

PRAC 3 ONLINE – CURRICULUM OVERVIEW – 2022-2023

<p>CLASS 1: Sat Sept 17 (Thurs Class) Sun Sept 18 (Tues Class) 9am-2:30pm Weekend Class - All Times Pacific Time</p> <p>PRAC 3 PROGRAM INTRODUCTION Teacher Introductions Commitments/Course Overview Check In/Student Introductions Values Exercise</p>	Text	LMS Reading and Clips	Handouts
		Holden, Robert (2008): <u>Success Intelligence: Part VII, Renaissance</u> pg 301 – 355	
<p>CLASS 2: Tues Sept 20 Evening 5:45-10pm Thurs Sept 22 Day 9:45am-2pm All Times Pacific Time</p> <p>UNIT 1: GROUP THERAPY: THEORY AND PROCESS Leadership: Qualities and Skills Universal Constitution and Contract Values Exercise</p>	Text	LMS Reading and Clips	Handouts
		Gilbert, Roberta (2006): <u>Extraordinary Leadership: Thinking Systems, Making a Difference</u> Ch 3, pg 33 – 49; Ch 7, pg 93 - 109 Cooper, Robert K (2001): <u>The Other 90%: How to Unlock your Vast Untapped Potential for Leadership and Life</u> Ch 4, pg 37 – 62	
<p>CLASS 3: Tues Sept 27 Evening 5:45-10pm Thurs Sept 29 Day 9:45am-2pm</p> <p>UNIT 1: GROUP THERAPY: THEORY AND PROCESS Phases of Group Development "12 Angry Men" Movie Analysis</p>	Text	LMS Reading and Clips	Handouts
	Corey, Schneider-Corey, Callahan, Russell (2014, 4 th ed): <u>Group Techniques</u> Ch 1: The Role of Techniques	Dimock and Hedley (1985): <u>Some Ways of Looking at Group Development</u> pg 1 - 35 Palmateer, Sally and Sluser, Ron <u>The New Dynamics of Life Skills</u> , YWCA of Greater Toronto pg 122 – 132 Yalom & Lesczc (2005): <u>Theory and Practice of Group Psychotherapy</u> Ch 16 (21 pages)	
<p>CLASS 4: Tues Oct 4 Evening 5:45-10pm Thurs Oct 6 Day 9:45am-2pm</p> <p>UNIT 1: GROUP THERAPY: THEORY AND PROCESS Check In/Group Process Q and A</p>	Text	LMS Reading and Clips	Handouts
			Group Processes Notes Class 4 Evaluation Due;

PRAC 3 ONLINE – CURRICULUM OVERVIEW – 2022-2023

CLASS 5: Tues Oct 11 Evening 5:45-10pm Thurs Oct 13 Day 9:45am-2pm UNIT 3: ASSESSMENT, DOCUMENTATION, BUSINESS PRACTICES Risk Assessment: Suicide Prevention, self harm Assessment for Couples; Assessment for Youth Professional Communication & Business Ethics for Counsellors (file storage, insurance, succession, charging.)	Text	LMS Reading and Clips	Handouts
		Sommers-Flanagan, John. <u>Assessment and Intervention with Suicidal Clients Volume 1</u> (Volume 2 & 3 optional). Psychotherapy.net (3hr video) Puchalski, Christina M. (2010) <u>Formal and Informal Spiritual Assessment</u> . Pgs 51-57	Marks, I., Sibia, L., Borgo, S. (2010) <u>Common Language For Psychotherapy Procedures: The first 80</u> . <i>CommonLanguagePsychotherapy.org</i> . Pg 1-212 Notes Handout does not need to be read – have it accessible.
CLASS 6: Tues Oct 18 Evening 5:45-10pm Thurs Oct 20 Day 9:45am-2pm UNIT 7 - MODALITIES, TERMINOLOGY, RESEARCH Research Project Prep PRESENTATIONS DUE: CLASS 28 AND 29 Check in/process	Text	LMS Reading and Clips	Handouts
			Prac 3 Research Paper Instructions Notes
CLASS 7: WEEKEND Sat Oct 22 and Sun Oct 23: Thurs class 8:45-3pm both days Tuesday class 3:45-10pm both days UNIT 1: GROUP THERAPY: THEORY AND PROCESS Types of groups Therapeutic Factors 'Group Therapy: A Live Demonstration' with Irvin Yalom and Modyn Lesczcz PEER counselling: Setting the Goal	Text	LMS Reading and Clips	Handouts
		Yalom & Lesczcz (2005): <u>Theory and Practice of Group Psychotherapy</u> Ch 1-3, Therapeutic Factors (91 pages)	Notes
CLASS 8: Tues Oct 25 Evening 5:45-10pm	Text	LMS Reading and Clips	Handouts

PRAC 3 ONLINE – CURRICULUM OVERVIEW – 2022-2023

<p>Thurs Oct 27 Day 9:45am-2pm</p> <p>UNIT 1: GROUP THERAPY: THEORY AND PROCESS Ethical Issues Unique to Group Therapy Techniques/Interventions: Overview Monitoring the Group Applying Interventions</p>	<p>Corey, Schneider-Corey, Callahan, Russell (2014, 4th ed): <u>Group Techniques</u> Ch 2: Ethical Issues in using Group Techniques</p>		<p>Notes</p>
<p>CLASS 9: Tues Nov 1 Evening 5:45-10pm Thurs Nov 3 Day 9:45am-2pm</p> <p>UNIT 1: GROUP THERAPY: THEORY AND PROCESS Process Interventions for Earlier Phases of Group Development Challenges to Leaders Confronting Members</p>	<p>Text</p> <p>Corey, Schneider-Corey, Callahan, Russell (2014, 4th ed): <u>Group Techniques</u> Ch 3: Techniques for Forming Groups Ch 4: Techniques for the Initial Stage</p>	<p>LMS Reading and Clips</p> <p>Yalom & Lesczc (2005): <u>Theory and Practice of Group Psychotherapy</u> Ch 5, The Therapist: Basic Tasks (21 pages)</p>	<p>Handouts</p> <p>Notes</p> <p>Class 9 Participation Evaluation Due</p>
<p>CLASS 10: Tues Nov 8 Evening 5:45-10pm Thurs Nov 10 Day 9:45am-2pm</p> <p>UNIT 5: SUPERVISION AND COUNSELLING SKILLS INTEGRATION Supervision Session #1: Bring material to review</p>	<p>Text</p>	<p>LMS Reading and Clips</p> <p>Rowan, John and Jacobs, Michael (2011 Edition): <u>The Therapist's Use of Self</u> Ch 2, pg 9 - 27</p> <p>Shepard, Martin, Robinson (2016): <u>Clinical Supervision of the Canadian Counselling & psychotherapy Profession</u> Ch 1, pg 7 – 33</p>	<p>Handouts</p> <p>Notes</p> <p>Class 9 Participation Evaluation handed back by teachers Come prepared with session notes and session recording</p>
<p>CLASS 11: Tues Nov 15 Evening 5:45-10pm Thurs Nov 17 Day 9:45am-2pm</p> <p>UNIT 2: FAMILY AND RELATIONSHIP THERAPY Family therapy Assessment Considerations for individuals, couples and group therapy sessions Ethical considerations Framework: do's and don'ts</p>	<p>Text</p>	<p>LMS Reading and Clips</p> <p>Aponte, Rebecca (2009): <u>Augustus Napier on Experiential Family Therapy</u></p> <p>Johnson, Sue. <u>Breaking The Code of Romantic Love</u>. <i>Psychotherapy.net</i>. (1 hr 11min video)</p> <p>Ahrons, Constance. <u>Making Divorce Work: A Clinical Approach To the Binuclear Family</u>. <i>Psychology.net</i>. (45 min video)</p> <p>Rait, Douglas. (2000) <u>The Therapeutic Alliance in Couples and Family Therapy</u>. <i>Psychotherapy in Practice</i>. Pg 211-224</p> <p>Frei, Frances. (2018). <u>How to Build (and Rebuild) Trust</u>. Ted</p>	<p>Handouts</p> <p>Notes</p>

PRAC 3 ONLINE – CURRICULUM OVERVIEW – 2022-2023

		Talk. (15min video) Varghese, M., Kirpekar, V., Loganathan, S. (2020). Family Interventions: Basic Principles and Techniques. Pg. 192-200	
CLASS 12: Tues Nov 22 Evening 5:45-10pm Thurs Nov 24 Day 9:45am-2pm UNIT 4: TRAUMA INFORMED PRACTICE Trauma Therapy Relational Co-Regulation Somatic Techniques	Text	LMS Reading and Clips	Handouts
		Porges, Stephen (2016): Polyvagal Theory: How your body makes the decision (10 min) link on PDF Fosha, Diana (2002): Trauma Reveals the Roots of Resilience (20 pages) Briere, John (2012): Working with Trauma: Mindfulness and Compassion (13 pages) Shapiro, Robin (2010): Trauma Treatment Handbook: Somatic Therapies (8 pages) Shapiro, Robin (2010): Trauma Treatment Handbook: Psychodynamic Therapies (11 pages)	Natasha Prenn (2013): AEDP Interventions Notes
CLASS 13: Tues Nov 29 Evening 5:45-10pm Thurs Dec 1 Day 9:45am-2pm UNIT 4: TRAUMA INFORMED PRACTICE Trauma Therapy Therapeutic Enactments: Psychodrama, and Imaginal (Portrayals)	Text	LMS Reading and Clips	Handouts
		Dayton, Tian: Healing Childhood Abuse through Psychodrama (1hour 38 min) psychotherapy.net library Dayton, Tian: Trauma and the Body: A Psychodramatic Approach (1 hour 40 min) psychotherapy.net library Giacomucci & Marquit (2020): The Effectiveness of Trauma-Focussed Psychodrama in the Treatment of PTSD (12 pages)	Natasha Prenn (2018): Portrayals Handout Mars, David (2020): The Seven Channels of Experience Notes Complete the Harvard Bias Test online before next class
CLASS 14: Tues Dec 6 Evening 5:45-10pm Thurs Dec 8 Day 9:45am-2pm UNIT 6: MULTICULTURALCOUNSELLING AND COUNSELLING SPECIALIZED POPULATIONS Diversity and Socio-cultural considerations in Counselling: Theory and Techniques	Text	LMS Reading and Clips	Handouts
		Appiah, Kwame Anthony. When Does "Us" Turn Against "Them"? Facing History & Ourselves. (3min video) Appiah, Kwame Anthony. Creating 'We and They'. Facing History & Ourselves. (4.5 min video) Daliri, Erfan. What Is Wrong with Saying "I Don't See Colour". Erfran Daliri: Social Change Consultant. (blog post) Daliri, Erfan. Anti-Racism is not just being 'against' racism".	Notes Complete the Harvard Bias Test online before class (link on PDF)

PRAC 3 ONLINE – CURRICULUM OVERVIEW – 2022-2023

		<p>Erfran Daliri: Social Change Consultant. (blog post)</p> <p>Tarakali, Vanissar. 2011. <u>Surviving Oppression; Healing Oppression</u>. (blog post)</p> <p>Olsson, Jona. 2011, "Detour-Spotting for white anti-racists." Cultural Bridges to Justice. (blog post)</p> <p>Francis, Megan. (2016) <u>Let's get to the root of racial injustice</u>. TedxRainier. (19 min)</p> <p>Kirmayer, L. (2004) <u>The Cultural Diversity of Healing: Meaning, Metaphor and Mechanism</u>. British Medical Journal. Pg. 33-48.</p> <p>French, Lewis, Mosley, Adames, Chavez-Duenas, Chen, Neville. (2020) <u>Toward a Psychological Framework of Radical Healing in Communities of Color</u>. <i>The Counselling Psychologist</i>. Pg 14-46</p>	
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ASSISTANT'S TRAINING December 10 and 11: Online 8am-2:30pm
Note: other training dates are available
 PRAC 3 Students are Required to Obtain Assistant's Training Level 2 Certification

<p>CLASS 15: Tues Dec 13 Evening 5:45-10pm Thurs Dec 15 Day 9:45am-2pm</p> <p>UNIT 1: GROUP THERAPY: THEORY AND PROCESS Check In/Group Process (Catch up as needed) Meditation/Mindfulness practice Cultivating A Spiritual Practice from a transpersonal perspective</p>	<p>Text</p>	<p>LMS Reading and Clips</p> <p>Yalom & Lesczc (2005): <u>Theory and Practice of Group Psychotherapy</u> Ch 6-7, working in the here and now, transference and transparency (96 pages)</p> <p>A Tough Mind and a Tender Heart, Martin Luther King, Jr. (8 pages)</p> <p>Writing with Crooked Lines, Laura E. Perez (10 pages)</p>	<p>Handouts</p> <hr/> <p>Notes</p>
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WINTER BREAK – NO CLASSES

<p>CLASS 16: Tues Jan 3 Evening 5:45-10pm Thurs Jan 5 Day 9:45am-2pm</p> <p>UNIT 4: TRAUMA INFORMED</p>	<p>Text</p>	<p>LMS Reading and Clips</p> <p>Flores, Philip (2001): <u>Addiction as Attachment Disorder</u> (20 pages)</p> <p>Pathways Relating the Neurobiology of Attachment to Drug</p>	<p>Handouts</p>
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PRAC 3 ONLINE – CURRICULUM OVERVIEW – 2022-2023

PRACTICE: Addictions and trauma Group Treatment Approaches		Addiction (15 pages) Winhall, Jan (2021): Treating Trauma and Addiction with the Felt Sense Polyvagal Model (50 min) link on PDF Mate, Gabor (2012): The Power of Addiction and The Addiction of Power (TEDx talk, 18 min) link on PDF	Notes
CLASS 17: Tues Jan 10 Evening 5:45-10pm Thurs Jan 12 Day 9:45am-2pm UNIT 5: SUPERVISION AND COUNSELLING SKILLS INTEGRATION Face Off /Chair work	Text	LMS Reading and Clips	Handouts The Face Off Notes
CLASS 18: Tues Jan 17 Evening 5:45-10pm Thurs Jan 19 Day 9:45am-2pm UNIT 1: GROUP THERAPY: THEORY AND PROCESS Peer Led Support Group Sessions Supervision/Feedback	Text Corey, Schneider-Corey, Callahan, Russell (2014, 4 th ed): Group Techniques Ch 5: Techniques for the Transition Stage Ch 6: Techniques for the Working Stage	LMS Reading and Clips Ormont, Louis (1992): The Group Therapy Experience Ch 9 – 12, pg 120 - 162	Handouts Notes
Experiential WEEKEND January 21 and 22: Day classes, 7:45 am-2:00 pm; Evening classes 3:00pm – 8:15 pm Peer Support Groups and Supervision			
CLASS 19: Tues Jan 24 Evening 5:45-10pm Thurs Jan 26 Day 9:45am-2pm UNIT 5: SUPERVISION AND COUNSELLING SKILLS INTEGRATION Supervision Session #2: Bring material to review	Text	LMS Reading and Clips Rowan, John and Jacobs, Michael (2011 Edition): The Therapist's Use of Self pg 28 - 46	Handouts Notes Come prepared with session notes and session recording
CLASS 20:	Text	LMS Reading and Clips	Handouts

PRAC 3 ONLINE – CURRICULUM OVERVIEW – 2022-2023

<p>Tues Jan 31 Evening 5:45-10pm Thurs Feb 2 Day 9:45am-2pm</p> <p>UNIT 6: MULTICULTURALCOUNSELLING AND COUNSELLING SPECIALIZED POPULATIONS Canada's Indigenous Populations Colonization and Slavery Working with Racial and Cultural Trauma</p>		<p>Onaubinisay (Jim Dumont). <u>Onaubinisay at the 2018 Parliament of the World's Religions</u>. 2018. (49 min video)</p> <p>Treaties, reconciliation and Indigenous history in Canada, CBC News. (2017). (54min video)</p> <p>Makokis, J., Walters, K. Two Spirit and Indigiqueer cultural safety: Considerations for relational practice and policy. (1hr 48 min video)</p> <p>Newman, C. & Media One. Picking Up the Pieces: The Making Of The Witness Blanket. (1hr 25min video)</p>	<p>Notes</p>
<p>CLASS 21: Tues Feb 7 Evening 5:45-10pm Thurs Feb 9 Day 9:45am-2pm</p> <p>UNIT 2: FAMILY THERAPY AND RELATIONSHIP COUNSELLING Family of Origin Analysis for family and systemic therapy</p>	<p>Text</p>	<p>LMS Reading and Clips</p> <p>McGoldrick, Monica and Gerson, Randy (1985): <u>Genograms in Family Assessment</u> Ch 3, pg 39 – 124 <u>The Attachment-Based Focused Genogram Workbook</u> (2020): Part 1 & 2 (67 pages)</p>	<p>Handouts</p> <p>Notes</p>
<p>CLASS 22: Tues Feb 14 Evening 5:45-10pm Thurs Feb 16 Day 9:45am-2pm</p> <p>UNIT 1: GROUP THERAPY: THEORY AND PROCESS Check In/Group Process (Catch up as needed) Constitution Review/Support</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p> <p>Bring your constitution handout</p> <p>Notes</p>
<p>CLASS 23: Tues Feb 21 Evening 5:45-10pm Thurs Feb 23 Day 9:45am-2pm</p> <p>UNIT 2: FAMILY THERAPY AND RELATIONSHIP COUNSELLING Relationship Counselling Non-Traditional Relationships</p>	<p>Text</p>	<p>LMS Reading and Clips</p> <p>Johnson, Sue (2019): <u>Attachment Theory in Practice</u>, Ch 6-7 (56 pages)</p> <p>Mars, David (2020): <u>From Stuckness and Reactivity to the Felt Experience of Love</u> (31 pages)</p> <p>Mars, David (2016): <u>Transforming Potential Divorce into Falling Freshly in Love</u> (32 pages)</p> <p>What Psychology Professionals should know about Polyamory (29 pages)</p>	<p>Handouts</p> <p>Notes</p>

CLASS 24: Tues Feb 28 Evening 5:45-10pm Thurs Mar 2 Day 9:45am-2pm UNIT 1: GROUP THERAPY: THEORY AND PROCESS Peer Led Support Group Sessions Supervision/Feedback	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 25: Tues Mar 7 Evening 5:45-10pm Thurs Mar 9 Day 9:45am-2pm UNIT 1: GROUP THERAPY: THEORY AND PROCESS Peer Led Support Group Sessions Supervision/Feedback	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 26: Tues Mar 14 Evening 5:45-10pm Thurs Mar 16 Day 9:45am-2pm UNIT 1: GROUP THERAPY: THEORY AND PROCESS Process Interventions for Later Phases of Group Development Ending a Group Session Terminating a Group	Text	LMS Reading and Clips	Handouts
	Corey, Schneider-Corey, Callahan, Russell (2014, 4 th ed): <u>Group Techniques</u> Ch 7: Techniques for the Final Stage		Notes
SPRING BREAK March 18-April 2– NO CLASSES			
CLASS 27: Tues April 4 Evening 5:45-10pm Thurs April 6 Day 9:45am-2pm UNIT 2: FAMILY THERAPY AND RELATIONSHIP COUNSELLING Genogram facilitation Constitution Review	Text	LMS Reading and Clips	Handouts
		<u>The Attachment-Based Focused Genogram Workbook</u> (2020): Part 3 & 4 (112 pages)	Notes

PRAC 3 ONLINE – CURRICULUM OVERVIEW – 2022-2023

<p>UNIT 5: SUPERVISION AND COUNSELLING SKILLS INTEGRATION Supervision Session #3: Bring material to review</p>			
<p>CLASS 28: Tues April 11 Evening 5:45-10pm Thurs April 13 Day 9:45am-2pm</p> <p>UNIT 5: SUPERVISION AND COUNSELLING SKILLS INTEGRATION Supervision Session #3: Bring material to review</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p>
		<p>Rowan, John and Jacobs, Michael (2011 Edition): <u>The Therapist's Use of Self</u> pg 46 - 70</p>	<p>Notes</p> <p>Come prepared with session notes and session recording</p>
<p>GENOGRAM WEEKEND with REAL LIFE participants April 15 and 16 8am-4pm</p>			
<p>CLASS 29: Tues April 18 Evening 5:45-10pm Thurs April 20 Day 9:45am-2pm</p> <p>UNIT 7 - MODALITIES, TERMINOLOGY, RESEARCH Class Presentations</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p>
			<p>Notes</p>
<p>CLASS 30: Tues April 25 Evening 5:45-10pm Thurs April 27 Day 9:45am-2pm</p> <p>UNIT 2: FAMILY THERAPY AND RELATIONSHIP COUNSELLING Sexuality and Sex Therapy</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p>
		<p>The components of optimal sexuality: a portrait of "great sex" (2009) (13 pages)</p> <p>Resnick, Stella (2004): <u>Somatic Experiential Sex Therapy</u> (25 pages)</p> <p>EFT Masterclass Volume I: Sexuality (2019) psychotherapy.net library (1 hour 50 min)</p>	<p>Notes</p> <p>Bring your Constitution for review/support</p>
<p>CLASS 31: Tues May 2 Evening 5:45-10pm Thurs May 4 Day 9:45am-2pm</p> <p>UNIT 7 - MODALITIES, TERMINOLOGY, RESEARCH</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p>
			<p>Notes</p>

Class Presentations			
CLASS 32: Tues May 9 Evening 5:45-10pm Thurs May 11 Day 9:45am-2pm UNIT 1: GROUP THERAPY: THEORY AND PROCESS Peer Led Support Group Sessions Supervision/Feedback	Text	LMS Reading and Clips	Handouts
			Notes
CLASS 33: Tues May 16 Evening 5:45-10pm Thurs May 18 Day 9:45am-2pm UNIT 5: SUPERVISION AND COUNSELLING SKILLS INTEGRATION Supervision Session #4: Bring material to review	Text	LMS Reading and Clips	Handouts
		Rowan, John and Jacobs, Michael (2011 Edition): <u>The Therapist's Use of Self</u> Ch 4, pg 71 - 87	Notes
			Come prepared with session notes and session recording
CLASS 34: Tues May 23 Evening 5:45-10pm Thurs May 25 Day 9:45am-2pm UNIT 6: MULTICULTURAL COUNSELLING AND COUNSELLING SPECIALIZED POPULATIONS Child and Youth Counselling Socio-cultural and gender diversity considerations Ethical considerations Constitution Review/Support	Text	LMS Reading and Clips	Handouts
		Beyond Behaviors - Mona Delahooke, PhD, 36-pages Child and Adolescent Psychotherapy pages 337-353, 16-pages Satir Family Therapy - Then & Now, 16-pages ARC Therapy Model, 7-pages Achieving Cultural Competence - Ontario Youth Services Toolkit, 57-pages Chapter 7 Ethics, Diversity and Respect in Multicultural Counselling, 22-pages Consent-to-Counselling-Therapy-Child-Youth-BCACC, 43-pages Informed Consent with Children- Ethical and Practical Implications, 13-pages	Notes
			Bring your Constitution for review
CLASS 35: Tues May 30 Evening 5:45-10pm	Text	LMS Reading and Clips	Handouts
		Rowan, John and Jacobs, Michael (2011 Edition): <u>The</u>	

PRAC 3 ONLINE – CURRICULUM OVERVIEW – 2022-2023

<p>Thurs June 1 Day 9:45am-2pm</p> <p>UNIT 5: SUPERVISION AND COUNSELLING SKILLS INTEGRATION Supervision Session #5: Bring material to review</p>		<p>Therapist's Use of Self Ch 5, pg 88 - 114</p>	<p>Notes</p> <p>Come prepared with session notes and session recording Global Alignment presentation next week</p>
<p>CLASS 36 Tues June 6 Evening 5:45-10pm Thurs June 8 Day 9:45am-2pm</p> <p>UNIT 3: ASSESSMENT, DOCUMENTATION, BUSINESS PRACTICES Independent Practice Self Care Applying to Professional Associations Business building Global Alignment Presentation Constitution Support</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p> <p>Website Considerations</p> <p>Notes</p> <p>Bring your Constitution for review</p>
<p>CLASS 37: Tues June 13 Evening 5:45-10pm Thurs June 15 Day 9:45am-2pm</p> <p>UNIT 1: GROUP THERAPY: THEORY AND PROCESS Peer Led Support Group Sessions Supervision/Feedback</p>	<p>Text</p>	<p>LMS Reading and Clips</p>	<p>Handouts</p> <p>Notes</p>
<p>CLASS 38: Tues June 20 Evening 5:45-10pm Thurs June 22 Day 9:45am-2pm</p> <p>PRACTICAL APPLICATION: PERSONAL INTEGRATION Completion: Class/Self Evaluations</p>	<p>Final Class 38 Class Participation Evaluation Rubric due</p>		
<p>Final exam posted June 15, due August 1st</p> <p>Practicum Hour Log Due August 1st (even if hours not completed)</p> <p>CONSTITUTIONS Saturday June 24 and/or Sunday June 25, 2023</p>			

