

Counseling Theory in Practice

...a one-day in-person workshop conducted by Dr. Gerald Corey and Dr. Jamie Bludworth.

Wednesday

April 10, 2024

9:00 am – 5:00 pm (Central Time Zone)

Participants will earn 6.5 continuing education hours

New Orleans, Louisiana

co-sponsored by

**University of Holy Cross
Counseling Graduate Program**

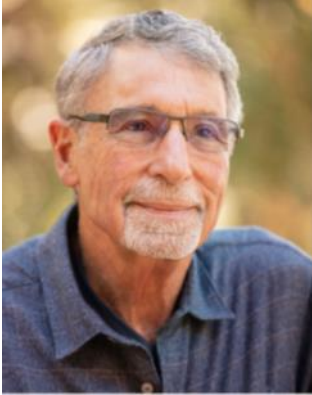
and

**Louisiana State University Health Sciences Center (LSU-HSC)
School of Allied Health Professions
Department of Counseling**

Workshop Location:

**School of Allied Health Professions, Human Development Center
(front of the building faces Tulane Ave, located between S. Prieur Street &
S. Johnson Street)
411 S. Prieur Street
New Orleans, LA 70112
Human Development Center Auditorium, Room 130**

**Counseling professionals may participate either in-person or virtually.
The workshop will not be recorded so participants must attend in real
time to earn continuing education hours.**



Dr. Gerald Corey



Dr. Jamie Bludworth

Workshop description, rationale, and learning objectives:

The emphasis of this workshop, *Counseling Theory in Practice*, is on bringing contemporary theories to life by formulating an integrative counseling style that addresses the thinking, feeling, behaving, relational, and contextual aspects of human functioning. Emphasis is given to developing an integrative approach to counseling practice and to personalizing counseling for each client. The integrative model demonstrates ways to employ a variety of techniques at the various stages of counseling – from the beginning of the counseling relationship to the evaluation and termination of the therapeutic process. The presenters will explain their personal perspectives on developing an integrative approach. Both the advantages and disadvantages of an integrative approach to counseling are described. Each theory is discussed with a common framework including: key concepts of the theory; therapeutic goals; therapeutic relationship; techniques; multicultural applications; and contributions. Emphasis is on the practical applications of the various theories to working with diverse client populations. Presenters welcome questions and audience involvement throughout the day.

Cost for the workshop (includes box lunch for on-site participants):

On-Site Participants

- For Professionals:
 - \$125 (\$95 Early Bird Discounted Fee Available Until March 1, 2024)
- For Currently Enrolled Students in Any University
 - \$75 (\$55 Early Bird Discounted Fee Available Until March 1, 2024)
- For Currently Enrolled Students at the University of Holy Cross or at the LSU Health Sciences Center
 - \$40 (\$25 Early Bird Discounted Fee Available Until March 1, 2024)

Virtual Participants

- For Professionals:
 - \$75 (\$55 Early Bird Discounted Fee Available Until March 1, 2024)
- For Currently Enrolled Students in Any University
 - \$40 (\$25 Early Bird Discounted Fee Available Until March 1, 2024)
- For Currently Enrolled Students at the University of Holy Cross or at the LSU Health Sciences Center
 - \$25 (\$15 Early Bird Discounted Fee Available Until March 1, 2024)

Registration:

To register for this workshop, visit Eventbrite at the following link:

<https://www.eventbrite.com/e/counseling-theory-in-practice-workshop-by-gerald-corey-and-jamie-bludworth-tickets-759804805627?aff=oddtcreator>

Included in the workshop fee:

- A workshop outline and handout will be provided prior to the workshop for those who register.
- A total of 6.5 continuing education hours approved by NBCC.
- A continuing education certificate emailed to participants after the workshop.
- Lunch for on-site participants.
- Parking for on-site participants.

Workshop details and handout:

For details regarding this workshop and handouts for those who register, visit

<https://uhcno.edu/academics/ways-to-learn/continuing-education.php>

About the presenters:

Gerald Corey, EdD, ABPP, is Professor Emeritus of Human Services and Counseling at California State University at Fullerton. He presently holds the position of Distinguished Visiting Professor of Counseling at the University of Holy Cross in New Orleans, where each semester he teaches intensive courses in counseling theories, group counseling, and ethics. He received his doctorate in counseling from the University of Southern California in 1967. He was awarded an honorary doctorate in Humane Letters in 1992 from National Louis University. He is a Diplomate in Counseling Psychology, American Board of Professional Psychology; a licensed psychologist; and a National Certified Counselor. He is a Fellow of the American Psychological Association (Division 17, Counseling Psychology; and Division 49, Group Psychotherapy); a Fellow of the American Counseling Association; and a Fellow of the Association for Specialists in Group Work. Both Jerry and Marianne Corey received the Lifetime Achievement Award from the American Mental Health Counselors Association in 2011, and both of them received the Eminent Career Award from ASGW in 2001. Jerry was the recipient of the Outstanding Professor of the Year Award from California State University at Fullerton in 1991. He received the Thomas Hohenshil National Publications Award, which was presented at the American Counseling Association's Virtual Conference in 2021. He is the author or coauthor of 16 textbooks in counseling currently in print, along with more than 70 journal articles and book chapters. Several of his books have been translated into other languages. *Theory and Practice of Counseling and Psychotherapy* has been translated into Arabic, Indonesian, Portuguese, Turkish, Korean, and Chinese. *Theory and Practice of Group Counseling* has been translated into Korean, Chinese, Spanish, and Russian. *Issues and Ethics in the Helping Professions* has been translated into Korean, Japanese, and Chinese. With his colleagues, Jerry has conducted workshops in the United States, Germany, Ireland, Belgium, Scotland, Mexico, Canada, China, and Korea with a special focus on training in group counseling.

Publications by Gerald Corey, all with Cengage Learning, include:

- *Issues and Ethics in the Helping Professions*, Eleventh Edition (2024, with Marianne Schneider Corey and Cindy Corey)
- *Theory and Practice of Counseling and Psychotherapy*, Eleventh Edition (and *Student Manual*) (2024),
- *Theory and Practice of Group Counseling*, Tenth Edition (and *Student Manual*) (2023)
- *Becoming a Helper*, Eighth Edition (2021, with Marianne Schneider Corey)
- *Groups: Process and Practice*, Tenth Edition (2018, with Marianne Schneider Corey and Cindy Corey)
- *I Never Knew I Had a Choice*, Eleventh Edition (2018, with Marianne Schneider Corey and Michelle Muratori)
- *Group Techniques*, Fourth Edition (2015, with Marianne Schneider Corey, Patrick Callanan, and J. Michael Russell)
- *Case Approach to Counseling and Psychotherapy*, Eighth Edition (2013)

The following seven books by Dr. Corey are published by the American Counseling Association:

- *Counselor Self-Care*, Second Edition (2024, with Michelle Muratori, Jude T. Austin, and Julius A. Austin II)
- *Clinical Supervision in the Helping Professions: A Practical Guide*, Third Edition (2021, with Robert Haynes, Patrice Moulton, and Michelle Muratori)
- *Personal Reflections on Counseling* (2020)
- *The Art of Integrative Counseling*, Fourth Edition (2019)
- *ACA Ethical Standards Casebook*, Seventh Edition (2015, with Barbara Herlihy)
- *Boundary Issues in Counseling: Multiple Roles and Relationships*, Third Edition (2015, with Barbara Herlihy)

- *Creating Your Professional Path: Lessons From My Journey* (2010)

Jerry has also made several educational video programs on various aspects of counseling practice: (1) *Counseling with the Case of Gwen* (2019); (2) *Group Theories in Action* (2019); (3) *Ethics in Action* (2015, with Marianne Schneider Corey and Robert Haynes); (4) *Groups in Action: Evolution and Challenges* (2014, with Marianne Schneider Corey and Robert Haynes); (5) *Counseling with the Case of Stan and Lecturettes* (2013); and (6) *Lecturettes for Theory and Practice of Group Counseling* (2012).

Co-Presenter:

Dr. Jamie Bludworth received his doctorate in counseling psychology from Arizona State University. He is a licensed psychologist, clinical professor, and Director of the Counselor Training Center at Arizona State University. Dr. Bludworth's primary areas of professional interest include: crisis assessment and intervention, training and supervision, and administrative and systemic practices that improve client and trainee outcomes. He is active in the American Counseling Association where he has been an invited speaker with Gerald Corey at every ACA national conference since 2010. He has taught group counseling, counseling theories, diagnostic, and practicum courses at the graduate level. He also played the role of Stan in Gerald Corey's *DVD for Theory and Practice of Counseling and Psychotherapy: The Case of Stan and Lecturettes* (2013).

Recent publications by Jamie Bludworth include:

Tracey, T. J. G., Bludworth, J., & Glidden-Tracey, C. E. (2012). Are There Parallel Processes in Psychotherapy Supervision? An Empirical Examination. *Psychotherapy: Theory, Research, Practice, Training*, 49(3): 330-343

Bludworth, J., Tracey, T.J.G., & Glidden-Tracey, C. (2010). The bi-level structure of the Outcome Questionnaire-45. *Psychological Assessment*, 22(2): 350-355.

Parking for the workshop:

LSU Health Sciences Center

433 S. Johnson Street (gravel parking lot) & 533 S. Johnson (parking lot)

Lunch for in-person participants:

Lunch will be provided for those participants who attend in-person. Box lunches will be available and will include options for participants with special dietary needs including vegetarian, vegan, and gluten-free. The price of the lunch is included in the in-person participant registration fee.

NBCC approval of continuing education hours:

The University of Holy Cross has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4268. Programs that do not qualify for NBCC credit are clearly identified. The University of Holy Cross is solely responsible for all aspects of the programs.



Workshop schedule:

Participants must attend the entire workshop to earn 6.5 continuing education hours.

Times listed are for the Central Time Zone.

Note: A variety of teaching approaches will be used to make this workshop a lively and meaningful experience for all who attend. There will be brief lectures by the co-presenters on each of the theories listed below, opportunities for discussion, videos of counseling sessions, and there may be brief role-playing demonstrations of counseling with individuals as a way to illustrate theory in action.

9:00-10:30 Session I: Introduction and Psychodynamic & Adlerian Approaches

- Introduction to workshop
- Role of theory in counseling practice
- Psychoanalytic and psychodynamic approaches
- Adlerian counseling and therapy
- Counseling Stan from Adlerian perspective
- Theme of integration of therapeutic approaches
- Common factors as a basis for integration

10:30-10:45 Morning Break

10:45-12:30 Session II: Experiential and Relationship-Oriented Approaches

- Existential therapy
- Person-centered therapy
- Counseling Stan from Existential perspective
- Counseling Stan from Person-Centered perspective
- Motivational interviewing
- Gestalt therapy
- Understanding and Working with Resistance in Therapy
- Stages of Change

12:30 - 1:30 Lunch Break

1:30-3:00 Session III: Cognitive-Behavioral Approaches

- Third wave behavior therapy: Mindfulness and Acceptance Approaches, Dialectical Behavior Therapy, Acceptance and Commitment Therapy
- Cognitive-behavior therapy
- Rational emotive behavior therapy
- Reality therapy & Choice theory
- Counseling Stan from CBT perspective

3:00-3:15 Afternoon Break

3:15-5:00 Session IV: Postmodern and Integrative Approaches

- Solution-focused brief therapy
- Narrative therapy
- Feminist therapy
- Common factors approach
- Integrative approaches to counseling practice
- Designing your own integrative approach to counseling practice
- Wrap Up and Evaluation: Key Messages and Main Take Aways

Workshop rationale and learning objectives:

- Rationale: *Counseling Theory in Practice* is based on contemporary counseling theories, with an emphasis on the practical applications to counseling practice. The workshop is aimed at helping participants formulate

their personal perspective on counseling practice. Counselors working with diverse client populations in a variety of settings need to be familiar with a range of theoretical approaches in order to best serve the needs of their client group. This full-day workshop is based on the assumption that counseling practitioners need to have a firm grasp of theory as a basis for effective practice. This workshop provides an overview of key concepts and techniques based on wide range of contemporary theoretical approaches to counseling.

- Learning Objectives: After attending this workshop, *Counseling Theory in Practice*, it is expected that participants will be better able to do the following:
 - Describe how to conceptualize a variety of counseling techniques and approaches in an integrative approach.
 - Understand the role of cognition, emotion, and behavior in counseling.
 - Understand the contributions and limitations of contemporary theories of counseling in working with culturally diverse clients.
 - Identify key concepts and selected techniques associated with the various counseling theories.
 - Explain how the therapeutic relationship is central to outcomes, regardless of one's theoretical orientation.
 - Describe the basic ideas of their own counseling orientation and personal style of counseling practice.
 - Participants will be invited to ask questions and will receive an extensive package of notes describing the key themes explored in the workshop.

Contact for further information:

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University of Holy Cross

<https://uhcno.edu/>

Counseling Degree Programs

<https://uhcno.edu/ceb/counseling/counseling-phd.php>

Counseling Continuing Education and Study Abroad Opportunities

<https://uhcno.edu/academics/ways-to-learn/index.php>



Louisiana State University Health Sciences Center School of Allied Health

<https://alliedhealth.lsuhscc.edu/>

Department of Counseling

<https://alliedhealth.lsuhscc.edu/crc/default.aspx>