

## Therapy with Children - Adolescents

This course focuses on essentials of therapy with children, adolescents, and the family system in which they live. Students have the opportunity to explore and practice directive and non-directive treatment interventions while examining issues such as emotional age, nervous system regulation, and brain development. The therapist's role and use of mindfulness, emotional congruence, and attunement are also addressed. Students have the opportunity to explore specific topics such as aggression, art, sand, puppets, and family play. Adoption, ADD and ADHD, trauma, sensory processing issues, addiction/cutting, and other issues commonly related to children and teens are also covered. Prerequisite: CNST620.

Course Number: CNST780

Unit: 2.0

Program: GRAD Transpersonal Coun