

Instructor: **Julie Langholdt, LMHP, CPC**

Counseling Theories & Techniques



LMEP
4600 Valley Road
Lincoln, NE

Entrance 1
Classroom 1

October 4-9, 2010

Registration: 7:30 AM

Class: 8:00 AM—5:00 PM

Credit Hours: 45
Approval # 10.056

Cost: \$380.00

This workshop is designed to familiarize participants on the fundamental counseling theories such as Adlerian, cognitive behavioral, client-centered, Gestalt, rational emotive, reality and transactional analysis. The principles and techniques of counseling will be studied such as active listening, reflective feedback, summarizing, self-disclosing, displaying empathy, confronting, establishing rapport, and communicating at the client's comprehension level. This training will allow the participants to get hands on experience with the theories and techniques of counseling.

Objectives

- To become familiar with fundamental counseling theories.
- To be introduced to effective counseling techniques
- Demonstrate knowledge of each theory listed and background of the author listed.
- To be able to distinguish between each technique and discuss the differences in each theory
- Demonstrate knowledge of theories and techniques through role-playing

About the Instructor

Julie is an adjunct professor at Metropolitan Community College in Omaha and Southeast Community College where she teaches classes in psychology, family science, study skills and human relations skills areas.

This activity was supported in whole or part, from federal or state funds received from the Nebraska Department of Health and Human Services,
Division of Behavioral Health Services.

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Cancellation/Refund Policy

1. Notice of cancellation must be submitted in writing.
2. Cancellations received will be subject to a \$50.00 cancellation charge.
3. No refunds will be given after September 24, 2010.
4. Registrations are transferable with a fee depending on availability.

REGISTRATION FEE INCLUDES:

Workshop instruction, book, materials, handouts, continental breakfast, afternoon snack, and CEU's approved for Nebraska Alcohol & Drug Counselor Continuing Education by the Department of Health and Human Services Regulation and Licensure Credentialing Division.

Name (please print)

Title

Company

Mailing Address/City/ State/Zip

Daytime Telephone

Birthday (month/day/year)

E-mail Address

PAYMENT TYPE

___ Check enclosed, made payable to TAP, for the amount of \$ _____

___ Or please charge my: ___ MasterCard ___ Visa ___ Discover

Card # _____ Expiration Date _____ Three -digit security code on back _____

Cardholder Name _____ Signature _____

Please Print or Type

HOTEL ACCOMMODATIONS: A special rate of \$49.00 was designed for participants at New Victorian Inn, 216 N 48th St, 402-464-4400. Tell them you are registering for a workshop with the TAP Program.

Fax this form to: 402-483-2882 **or Mail it to:** TAP Program, 4600 Valley Rd., NE 68510

Call TAP at 402-483-4581 ext. 328 or ext. 282 for any questions you may have.

I have read and accepted all the terms and conditions in the TAP Program Policies, which represents the entire understanding between myself (the participant) and the TAP Program and supersedes any prior statements or representation. By sending in this registration, I agree to the rules and regulations of the TAP Program.