relationships, including across differences of social identity and social location. *Prerequisite:* CT502. *Instructors:* Cheryl Bell-Gadsby and Maureen McEvoy

\$905.50 5 DAYS 2.5 CREDITS

CT504

Somatics in Complex Trauma

This highly experiential course introduces you to the foundational principles and practices of somatic work, an essential skill in working to repair the dysregulated nervous system of complex trauma survivors. You will engage with several conceptual frameworks, and learn somatic assessment and intervention tools. This practical and highly participatory course will help you develop many skills that can be adapted to diverse populations. *Prerequisite:* CT503. *Instructor:* Lisa Mortimore

\$362 2 DAYS 1.0 CREDITS

CT520

Complex Trauma Integrated Project

This self-directed course is intended to expand and integrate your learning in the Complex Trauma Program. In consultation with faculty members, you will develop a proposal for your own study project or research, which will result in a written paper. *Prerequisite:* CT504. *Instructors:* Cheryl Bell-Gadsby and Maureen McEvoy

\$362 2 DAYS 1.0 CREDITS

CSA530

Child Sexual Abuse Intervention

This two-part course will provide you with an opportunity to integrate and expand course material on complex trauma with sexual abuse. You will gain an historical overview of child sexual abuse, the evolution of social, legal and clinical responses to this issue including an exploration of debates about memory. Treatment approaches and skill development relevant to survivors of diverse backgrounds, including Aboriginal survivors, are woven throughout the course. Best clinical practice, including a focus on responding to dissociative survivors, is defined, demonstrated and practiced by the learners. *Prerequisite:* CT520. *Instructors:* Cheryl Bell-Gadsby or Natalie Clark

\$1,267.50 7 DAYS 3.5 CREDITS

CTCSA550

Clinical Consultation in Complex Trauma and Sexual Abuse

This course provides the opportunity to present a detailed assessment and treatment plan for a complex trauma survivor, as well as a presentation of your recorded clinical work. You will also be engaged in reviewing and providing feedback on the work of other students. *Prerequisite:* CSA530. *Instructors:* Cheryl Bell-Gadsby and Maureen McEvoy

\$543.50 3 DAYS 1.5 CREDITS

Substance Use Certificate

The Substance Use Certificate is a 20-day (10 credit) program. Courses in this area are grounded in a harm-reduction approach.

Sessions are led by experienced professionals with a focus on understanding substance use within a bio-psycho-social-spiritual framework; the application of current research and knowledge about interventions; and the exploration of social justice issues such as race, class, gender, poverty, and violence.

Who should attend

This program will be of interest to management and staff of health, criminal justice, and social service agencies whose clients include people who are using substances.

What you will learn

You will gain an understanding of the key concepts, policy, and intervention models that guide the prevention, assessment, and treatment of substance use. Specific assessment and treatment approaches, including motivational interviewing, are covered in depth. Through class discussion, you will develop approaches to substance use issues that can be applied to a range of settings. You will come away with a clearer understanding of your own values and practice framework.

How to apply

- We recommend you apply as soon as possible, to allow for adequate time to process your application.
- Download an application form from www.jibc.ca/cccs
- Include a letter of intent, your resume and a work letter of reference with your application form.
- There is a \$75 non-refundable application fee.
- Once your application has been approved, register directly with the Student Services Centre at 604.528.5590.

We suggest registering at least one month before the classes begin as seating is limited.

How the certificate and courses are offered

Courses may be taken individually or as part of the certificate. All courses can also be customized for your organization, agency, or group.

How to complete the certificate

Participants must complete the courses within a two-year period. Full attendance is required.

Program fee

The total cost to complete at our New Westminster campus: \$2,831 plus non-refundable application fee.

Candidates for this program may also be eligible for JIBC awards and bursaries. For details visit www.jibc.ca/student-services or call 604.528.5762

SUGGESTED LEARNING PATH

↓ **STEP 1.** Complete the prerequisite, Understanding Substance Use [AD400]

↓ **STEP 2.** Complete the required courses in any order. The following sequence is recommended.

- A Continuum of Care: Prevention to Harm Reduction [AD401]
- All My Relations: Working with Aboriginal Clients in Substance Use Recovery [AD129]
- Assessment Practices [AD403]
- Understanding Pharmacology from a Counsellor's Perspective [EP308]
- Motivational Interviewing in Practice – Level 1 [AD204]
- Interconnected Risk [AD405]
- Compassion and Policy: The Heart and Mind of Drug Policy Reform [AD408]
- Concurrent Disorders Planning – Level 1 [AD410]
- Fetal Alcohol Spectrum Disorder: Increasing Our Understanding [AD409] or Fetal Alcohol Spectrum Disorder [AD120]
- Community Voices/Contemporary Issues [AD407]
- Trauma and Addictions: Assessment and Treatment Issues [TS225]

↓ **STEP 3.** Complete the final assignment within six weeks of completing the final course.

↓ **STEP 4.** Graduation. Stay connected! Come back as a lifelong learner for professional development

FOR MORE INFORMATION

Program Coordinator 604.528.5711 or
Program Assistant 604.528.5875
email: counselling@jibc.ca
www.jibc.ca/cccs

Course Descriptions

These courses can be taken individually or as part of the Substance Use Certificate. To take individual courses contact the Program Coordinator at 604.528.5711 or counselling@jibc.ca. Faculty may be subject to change.

AD400 **ALSO ONLINE**

Understanding Substance Use

This course provides an overview of current key concepts and models in the field of substance use applying the bio-psycho-social-spiritual model, the stages of change model as well as the harm-reduction approach to practice. You will be able to identify existing barriers to accessing help and have the opportunity to explore ethical issues and challenges working with clients. This course can also be taken online.

Online activities are interactive and include presentations, readings, website explorations, discussions and the completion of learning activities. No previous online learning experience is required to participate in this course. This 14-hour course spans six weeks, and participants are required to participate in two teleconference calls. This is a prerequisite for further courses in the Substance Use Certificate. *Instructor:* Michelle Hawco

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

AD401 **ALSO ONLINE**

A Continuum of Care: Prevention to Harm Reduction

This course provides an introduction to the system of care for substance use in BC. You will learn about historical and current developments at the federal and provincial level. Exploration of the major components of the system, resources and strategies to access will be explored.

This course can also be taken online. During the 14-hour online course, which spans six weeks, you will participate in online activities such as written presentations, readings, website explorations, email discussions and completion of a learning journal. *Prerequisite:* AD400. *Instructor:* Michelle Hawco

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

AD129

All My Relations: Working with Aboriginal Clients in Substance Use Recovery

This course will provide you with a basic understanding of how movements of Canada's colonial process (e.g. residential schools) impact Aboriginal clients presenting in substance use settings. This knowledge will assist service providers working within Aboriginal communities affected by the change in culture, family systems, and substance-related birth defects. *Prerequisite:* AD400. *Instructor:* Teresa Howell

\$161.50 (\$151.50 GROUP RATE)
1 DAY 0.5 CREDITS

AD403

Assessment Practices

You will develop an in-depth understanding of the assessment process, with emphasis on eliciting relevant information from clients through collaborative and motivational interviewing practices. Topics include the identification process, assessment methods and tools, readiness to change, and treatment planning basics. *Prerequisite:* AD400. *Instructor:* Rob Axsen

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

AD407

Community Voices/ Contemporary Issues

In this course, you will explore your values and deepen your understanding of selected contemporary issues facing clients and practitioners. You will learn about consumer and sector advocacy, supervised injection sites, substitution therapies, harm reduction approaches, and survival sex trade worker co-operatives. *Prerequisite:* AD400. *Instructor:* Tom Hetherington

\$143.50 (\$133.50 GROUP RATE)
1 DAY 0.5 CREDITS

AD408

Compassion and Policy: The Heart and Mind of Drug Policy Reform

This course explores the drug policy reform movement and the consequences of the global war on drugs. You will learn about problems with current drug control approaches, evidence-based drug policy alternatives, and the concept of a regulated drug market based on human rights and public health principles. The lessons learned from alcohol and tobacco policy will also be discussed. *Prerequisite:* AD400. *Instructor:* Mark Haden

\$143.50 (\$133.50 GROUP RATE)
1 DAY 0.5 CREDITS

AD410

Concurrent Disorders Planning – Level 1

This course covers key issues in treatment planning, including definitions, terms, and classification systems; the relationship between mental health and addiction; and basic principles of screening, assessment, and treatment planning. Course format focuses on experiential learning, with an emphasis on the role of service providers as agents of change. *Prerequisite:* AD400. *Instructor:* TBA

\$280 (\$260 GROUP RATE)
2 DAYS 1.0 CREDITS

Group Rate

A group rate is available for Centre for Counselling & Community Safety courses when three or more persons from the same organization register at the same time.

About Course Fees

Course fees listed are for JIBC New Westminster & Vancouver campuses only.

For course fees at all other locations visit: www.jibc.ca

All courses scheduled from April 1, 2012 onwards, are subject to a 2% increase. See website for further details.

Course fees listed include the JIBC Learner Services Fee.

AD120 ONLINE**Fetal Alcohol Spectrum Disorder**

This online course is for frontline workers, program managers, and others working with high-risk women and/or children, youth, and adults living with fetal alcohol spectrum disorder (FASD), along with their families and support networks. This course will provide an overview of FASD and its prevention. You will discuss how a diagnosis is made and how to work effectively with clients affected by FASD. This 21-hour course spans seven weeks. Participants are required to complete all the course readings, regularly post comments, and submit a final assignment.

Instructors: Nancy Poole and Jan Lutke

\$397.50 (\$367.50 GROUP RATE)

3 DAYS 1.5 CREDITS

AD409**Fetal Alcohol Spectrum Disorder: Increasing Our Understanding**

You will gain up-to-date information on fetal alcohol spectrum disorder (FASD) and best practices when working with people living with FASD and women at risk of having a child affected by FASD. Topics include understanding FASD across the lifespan, BC resources for diagnosis and support, and a range of prevention models that support women of child-bearing years.

Prerequisite: AD400. *Instructor:* Nancy Poole

\$142.50 (\$132.50 GROUP RATE)

1 DAY 0.5 CREDITS

AD405**Interconnected Risk**

This course will provide you with an understanding of the interconnected risks of substance use and violence, trauma, sexuality, mental health, marginalization, and poverty. Topics include building your own model/approach for doing multi-diagnosis, integrated care planning, and implementation of safety strategies. *Prerequisite:* AD400.

Instructor: Michael Koo

\$280 (\$260 GROUP RATE)

2 DAYS 1.0 CREDITS

AD204**Motivational Interviewing in Practice – Level 1**

You will develop an overview of Motivational Interviewing (MI) practice, and how MI can be used to assist clients in building motivation towards change and in strengthening commitment. Topics include understanding and facilitating change; overview of strategies for working with clients at each level of readiness for change; use of empathic counselling skills; working with resistance, ambivalence, and developing change plans. *Note:* It will be beneficial to have taken Assessment Practices AD403.

Prerequisite: AD400. *Instructor:* Rob Axsen

\$280 (\$260 GROUP RATE)

2 DAYS 1.0 CREDITS

TS225**Trauma and Addictions: Assessment and Treatment Issues**

In this course, you will examine current theoretical understandings regarding the impact of human responses to traumatic experiences, with emphasis on the consequent development of substance use and addictions in some individuals. You will review the psychobiological and psychosocial processes of both trauma and addictions, and consider the complications for assessment and treatment of the concurrent disorders (PTSD-SUD). As well, you will discuss available guidelines for best-practice approaches in integrative treatment models.

Prerequisite: AD400. *Instructor:* Joe Solanto

\$280 (\$260 GROUP RATE)

2 DAYS 1.0 CREDITS

EP308**Understanding Pharmacology from a Counsellor's Perspective**

This course is for any helping professional interested in expanding their knowledge of pharmacology and how it pertains to clinical counselling situations. You will learn about the central nervous system, anti-depressant medications, anti-anxiety medications, and drugs used to treat schizophrenia and bipolar disorder. Emphasis is placed on substance use and the consequences (effects, side effects, lethality) of mixing psychotropic medications with street drugs. *Prerequisite:* AD400.

Instructors: Yvonne Savard and Munir Velji

\$280 (\$260 GROUP RATE)

2 DAYS 1.0 CREDITS

Funding Available – Check Online For Eligibility

Contact our student services office to learn more about awards and bursaries.
financialaid@jibc.ca
www.jibc.ca/student-services
 604.528.5762

Faculty Bios

JIBC faculty are some of the most respected and experienced educators in BC working in their chosen fields. Read faculty bios online at:
www.jibc.ca/cccs/faculty

CONTRACT ONLY

Working With Youth Certificate

The Working with Youth Certificate was developed with the help of managers and frontline staff working with children, youth, and their families. This 20-day (10 credit) certificate is based on several theoretical frameworks with a focus on the practical application of these theories to the workplace.

Who should attend

This program is for professionals who are currently working with children over the age of 10, youth, and families in a variety of community settings, such as outreach, education, foster care, residential, street work, recreation, and treatment.

What you will learn

You will practice skills and increase confidence in relationship building, ethical decision-making, strength-based approach and conflict resolution, and create lifelong networks to share the latest information and resources available in your field. There will be many opportunities to apply new knowledge, skills, and techniques to strengthen your practice.

When you take the Working with Youth Certificate, you earn 4.5 units of unassigned credit towards child and youth care diplomas and degrees in other BC colleges and universities.

How to complete the certificate

Complete all four parts of the program in order with the same group of participants (see following descriptions). Successful completion of all graded assignments and full attendance is required to receive a certificate. You also have the option of attending the program and receiving a letter of completion without completing the requirements for the certificate.

SUGGESTED LEARNING PATH

- ↓ **WEEK 1.** This course provides an overview of child and youth care by introducing participants to strengths-based and ecological systems theory within the context of lifespan development, and to understand the impact of risk and resilience. The module will also provide an opportunity for you to examine your own values, attitudes and belief systems and the impact of these on your practice.
- ↓ **WEEK 2.** This course will help you identify and develop genuine relationships with children, youth and families. Different approaches to communication and strength-based interactions will be explored. Such topics as resilience, trauma and grief, FASD, and group work will be discussed.
- ↓ **WEEK 3.** This course explores ethical and professional standards for practitioners, along with the importance of case planning and report writing. Practical approaches will also be discussed when working with the issues of suicide and substance misuse.
- ↓ **WEEK 4.** This course explores specific approaches to resolving conflict and problem solving. Specific current youth-related topics will be covered that will assist practitioners in better understanding issues related to the development and experiences of children and youth. You will also review your role as a resource person and the importance of advocacy. You will have the opportunity to examine case studies and further explore strategies in working with youth.



Critical Incident Stress Management Certificate

This 14-day (7 credit) program is designed for frontline and management staff who support and assist individuals in coping with the immediate consequences of crime and trauma. The Centre for Counselling & Community Safety is an accredited training organization in the area of critical incident stress management.

Certificate students who successfully complete both the classroom and simulation components of the training, including the final exam, can apply for certification with the Association of Traumatic Stress Specialists (ATSS). For more information about the organization and certification, check the ATSS website at www.atss.info.

Who should attend

This program is open to individuals from a broad range of occupations and professions who may be required to provide or manage debriefing services at their own or other work sites following a critical incident. The program will be of specific interest to frontline responders such as crisis intervention workers, victim services workers, firefighters, and paramedics.

What you will learn

The Critical Incident Stress Management Certificate is designed to train you to effectively manage critical incidents and protect the emotional health and safety of those involved in a traumatic event.

How to register for individual courses

All Block 2 courses, with the exception of CISM Simulation [CISM206], are open to individual registration with the completion of Introduction to Critical Incident Stress Management [CISM100]. To register contact Student Services at 604.528.5590.

How to apply

- We recommend you apply as soon as possible, to allow for adequate time to process your application.
- Download an application form from www.jibc.ca/cccs
- There is a \$75 non-refundable application fee.
- Once your application has been approved, register directly with the Student Services Centre at 604.528.5590.

We suggest registering at least one month before classes begin as seating is limited.

How to complete the certificate

To successfully complete the certificate, you must attend the training in full, pass the CISM Simulation [CISM206] and achieve 70% or higher on the written take-home exam.

Courses must be completed within three years. Full attendance is required. You will receive a letter of completion at the end of Block 1 and a Certificate of Achievement after successful completion of Block 1, Block 2, and the written take-home exam. You can apply for certification with the Association of Traumatic Stress Specialists after successful completion of the full program.

Program fee

The total cost to complete at our New Westminister Campus: \$2572 plus non-refundable application fee.

SUGGESTED LEARNING PATH

STEP 1. Courses in Block 1 must be completed in the following order: (see course descriptions beginning on pg.41)

- Introduction to Critical Incident Stress Management [CISM100]
- Diversity and Trauma [CISM101]
- Demobilization and Defusing [CISM102]
- Critical Incident Stress Debriefing [CISM103]

STEP 2. Block 2 courses may be taken in any order: (see course descriptions beginning on pg. 54)

- Post-Critical Incident Stress Reactions [CISM200]
- Psychological First Aid [CISM201]
- Managing Responses to Community Disasters [CISM202]
- Effective Team Participation [CISM203]
- Trauma, Children, and Youth [CISM204]
- Vicarious Traumatization [CISM205]
- CISM Simulation [CISM206]

STEP 3. Complete the final written take-home exam (the exam is provided to students upon successful completion of courses in Blocks 1 and 2).

STEP 4. Graduation. Stay connected! Come back as a lifelong learner for professional development.

FOR MORE INFORMATION

Program Coordinator, 604.528.5628
Program Assistant, 604.528.5833
email: cism@jibc.ca
www.jibc.ca/cccs

Block 1 – Course Descriptions

CISM100

Introduction to Critical Incident Stress Management

You will be introduced to the history, philosophy, perspectives, concepts, and terms that are integral to critical incident stress management. Through short lectures and interactive discussion, you will acquire a basic understanding of stress and critical incident stress as well as the factors and vulnerabilities that contribute to a heightened response to critical incidents.

\$192.50 (\$182.50 GROUP RATE)

1 DAY 0.5 CREDITS

CISM101

Diversity and Trauma

You will explore issues of difference and diversity as they relate to critical incident stress management. The course is not intended to provide you with exhaustive knowledge about the specifics of culture, religion, age, ability, and so on, but rather to sensitize you to how these factors might affect the critical incident stress management process. *Prerequisite:* CISM100

\$192.50 (\$182.50 GROUP RATE)

1 DAY 0.5 CREDITS

CISM102

Demobilization and Defusing

Demobilization and defusing are the first steps in the critical incident stress management intervention process. To successfully participate in a critical incident stress team, you must master these skills. You will examine the role of groups and dyads in critical incident stress management, communication skills for defusing, strategies to develop an effective support relationship, blocks to an effective support relationship, post-incident defusing, and post-incident dos and don'ts. *Prerequisite:* CISM101

\$292 (\$272 GROUP RATE)

2 DAYS 1.0 CREDITS

CISM103

Critical Incident Stress Debriefing

In this course, you will examine the debriefing process and dynamics that may emerge, as well as leadership roles and behaviours that support both the individual and the group in normalizing what has occurred. You will have the opportunity to discuss a range of approaches, experiment with your own debriefing style, experience situations that might interfere with the normalization process, and explore the importance of self-care. There will be a strong emphasis on skill practice through the use of case scenarios, and instructors will provide evaluative feedback. *Prerequisite:* CISM102

\$423.50 (\$403.50 GROUP RATE)

3 DAYS 1.5 CREDITS

Block 2 – Course Descriptions

The following courses, with the exception of CISM Simulation [CISM206], can be taken individually or as part of the Critical Incident Stress Management Certificate. **Completion of Introduction to Critical Incident Stress Management [CISM100] is a prerequisite for all courses. To take individual courses, please contact the Program Coordinator at 604.528.5628 or cism@jibc.ca.**

CISM200

Post-Critical Incident Stress Reactions

This course builds on Block 1 and will help first responders identify when an individual is showing signs of post-traumatic stress and where to provide the appropriate referrals for treatment. Content includes differentiating between critical incident stress and post-traumatic stress, the environmental and personal factors that may increase post-traumatic reactions, the epidemiology and etiology of post-traumatic stress, required social supports, and treatment options. *Prerequisite:* CISM100

\$192.50 (\$182.50 GROUP RATE)

1 DAY 0.5 CREDITS

CISM201

Psychological First Aid

Psychological first aid is a modular approach to providing psychosocial and emotional help to victims of traumatic events. It ensures that individuals who work with survivors of a calamity can help victims manage initial distress, identify coping actions that assist the person to recover, and mobilize resources for interpersonal support. In this course you will learn how to assist individuals and families in the immediate aftermath of a tragedy and community catastrophe. *Prerequisite:* CISM100

\$192.50 (\$182.50 GROUP RATE)

1 DAY 0.5 CREDITS



Group Rate

A group rate is available for Centre for Counselling & Community Safety courses when three or more persons from the same organization register at the same time.

CISM202

Managing Responses to Community Disasters

You will receive an overview of the phases and impact of a disaster and the role of government and community agencies in responding. Course content addresses models for community intervention and their application to community disasters, psychosocial needs of community members involved in a disaster, identifying at-risk populations, special considerations, and responder interventions.

Prerequisite: CISM100

\$192.50 (\$182.50 GROUP RATE)

1 DAY 0.5 CREDITS

CISM203

Effective Team Participation

Participation on a critical incident stress team involves understanding not only the intervention process but also how and when a team should be used and what has to happen in order for the team to operate effectively. Course content includes the knowledge and skills required for effective critical incident stress team participation and the key skills that can be used to help the team fulfill its purpose within an organization to provide quality service.

Prerequisite: CISM100

\$192.50 (\$182.50 GROUP RATE)

1 DAY 0.5 CREDITS

CISM204

Trauma, Children, and Youth

You will examine trauma intervention in relation to children and youth. Course content covers traumatic reactions specific to the stages of childhood development, the role of individuals responding to children affected by various types of critical incidents, the range of interventions, and immediate post-impact and recovery issues. You will also have an opportunity to examine issues related to children with special needs, as well as issues related to working with families.

Prerequisite: CISM100

\$192.50 (\$182.50 GROUP)

1 DAY 0.5 CREDITS

CISM205

Vicarious Traumatization

You will explore the unique issues faced by trauma responders who are exposed to critical incidents that, if not managed properly, can contribute to burnout, substance use, relationship stress, or emotional instability. Course content covers traumatic stress reactions; critical incident stress management in organizations; speaking about trauma to family members; key strategies for implementing policies, procedures, and programs in organizations; and on-scene interventions.

Prerequisite: CISM100

\$192.50 (\$182.50 GROUP)

1 DAY 0.5 CREDITS

CISM206

CISM Simulation

Successful completion of this course completes your requirements for the Critical Incident Stress Management certificate and allows you to seek certification with the Association of Traumatic Stress Specialists (ATSS). In addition to the hours of classroom instruction, the ATSS also requires 30 hours of field placement before certifying individuals. Because of the challenges of securing practicum placements and the fact that it could take several months to complete 30 hours of active fieldwork, we have negotiated with the ATSS the option for candidates to complete a role-playing simulation as an equivalent to the 30-hour practicum. This one-day simulation class is designed to provide you with the opportunity to show how you have incorporated your new knowledge from the Critical Incident Stress Management program into your practice. You will be asked to participate in simulations with actors and will be evaluated by the instructors of the Critical Incident Stress Management program. If seeking ATSS certification, you must submit to the ATSS a written observation/analysis report of the simulation as part of the equivalency process. Instructors are available to help you complete the ATSS application process. Class size is limited to 10 participants, so register early.

Prerequisite(s): CISM Block 1, CISM200, CISM201, CISM202, CISM203, CISM204 and CISM205. *Instructors:* Laurie Pierce and Bruce Ramsay

\$316.50 (\$296.50 GROUP RATE – INCLUDES ACTORS AND SCRIPT DESIGN)

1 DAY 0.5 CREDITS

NEW

Bylaw Compliance, Enforcement and Investigative Skills Level 1 Certificate

This 3-credit certificate uses a blend of online learning and in-class delivery modes. The course is designed to provide you with the fundamental knowledge and skills required to function effectively in the role of a local government bylaw officer. This certificate has been developed in consultation with experts in the bylaw enforcement field.

Who should attend

The Bylaw Compliance, Enforcement and Investigative Skills Level 1 certificate program will benefit current bylaw enforcement officers; license, building, plumbing, electrical, and gas inspectors; and other local government employees responsible for the administration and enforcement of local government bylaws. Courses can also be taken by those who aspire to become bylaw enforcement officers and need to qualify for a competitive position.

Entrance requirements

- Grade 12 or equivalent education
- Fluency in the English language (written and oral)
- Reliable internet access

How to apply

There is no application process. Call Student Services at 604.528.5590 to register. Be sure to register early, as classes fill quickly.

How to complete the certificate

To successfully complete the course and receive a certificate of achievement, you must complete the online learning requirements including all graded quizzes, fully attend all face-to-face sessions, and submit the in-class assignment at the end of each instructional day. Learners must achieve 70% or higher overall to pass the course.

FOR MORE INFORMATION

Program Coordinator 604.528.5628
Program Assistant 604.528.5833
email: bylaw@jibc.ca
www.jibc.ca/cccs

Coming Soon

The Bylaw Compliance, Enforcement and Investigative Skills Level 2 Certificate is currently under development. Refer to our website at www.jibc.ca/cccs for the most up-to-date information and scheduled dates or contact the Program Coordinator, at 604.528.5628 or bylaw@jibc.ca.

BYLAW101 | BLENDED LEARNING

Bylaw Compliance, Enforcement and Investigative Skills Level 1 Certificate

Level 1 is a blended course (6 weeks online and 3-days face-to-face) designed to provide local government regulatory personnel with the knowledge and skills to interpret bylaws and enforce relevant bylaws, and to investigate, prepare, process, and prosecute cases pursuant to applicable bylaws. You will also develop an increased awareness of community issues such as diversity, homelessness, and mental health. You will enhance your skills in conflict resolution and personal safety to ensure your effectiveness as an officer in engaging with members of the community.

\$1125 6 WEEKS ONLINE, 3 DAYS FACE-TO-FACE 3.0 CREDITS

COURSE LISTING BY CODE

AD120	PG.21, 38 Fetal Alcohol Spectrum Disorder	COUNS110	PG.21 Facilitating Effective Group Process
AD129	PG.19, 37 All My Relations: Working with Aboriginal Clients in Substance Use Recovery	COUNS126	PG.19 Behaviour Change Counselling in Community Settings
AD204	PG.38 Motivational Interviewing in Practice–Level 1	COUNS138	PG.23 On the Edge: Vicarious Trauma and Compassion Fatigue in Aboriginal Organizations
AD204	PG.22 Motivational Interviewing in Practice–Level 1	COUNS163	PG.20, 30 Expressive Play Therapy for the Grieving Child
AD210	PG.19 Art Therapy in Early Stages of Addiction Recovery	COUNS168	PG.25 Welcome to Canada: Working Effectively with Newcomers
AD400	PG.25, 37 Understanding Substance Use	COUNS171	PG.21 Innovative Practice in Group Clinical Supervision
AD401	PG.19, 37 A Continuum of Care: Prevention to Harm Reduction	COUNS205	PG.22 Motivational Interviewing in Practice–Level 2
AD403	PG.19, 37 Assessment Practices	COUNS260	PG.20 Creativity and Trauma
AD405	PG.21, 38 Interconnected Risk	COUNS266	PG.22 Mindfulness-Based Counselling–Level 1
AD407	PG.19, 37 Community Voices/Contemporary Issues	COUNS268	PG.24 Supporting Clients Across Cultural Differences–Providing Relevant and Appropriate Services
AD408	PG.20, 37 Compassion and Policy: The Heart and Mind of Drug Policy Reform	COUNS285	PG.22 Mindfulness-Based Art Therapy–Level 1
AD409	PG.21, 38 Fetal Alcohol Spectrum Disorder: Increasing Our Understanding	COUNS299	PG.30 Final Project/Consultation Group
AD410	PG.20, 37 Concurrent Disorders Planning–Level 1	COUNS366	PG.22 Mindfulness-Based Counselling–Level 2
BYLAW101	PG.43 Bylaw Compliance, Enforcement and Investigative Skills Level 1 Certificate	COUNS385	PG.22 Mindfulness-Based Art Therapy–Level 2
CISM100	PG.41 Introduction to Critical Incident Stress Management	CSA530	PG.35 Child Sexual Abuse Intervention
CISM101	PG.41 Diversity and Trauma	CT301	PG.27 Complex Trauma
CISM102	PG.41 Demobilization and Defusing	CT302	PG.27 Basic Focusing-Oriented Therapy and Complex Trauma
CISM103	PG.41 Critical Incident Stress Debriefing	CT303	PG.27 Intermediate Focusing-Oriented Therapy
CISM200	PG.41 Post–Critical Incident Stress Reactions	CT304	PG.27 Advanced Focusing-Oriented Therapy
CISM201	PG.41 Psychological First Aid	CT305	PG.27 Depression, Grieving and Complex Trauma
CISM202	PG.42 Managing Responses to Community Disasters	CT306	PG.27 Clinical Spirituality and Complex Trauma
CISM203	PG.42 Effective Team Participation	CT307	PG.27 Dreams and Complex Trauma
CISM204	PG.42 Trauma, Children, and Youth	CT501	PG.35 Theoretical Foundation in Complex Trauma
CISM205	PG.42 Vicarious Traumatization	CT502	PG.35 Assessment and Treatment Planning in Complex Trauma
CISM206	PG.42 CISM Simulation	CT503	PG.35 Intervention and Skill Building in Complex Trauma
CONTRACT	PG.22 Making the Transition: Providing Service to Trans Survivors of Violence and Abuse		
COUNS102	PG.25 Working with Complicated Grief		

CT504	PG.35 Somatics in Complex Trauma	EP524	PG.21 Fostering and Encouraging Client Responsibility
CT520	PG.35 Complex Trauma Integrated Project	EP587	PG.20 Counselling Skills: The Art of Asking Effective Questions
CTCSA550	PG.35 Clinical Consultation in Complex Trauma and Sexual Abuse	FMRS101	PG.32 Roots and Principles of Family Resource Programs in Canada
CY104	PG.20, 30 Expressive Play Therapy Methods–Level 1	FMRS102	PG.32 Family Resource Program Approach to Practice
CY104A	PG.21, 30 Expressive Play Therapy Methods–Level 2	FMRS103	PG.32 Child Development
CY240	PG.24 Understanding Children and Youth Who Have Experienced Trauma	FMRS104	PG.32 The Skilled Practitioner: Communicating Effectively
CY250	PG.21 Introduction to Art Therapy for Counsellors and Therapists	FMRS105	PG.32 Understanding Family Diversity
CY265	PG.23 Sandplay Therapy: Using the Healing Power of Imagery to Help Children, Youth, and Adults Cope with the Challenges of Difficult Times–Level 1	FMRS106	PG.32 Working with Vulnerable Families
CY265	PG.30 Sandplay Therapy: Using the Healing Power of Imagery to Help Children, Youth, and Adults Cope with the Challenges of Difficult Times–Level 1	FMRS107	PG.32 Supporting Families of Children with Special Needs
CY266	PG.23 Sandplay Therapy: Using the Healing Power of Imagery to Help Children, Youth, and Adults Cope with the Challenges of Difficult Times–Level 2	FMRS108	PG.32 Program Planning and Evaluation
CY266	PG.30 Sandplay Therapy: Using the Healing Power of Imagery to Help Children, Youth, and Adults Cope with the Challenges of Difficult Times–Level 2	SPE117	PG.18 Bridging the Couple Chasm: Gottman Couples Therapy– A Research-Based Approach Level 1 Training
CY267	PG.25 Working More Effectively with Parents and Other Caregivers	SPE118	PG.18 Achieving Clinical Excellence: Three Steps to Superior Performance
CY277	PG.25 Who Am I? Understanding the Role of Identity in Marginalized Youth Experiences	TS123	PG.20 Everything You Ever Wanted to Know About the DSM-IV-TR–Level 1
CY278	PG.21 Facilitate This! Group Leadership Skills for Youth Workers	TS126	PG.25 Working With People Who Self-Harm
CY279	PG.24 Understanding and Responding to Girls and High-Risk Drinking	TS225	PG.24 Trauma and Addictions: Assessment and Treatment Issues
CY280	PG.25 Youth Leadership	TS225	PG.38 Trauma and Addictions: Assessment and Treatment Issues
EP278	PG.19 Clinical Supervision: Innovative Practices		
EP286	PG.24 Teaching Problem-Solving Skills to Clients		
EP308	PG.38 Understanding Pharmacology from a Counsellor's Perspective		
EP308	PG.24 Understanding Pharmacology from a Counsellor's Perspective		
EP508	PG.19 Becoming a More Effective Counsellor		