

| Class 1: Thursday Oct 25, 5:45 – 10:00 Thursday Oct 25, 9:45 – 2:00 All Times Pacific Time | Text | LMS Reading and Clips | Handouts |
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| PRAC 2 PROGRAM INTRODUCTION Teacher Introductions Commitments Course Overview Check In/Group Process/Student introductions | Suggested reading – O’Kane, O’Kane, 2016 - REAL - The Power of Authentic Connection. (New P1 textbook) | Kushner, Harold (2001): <u>Living a Life that Matters</u> Ch 1, 2 & 3, pg 3 – 59; Ch 8, pg 146 – 158 Chopra, Deepak (2000): <u>How to Know God.</u> Pg 180 – 187 | Class 1 Handout - Time commitments Prac 2, Notes Identify your goal for the year and bring to next weekend class |
| | | | Class 2: Oct 27 (Saturday) Day 8:45 – 3:00 Eve 3:45 – 10 PM Note: this time only for this weekend UNIT 1: THERAPEUTIC STANCE: INTERVIEWING AND RELATIONSHIP BUILDING SKILLS Introduction to Counselling: Transpersonal Systems Theory as a framework Check in Setting the Goal Peer Feedback Autobiography Rewrite Introduction |
| Class 3: Nov 1 PRACTICAL APPLICATION: UNIT 1 AND 2 Aligning with your Goal – Exercise Assisted by Prac 3 | Text | LMS Reading and Clips Adrienne, Carol (1999): <u>The Purpose of Your Life.</u> Ch 7, pg 131- 154 Linden, Anne (1997): <u>Mindworks: NLP Tools for Building a Better</u> Ch 5 and 6, pg 37-48; Ch15, p 102-109 | |
| | | | Class: 4 Nov 8 UNIT 1: THERAPEUTIC STANCE: INTERVIEWING AND RELATIONSHIP BUILDING SKILLS Carl Rogers: Gloria 5 Essential Rapport Building Factors Technique overview |

| Class 5: Nov 15 | Text | LMS Reading and Clips | Handouts |
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| UNIT 1: THERAPEUTIC STANCE: INTERVIEWING AND RELATIONSHIP BUILDING SKILLS Transparency Reflective/Empathetic Listening Four Step | Yalom, Irvin D (2002): The Gift of Therapy Ch10-13, p 33-45 | Greenberg, Watson, and Lietaer (eds) (1998): Handbook of Experiential Psychotherapy. Ch 1, p 3-23 Hayes, Strosahl and Wilson (1999): Acceptance and Commitment Therapy. Intro and ch 1, 1-12, Ch 10, p267 - 280 | BRING Class 4 Handout – Reflecting Exercise |
| | | | Notes Don't worry about learning and understanding the technical language of these approaches, just read to get the general information/themes |
| Class 6: Nov 22 PRACTICAL APPLICATION: UNIT 3 Check In/ 4 Step Practice | | | |
| | | | Notes READ ahead for Class 7 & 8!! |
| Class 7: Nov 29 UNIT 4: BOUNDARIES AND ETHICS IN THE HELPING PROFESSIONS Ethical Decision Making Principles Self Awareness Transference and Counter-transference Case Studies: May, Dan and Ralph | | LMS Reading and Clips Caldwell, Kristin, Open Expression- A Space for Dialogue and Discourse Pg 4 – 6 Corey, Gerald; S. Frederick Corey, Marianne; and Callahan, Patricia (2003): Theory and Practice of Counselling & Psychotherapy (8th Edition). Ch pg 37 – 44, pg 48 – 51 Canadian Counseling and Psychotherapy Assoc. (2016): Handbook of Counselling and Psychotherapy in Canada Ch 2, pg 13 – 28 | Handouts |
| | | | Notes Investigate BCACC, ACCT, NCP, CPCA, etc codes of ethics online |
| | | | Notes This is a very important class to attend! |
| | | | December 1 and 2 – Vancouver CURRICULUM WEEKEND - Assistant's Training P2 students are required to obtain AT level 1 or 2 certification; request alternate dates/locations from instructors |
| Class 8: Dec 6 UNIT 4: BOUNDARIES AND ETHICS IN THE HELPING PROFESSIONS Confidentiality Boundary Issues Ethical Decision Making Case Studies | | LMS Reading and Clips Martin, Shepard, Lehr (2015): Candian Counselling and Psychotherapy Experience Ch 2, 25 - 68 | Handouts |
| | | | Notes This is a very important class to attend! |

| PRAC 2 ONLINE – CURRICULUM OVERVIEW – 2018 – 2019 | | | |
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| Class 9: Dec 13 UNIT 2: EXPERIENTIAL THERAPIES: INTERVENTIONS Fritz Perls: Gloria Stages of Therapy Experiential Rationale Focus Points for Intervention Technique Overview | Text | LMS Reading and Clips | Handouts |
| | Yalom, Irvin D (2002): The Gift of Therapy Ch 14-23, p 46-73 | Corey, Gerald (2009): Theory and Practice of Counselling and Psychotherapy (8th ed). Ch 8, p198-220, p224-227 | Class 9 Handouts – Reflection/Feeling experiment, Fritz Perls |
| | | | Notes Don't worry about learning and understanding the technical language of these approaches, just read to get the general information/themes Class 9 Class Participation Evaluation due |
| Class 10: Dec 20 PRACTICAL APPLICATION: PERSONAL INTEGRATION Check in/ Group Process (Catch up as needed) ACIM lesson prep, lesson 1 (started January 1) | Text | LMS Reading and Clips | Handouts |
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| December 22 – January 6: Winter Vacation | | | |
| Class 11: Jan 10 UNIT 2: EXPERIENTIAL THERAPIES: INTERVENTIONS Introducing an Experiential Intervention Experiential Techniques Chair Work practice | Text | LMS Reading and Clips | Handouts |
| | Yalom, Irvin D (2002): The Gift of Therapy Ch 14-40, p104-123 | Hayes, Strahl and Wilson (1998): Acceptance and Commitment Therapy. Ch 3, p 49-80, p 25-24 | Class 11 Handout – Chair Work |
| | | | Notes Don't worry about learning and understanding the technical language of these approaches, just read to get the general information/themes |
| Class 12: Jan 17 PRACTICAL APPLICATION: UNIT 3 Check in/ Group Process (Catch up as needed) Autobiography Rewrite introductory assignment ACIM lesson check in | Text | LMS Reading and Clips | Handouts |
| | Yalom, Irvin D (2002): The Gift of Therapy Ch 24 – 33, p74-103 | | |
| | | | Notes Bring Prac 1 Auto Bio |
| Class 13: Jan 24 UNIT 2: EXPERIENTIAL THERAPIES: INTERVENTIONS The Face off Assisted by Prac 3 | Text | LMS Reading and Clips | Handouts |
| | | | Class 13 Handout – The Face Off |
| | | | Notes This is a very important class to attend! |
| January 26 and 27 – Curriculum Weekend - Alter Ego Weekend – Online Classes | | | |

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| Class 14: Jan 31 PRACTICAL APPLICATION: PERSONAL INTEGRATION Check in/ Group Process (Catch up as needed) | Text | LMS Reading and Clips | Handouts |
| | | | Class 14 Handout Alter Ego |
| | | | Notes |
| February 2 and 3 – Vancouver CURRICULUM WEEKEND - Assistant's Training (P2/3 students are required to obtain AT level 2 certification) | | | |
| Class 15: Feb 7 UNIT 1: THERAPEUTIC STANCE: INTERVIEWING AND RELATIONSHIP BUILDING SKILLS Private Practice: Introduction Best Standards of Practice (documentation) Check in /Group Process (catch up as needed) | Text | LMS Reading and Clips | Handouts |
| | Yalom, Irvin D (2002): The Gift of Therapy Ch 41-45, p124-136 | | Class 14 Handouts: Informed Consent, Intake form, Consent for Release of Information, Invoice and Payments, Session Notes |
| | | | Notes These handouts are provided as word docs, so that you can edit for your practice, save to your computer files |
| Class 16: Feb 14 UNIT 5: COMMON ISSUES IN PSYCHOTHERAPY Trauma: Definition Post Traumatic Outcomes Trauma and Memory Trauma and Transformation (intervention) | Text | LMS Reading and Clips | Handouts |
| | HAPPY VENTURES | J. B. Myers, L. Berliner, J. Briere, C.T. Hendriks, R. & C. Jenny (Eds.) (2002): The APSAC handbook on child maltreatment, 2nd Edition. Ch 1, p 1-26 | |
| | | Martin, Shepard, Lehr (2015): Canadian Counselling and Psychotherapy Experience Ch 14, Pg 295 - 299 | Don't worry about learning or understanding the technical language, read for general understanding Check out John Briere on Youtube |
| Class 17: Feb 21 UNIT 1: THERAPEUTIC STANCE: INTERVIEWING AND RELATIONSHIP BUILDING SKILLS Analysis of the Course of Therapy (Goodwill Hunting and Ordinary People) Check In/Group Process (Catch up as needed) | Text | LMS Reading and Clips | Handouts |
| | Yalom, Irvin D (2002): The Gift of Therapy Ch 46-49, p139-149 | | |
| | | | Notes |

| Class | Text | LMS Reading and Clips | Handouts |
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| Class 18: Feb 28 UNIT 1: THERAPEUTIC STANCE: INTERVIEWING AND RELATIONSHIP BUILDING SKILLS Final Session 4 Session Format and Prep for Prac 1 Sessions | Yalom, Irvin D (2002): <u>The Gift of Therapy</u> Ch 50-55, p 150-165 | Freeman, David (1992): Family Therapy with Couples. Ch 5, pg 101 – 117 Kennedy, Eugene and Charles, Sara (2001): On Becoming a Counselor (3rd ed.). Ch 10, pg 85 – 10 | Handouts Class 18 Handout – 4 Sessions |
| | | | Notes P1 Sessions can be booked now |
| Class 19: Mar 7 PRACTICAL APPLICATION: UNIT 1 AND 2 Prep for Prac 1 sessions 2 and 3 Chair Work practice Supervision Prep | Yalom, Irvin D (2002): The Gift of Therapy Ch 55-64, p 166-194 | LMS Reading and Clips | Handouts |
| | | | Notes Class 19 evaluations due |
| Class 20: Mar 14 UNIT 5: COMMON ISSUES IN PSYCHOTHERAPY Grief: Definition Process of Grief Complications Interventions | Text | LMS Reading and Clips LeVigne, Steven (2000): Grief: Grieving sorrow : recovering from loss and reviving the heart pg 3-15 | Handouts |
| | | | Notes Volunteers needed to assist 4 steps in P1 class 21 Upload session tapes for next class |
| March 16-March 31, Spring Break– no classes | | | |
| Class 21: Apr 4 PRACTICAL APPLICATION: ALL UNITS Supervision Session #1 Check in / Group Process (Catch up as needed) Autobiography Rewrite: Special Function Intro | Text Yalom, Irvin D (2002): The Gift of Therapy Ch 65-69, p 195-209 | LMS Reading and Clips | Handouts |
| | | | Notes Bring session notes/forms for supervision – from your handouts |
| Class 22: Apr 11 UNIT 3: TRANSPERSONAL PSYCHOLOGY AND SPIRITUAL EMERGENCY Altered States of Consciousness: Theory and Practice (conscious connected breathing) Special Function: Part 2 autobiography rewrite | Text | LMS Reading and Clips Moss, Richard (1986): The Black Butterfly. Ch 1, pg 15 – 33 MacNaughton, Ian (2004): Body, Breath and Consciousness, a Somatics Anthology. Pg. 241 - 261 | Handouts |
| | | | Notes Upload session tapes for next class |

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| Class 23: April 18 PRACTICAL APPLICATION: ALL UNITS Supervision Session #2 | Text | LMS Reading and Clips | Handouts |
| | Yalom, Irvin D (2002): The Gift of Therapy Ch 70-75, p210-224 | | Notes Bring session notes/forms Read ahead for class 25 |
| Class 24: April 25 UNIT 2: EXPERIENTIAL THERAPIES: INTERVENTIONS Psychodrama | Text | LMS Reading and Clips | Handouts |
| | Yalom, Irvin D (2002): <u>The Gift of Therapy</u> Ch 76- 83, p 225-250 | Yalom, Viktor (2004): Zerka Moreno on Psychodrama | Notes Reminder Class 26 in 2 weeks is on Wednesday May 8th in the Prac 1 class |
| Class 25: May 2 PRACTICAL APPLICATION: ALL UNITS Supervision Session #3 Genogram prep | Text | LMS Reading and Clips | Handouts |
| | | | Read ahead for class 26 Remember next week is in Prac 1 classroom on Wednesday! |
| Class 26: May 8 No P2 class on Thursday!!! P1 Class Day Wednesday May 8 PRACTICAL APPLICATION: UNIT 1 AND 2 | Text | LMS Reading and Clips | Handouts |
| | | Titelman, Peter (1998): Clinical Applications of Bowen Family Systems Theory Ch 1, pg 7- 49 | Genogram Folder –genogram facilitation notes and timeline structure BRING to class and Genogram weekend Notes Attend Prac 1 class – no class on Thursday! |
| Class 27: May 16 UNIT 5: COMMON ISSUES IN PSYCHOTHERAPY Depression and Death by Suicide Risk Assessment Depression: Emotional and Cognitive features Death by Suicide Risk Assessment Death by Suicide Safety Plan Intervention | Text | LMS Reading and Clips | Handouts |
| | Yalom, Irvin D (2002): The Gift of Therapy Ch 84 and 85, pg 251-259 | Shneidman, Edwin S. (1996): The Suicidal Mind Ch 1, pg 3 – 26; Ch 7,8, pg 129 – 156 CAMH Suicide Prevention and Assessment Handbook (2011) 1-95 (review all) | Handout Class 25: Sample Suicide Safety Plan Notes |

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| Class 28: May 23 UNIT 3: TRANSPERSONAL PSYCHOLOGY AND SPIRITUAL EMERGENCY Spiritual Emergency: Dark Night of the Soul Set up for Autobiography Rewrite Exercise | Text | LMS Reading and Clips | Handouts |
| | | Moss, Richard (1995): The Second Miracle Ch 14, pg 192 –205 Moore, Thomas (2004): Dark Nights of the Soul, Intro – pg 47 | Notes |
| | | | Autobiography Rewrites due, please forward to both instructors via email. Upload session tapes for next week's class |
| May 25 and 26 – CURRICULUM WEEKEND – Genogram Weekend – Online Classes Prac 2 students – Mandatory Attendance at Prac 1 Genogram Weekend | | | |
| Class 29: May 30 PRACTICAL APPLICATION: ALL UNITS Supervision Session #4 | Text | LMS Reading and Clips | Handouts |
| | | | Notes |
| | | | Bring session notes/forms Upload session tapes for next week's class |
| Class 30: Jun 6 PRACTICAL APPLICATION: ALL UNITS (Supervision Session #5 if needed) Check in/ Group Process (Catch up as needed) | Text | LMS Reading and Clips | Handouts |
| | | | Notes |
| | | | Bring Session Recordings to class LAST Supervision session |
| Class 31: Jun 13 PRACTICAL APPLICATION: UNIT 3 Check in/Group process | Text | LMS Reading and Clips | Handouts |
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| Class 32: Jun 20 PRACTICAL APPLICATION: UNIT 3 Autobiography Rewrite Process | Text | LMS Reading and Clips | Handouts |
| | | | Notes |
| | | | Class 33 Participation Evaluation due next week |
| Class 33: Jun 27 PRACTICAL APPLICATION: PERSONAL INTEGRATION Completion: Class/Self Evaluations | Final Class 33 Class Participation Evaluation due; Final exam due Aug 15; Practicum hour log due Sept 1., (even if practicum not completed) Constitutions July 5 & 6 at Springbrooke campus and online. | | |