



Counseling & Student Affairs

Graduate Winter Term Classes

CNS 569 Play Therapy with Dr. Imelda Bratton

This course provides professionals with knowledge and skills to assist children and adolescents in developing practical tools for living more effectively in an increasingly pluralistic society. It provides an overview of the essential elements and principles of play therapy including history, theories, and techniques. Assists students in understanding the developmental, social, cognitive, and emotional issues that impact children's behavior. Pre/coreqs: admission/completion of approved program in a helping profession, or instructor permission. *Fri/Sat (Jan 8, 9, 15, 16, 22, 23)*

CNS 653 Brief Counseling with Dr. Andrea Kirk-Jenkins

This course is designed to learn about various brief therapy theories and approaches. Counselors must be able to modify and enhance their current skills to meet the challenging opportunities of our dynamic society. As the time-effectiveness of interventions becomes more crucial, a collaborative relationship between managed care and other health care providers is a necessity. *Web course (online)*

CNS 669 Reality Therapy in Schools with Dr. Cynthia Mason

This course is designed to teach the basic concepts and principles behind Choice Theory/ Reality Therapy (CTRT). Students will learn and demonstrate Choice Theory/Reality Therapy with a focus on the counseling environment and procedures. This course is conducted in combination with The William Glasser Institute and is applicable for certification in Reality Therapy. Students will need to apply the course credit to the William Glasser Institute. *Fri night course (Jan 8, 15)*

CNS 669 Introduction to Complementary & Alternative Wellness

with Dr. Loretia Dye | This hybrid-style introduction to complementary and alternative wellness reviews the wide variety of CAM therapies that are in use including acupuncture, chiropractic, herbal medicine, yoga, meditation, body based healing, homeopathic medicine, energy medicine, behavioral medicine and others. This course is ideal for anyone interested in gaining tools, resources, and knowledge for their own self-care. *Thu/Fri night course (Jan 7, 8, 14, 15)*

CNS 710 Leadership/Stress Management with Dr. Fred Stickle

This course examines the meaning of stress, its effects on the individual and the organization, how it manifests itself, and strategies for its management. Explores the organizational demands that contribute to stress and addresses how leaders in organizations can help provide preventative stress management. *Sat course (Jan 9, 16, 23)*

CNS 581 International Student Services with Dr. Aaron Hughey

This course explores international students' needs and interests and global issues confronting higher education. Focuses on increasing student intercultural awareness as a foundation for student services (domestic and abroad) and study abroad. *Web course (online)*