

COURSE DESCRIPTION

COURSE TITLE:	<i>YOU CAN LEAD A HORSE TO WATER</i>
SUBJECT/CONTENT/SKILLS:	COUNSELING SERVICES/EVIDENCE-BASED MODALITIES/MOTIVATING RESISTANT CLIENTS
OHIO CONTENT AREAS:	PREVENTION P2 CHEMICAL DEPENDENCY C2
COURSE FORMAT:	ONLINE COURSE; DIGITAL WORKBOOK/ONLINE TEST & COURSE EVALUATION/ INSTANT TEST SCORES/DOWNLOADABLE COMPLETION CERTIFICATE.
INTENDED AUDIENCE:	THIS COURSE IS APPROPRIATE FOR PRACTITIONERS OF ALL LEVELS AND IS APPLICABLE WITHIN VARIOUS PROFESSIONAL SPECIALTIES (ADDICTION, MENTAL HEALTH, ETC.) AND SETTINGS (CLINICS, SHELTERS, JAILS, ETC.).
CE HOURS:	10
COST (INITIAL/RENEWAL):	\$80/\$40
NUMBER OF PAGES: (INCLUDING INTRO MATERIALS)	72
NUMBER OF POST-TEST QUESTIONS:	30

NAMES/CREDENTIAL(S) OF PRESENTER/AUTHOR:

Kelly Sinclair-McClintock, MA, LICDC-CS, MCAP

Kelly has spent the better part of her career working with a criminal population, often within the walls of the jail system, and (oddly enough) has loved every moment of it. Kelly says, "it's easy to enjoy being institutionalized-when you have the keys to the joint"! (So true).

Since 2005, she has served as the CEO of Project Solutions, a social service organization that provides counseling services to a criminal population. Kelly has authored numerous professional training manuals and is a sought-after speaker/presenter.

EDUCATION/ACHIEVEMENTS:

- AA/BS Degree Criminal Justice/Sociology
- Master of Arts Degree, Professional Counseling
- Licensed Independent Chemical Dependency Clinical Supervisor (Ohio)
- Certified Masters Addictions Professional (Florida)
- Find Your Strong Campaign findyourstrong.info
- Graduate Leadership Stark County, 18th Class
- Commendations Stark County Jail Treatment Program 2006, 2010
- Recipient Bliss Scholarship Akron University, 1991
- Internship Capitol Hill, 1991

COURSE DESCRIPTION:

Ever wonder how to ignite client insight, desire, motivation, & goal achievement? Then roll up your sleeves and grab a copy of this course.

Counselors long to see clients implement meaningful changes in their lives that will result in increased happiness. Prevention experts hope that their

clients will enthusiastically embrace low-risk behaviors. Medical doctors want their patients to truly commit to a wellness program that includes a healthy diet, daily exercise, and adequate rest. And, wives want to infuse their husbands with the desire to cut the grass, take out the garbage, and give them a spousal foot massage without uttering a complaint. Ahh, yes...if only we could bottle "true desire".

It turns out that "desire" can indeed be cultivated. This course outlines counseling strategies that help clients to develop intrinsic desire to reach goals, motivation to live with purpose, and the skills to lead a balanced life.

This course is applicable for both prevention professionals and practitioners of all levels. Course content applies to various client populations (i.e., addiction, mental health, etc.) and is relevant for services provided in a variety of settings (clinics, shelters, jails, etc.).

GOAL:

Participants will learn practical strategies to help clients develop true desire and intrinsic motivation to reach goals.

OBJECTIVES

1. Participants will be able to recognize, understand, and describe the differences between "true desire" vs "pretending".
2. Participants will be able to recognize, understand, and describe the power of action and techniques to inspire client-based action.
3. Participants will be able to recognize, understand, and describe counseling skills/techniques to inspire client insight, desire/motivation, and goal achievement.

4. Participants will be able to recognize, understand, and describe how to utilize a cognitive-behavioral approach as a platform for lasting changes in desire/behaviors.

Course Outline

- I. Introduction Materials (Tech Support, How it works, About the Author, Welcome, Disclaimers)
- II. Pretest
- III. Drink or Drown
- IV. Can You Make Them Drink?
- V. Defining the Word "Desire"
 - a. But I Swear...I Do Have Desire
 - b. When Desire Seems Like the Only Option (Mary's Story)
- VI. The Walk vs The Talk
 - a. Ok...So It's Not a Total Lie
 - b. Actions Speak Louder Than Words
- VII. Making Them Drink
- VIII. Clinical Strategies to Create True Desire
 - a. TFA & 3 C's Formula
 - b. Getting It
 - c. Establish Rapport
 - d. Know What Motivates
 - e. Deal With Resistance Effectively
 - f. Confrontation
 - g. Don't Allow Victim Thinking
 - h. Know That Actions Speak Louder Than Words
 - i. Play Patty Cake
 - j. Don't Drink the Kool-Aid
- IX. That's a Wrap

- X. References/Bibliography
- XI. Post-Test
- XII. Course Evaluation/Survey