

Continuing Education Courses for Social Workers, Counselors and Marriage Family Therapists

California Board of Behavioral Sciences recognizes Homestead Schools, Inc. approvals by ASWB, NBCC. Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider Number BAP 613, Expiring on 3/31/2027. Note: Mandatory courses: Domestic Violence (#7010); Medical Errors (#7011). Our home study courses in clinical supervision will not qualify you to become a supervisor; they're strictly for continuing education. Florida requires 16 clock hours of didactic and interactional instruction in supervisory training. Accepted by the SOH, CSWMFTB for continuing education.

Toll Free
(800) 253-0088

Homestead Schools, Inc., provider #1070, Approval Period 04/02/2023 - 04/02/2026, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org. Social workers should contact their regulatory board to determine course approval. Approved Continuing Education (ACE) program. Exp. 4/2/2026. Homestead Schools, Inc. maintains responsibility for the program. Participants are responsible to make sure that these courses meet their state's CE requirements and are appropriate for their individual learning needs. Homestead Schools, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6117. Programs that do not qualify for NBCC credit are clearly identified. Homestead Schools, Inc. is solely responsible for all aspects of the program.

Reach us online:
HomesteadSchools.com

ETHICAL DILEMMAS IN PSYCHOTHERAPY

by Samuel J. Knapp, EdD, Michael C. Gottlieb, PhD, ABPP, #7317
Mitchell M. Handelman, PhD (202 p.) Reg. Price \$79.95
8 Contact Hours NBCC approved Now \$72.95

Mental health workers often find themselves in an ethical quandary where there doesn't seem to be an easy solution. This book presents positive ethics with numerous vignettes as a means to overcome such ethical challenges. The positive approach focuses on not just avoiding negative consequences, but reaching the best possible outcomes for both the therapist and the client.

PSYCHIATRIC AND MENTAL HEALTH CARE (378 p.) # 7201

by Linda Carman Copel, RN, MSN, PhD Reg. Price \$79.95
8 Contact Hours NBCC approved Now \$66.95

• Treatment modalities and therapeutic communication • Disorders first evident in infancy, childhood, and adolescence • Delirium, dementia and amnesic disorders • Substance-related disorders, schizophrenia • Mood anxiety, somatoform, dissociative, eating, adjustment and personality disorders • Includes all the new DSM-IV classifications

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Over 30,000 Americans and almost one million persons worldwide die by suicide each year, making it one of the leading causes of death throughout the lifespan. Suicide attempts outnumber deaths by suicide by a ratio of at least 25 to 1 and those who attempt suicide are at high risk of later death by suicide or of additional suicide attempts. Suicide risk is one of the most frequent reasons for admissions to inpatient psychiatric units.

SEX MATTERS FOR WOMEN # 7070

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• Adult sexuality • Sexual response • Reproduction and beyond • Body image • Illness and disability • STDs • Creating a better sexual relationship • Overcoming sexual difficulties—low sexual desire, low sexual arousal, orgasm difficulties • Sex therapy

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• Culturally competent system of care • Developing cultural competence • Four underserved/underrepresented racial/ethnic groups - Hispanics, African Americans, Asians, American Indians • Cultural competence in serving children, adolescents, and older Americans

The Duty to Protect:

ETHICAL, LEGAL, AND PROFESSIONAL ISSUES FOR MENTAL HEALTH PROFESSIONALS #7322

10 Contact Hours NBCC approved \$79.95
by James L. Werth, Jr. PhD, Elizabeth R. Welfel, PhD., G. Andrew H. Benjamin, JD, PhD (282 p.)

Discusses the legal and ethical foundations of the duty to protect and the duty to warn. Risk assessment to others in cases involving threats of homicide, intimate partner violence, stalking, the transfer of communicable diseases.

HEALTHY IMMUNE SYSTEM #7060

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by Vijay Fadia (427 p.)
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• Understanding the immune system • Anatomy of the immune system • Cells and secretions of the immune system • Mounting an immune response • Self and nonself • Immunity - natural and acquired • Privileged immunity • Immunity and cancer • Immune system and nervous system • Disorders of the immune system • Autoimmune diseases • Primary immune deficiency • Chronic fatigue and immune dysfunction syndrome • Defenders of our immune system • Role of exercise, stress, pregnancy, depression, nutrition, viral infections, laughter, sleep, alcohol, cholesterol and triglycerides, pollution • Foods that harm and foods that heal • Plant sterols and sterols • 5 steps to optimal immunity • Eating too much depresses immunity • Killer sugar • Fabulous fiber • Reprogramming the immune system • Bacteria that strengthen the immune system • Whole body protection • 3 amino acids that can strengthen the immune system • Acupressure points for strengthening the immune system • Beta Glucan activates the immune system • Help for people with severely weakened systems

Case Studies

CHILD AND ADOLESCENT PSYCHOPATHOLOGY

by Robin K. Morgan (122 p.) # 7305 Reg. Price \$79.95
12 Contact Hours NBCC approved \$6! Now \$73.95

Cases: • Mild Mental Retardation • Autistic Disorder • Attention Deficit Hyperactivity Disorder • Oppositional Defiant Disorder • Conduct Disorder • Encopresis, Secondary Type • Social Phobia • Selective Mutism • Alcohol Dependence, with Physical Dependence • Paranoid Schizophrenia • Major Depressive Disorder • Gender Identity Disorder in Children • Bulimia Nervosa, Purging Type • Psychological Factors Affecting Medical Condition • Anorexia Nervosa, Restricting Type • Sleep Terror Disorder; Sleepwalking Disorder • Physical Abuse of Child

ETHICS IN PLAIN ENGLISH #7814

by Thomas F. Nagy, Ph.D. (349 p.) Reg. Price \$79.95
8 Contact Hours NBCC approved Now \$75.95

This course provides practical interpretation to the code of ethics followed by case vignettes highlighting ethical, legal, and clinical dilemmas.

LEGAL AND ETHICAL DILEMMAS # 7900

6 Contact Hours (156 p.) NBCC approved \$5! \$64.95

Advanced medical directives; DNR; right to die; living will; durable power of attorney; right to refuse treatment; patient's right to privacy; informed consent.

SUBSTANCE ABUSE #7220

by Fran Rooney, RN, BS (236 p.)

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6 Contact Hours**Not approved for NBCC** **Now \$53.95**

• Understanding addiction; addictive personality • Biological, cultural and social factors • Behavioral factors of substance abuse • Medical complications • Dynamics of the family • Intervention; nurse's role in counseling • Treatment, recovery and support systems

ANXIETY AND DEPRESSION #7205**12 Contact Hours** (175 p.)**NBCC approved****Sale Price \$71.95**

Detection, diagnosis and treatment of major depression; symptoms of a panic attack; causes and treatment; overview of mood disorders; symptoms of depression and mania; types of depressive illness; depression co-occurring with other psychiatric and medical disorders; depression associated with medications; depression in women, adolescents and elderly; special situations: suicidal patient, geriatric depression, seasonal depression; costs, benefits and harms of treatment; acute phase treatment with medication and psychotherapy.

WOMEN'S HEALTH #7510**12 Contact Hours** (274 p.)**Save \$10!**
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Breast cancer; women and AIDS; preventing TSS; yeast infections; nutrition; eating disorders; infertility; contraceptives; pregnancy; medication and labor; uterine fibroids; silicone breast implants; cosmetic ingredients and safety; hair dyes; ovarian cancer; menopause; HRT; osteoporosis; heart disease – risk factors and prevention.

MANAGING PAIN BEFORE IT MANAGES YOU**7 Contact Hours** (222 p.) **#7490****Not approved for NBCC****Save \$12!**

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\$67.95

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PANIC DISORDER #7370**8 Contact Hours****NBCC approved**

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Could you have panic disorder? Signs and symptoms and diagnosis of panic disorder; effective treatment; cognitive-behavioral therapy; pharmacological approach.

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A must-have resource for mental health practitioners whose work responsibilities include clinical supervision. A practical hands-on workbook.

TREATMENT FOR CHRONIC DEPRESSION
Cognitive Behavioral Analysis System of Psychotherapy (CBASP)by James P. McCullough, Jr. Ph.D. **#7105****10 Contact Hours** (326 p.)**NBCC approved****\$72.95**

• CBASP and the psychopathology of the chronically depressed patient • Course patterns, comorbidity, and psychological characteristics • Strategies to enhance motivation for change • Elicitation and remediation phase of situational analysis • Using the therapist-patient relationship to modify behavior • Resolving common patient problems and crises

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• Dimensions of conflict • Difficult people that cause conflict • Manager as a conflict negotiator • Nine-step model to manage conflict • Five styles of conflict resolution • Strategy to defuse conflict • Criticism • Assertiveness skills

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Ethical issues: ethical decision making, diversity, nondiscrimination, client welfare, confidentiality, informed consent, multiple clients, intimate partner violence, managed mental health care, dual relationships. Legal issues: duty to protect, child abuse and neglect, professional liability, family law. Professional issues: AAMFT, state licensure.

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A Practitioner's Guide**INTERVIEWING CLIENTS ACROSS CULTURES**by Lisa Aronson Fontes, PhD **#7704**

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Why you and your partner always have the same fights - and how you can:
• Defuse your arguments before they blow out of control • Accept the ways you are different-without putting up with unfair behavior • Respect one another's emotional needs • Identify what can and can't be changed in each of you • Create greater intimacy in your relationship.

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ASSERTIVENESS #7525

Not approved for NBCC

\$63.95

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INSOMNIA, SLEEP APNEA, NARCOLEPSY #7100

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NBCC approved

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• Test your sleep I.Q. • How much sleep do we need • Brain basics: Understanding sleep • Sleep Disorders • Insomnia: Assessment and management in primary care • Problem sleepiness • Consequences of problem sleepiness for adolescents and young adults • Narcolepsy • Restless legs syndrome • Sleep apnea • Natural treatments for insomnia • How do I cure insomnia • Women and sleep

CHILD ABUSE #7300

by Fran Rooney RN, BS

6 Contact Hours

NBCC approved

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After completing this course, you'll be able to answer the basic questions about child maltreatment, recognize child abuse and provide effective intervention. You'll be able to provide psychological and medical support to the maltreated child and protect yourself against legal liability. The book features a checklist of telltale signs of child abuse.

MOTIVATIONAL INTERVIEWING IN #7361

NUTRITION AND FITNESS (276 p.)

by Dawn Clifford and Laura Curtis

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Making and maintaining lasting changes in nutrition and fitness is not easy for anyone. Yet the communication style of a health professional can make a huge difference. This book presents the proven counseling approach known as motivational interviewing (MI) and shows exactly how to use it in day-to-day interactions with clients.

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Increasing your stress resistance

STRESS MANAGEMENT #7050

by Barbara A. Brehm (375 p.)

Not Approved in Ohio

10 Contact Hours

NBCC approved

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• Health behavior and environmental influences • The fight-or-flight response • Nutrition health and stress • Coping strategies and problem solving • Time management: changing values, making decisions, and setting values • Organization and confronting procrastination • Communication skills • Physical activity and stress resistance • The pleasure principle • Changing your perception of stress • Self-esteem • Relaxation techniques • Meditation and visualization

THE ETHICS OF PROFESSIONAL PRACTICE

by Richard D. Parsons #7318

Reg. Price \$79.95

8 Contact Hours

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Mental health professionals must be sensitive to ethical standards and dilemmas, particularly given the increase in litigation surrounding ethical issues. This course leads the reader through a personal journey of discovery, assessment, and clarification of values and ethics, thus becoming an ethical practitioner. The text reflects the ethical codes of the NASW, AAMFT, ACA and APA.

CLINICAL SUPERVISION #7630

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• Identify psychological and physiological reasons for obesity.
• Discuss reasonable and physically attainable goals for the patient.
• Design a weight management plan tailored to the needs of the patient.
• Discuss role of behavior modification, diet, nutrition, exercise, smoking, and lifestyle factors.
• Discuss motivational techniques, positive imaging, family and peer support, and long-term maintenance.

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• Epidemiology of substance abuse among women • Health impact on women • Physiological and psychological effects of STD • Substance abuse in specific women populations • Outreach; community and support groups • Treatment methods and modalities • Intake, orientation and assessment processes • Continuing care and followup

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Diagnostic criteria for abuse and dependence • Fetal alcohol syndrome • Alcohol withdrawal syndrome • Neurobiology of drug addiction • Principles of drug addiction treatment • Individual drug counseling • Relationship counseling • Cognitive-behavioral therapy • Drug avoidance skills

COUNSELING CLIENTS NEAR THE END OF LIFE

by James L. Werth, Jr.

7337

7 Contact Hours

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A requisite course for all counselors working with terminally ill clients and their families. Addresses issues of age, ethnicity and religion. Also, cultural diversity, ethical challenges, laws and regulations and advance directives. The book discusses how to manage symptoms of depression, anxiety and cognitive impairment near the end of life.

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• Characteristics of family violence • Physical and sexual child abuse and neglect • Professionals and their response to child abuse • Spousal abuse • The criminal justice response to spousal abuse • Elder abuse • Gay and lesbian abuse • Special populations and family violence • Women and sexual violence • Stalking • The consequences of family violence • Victim's rights

MOTIVATING SUBSTANCE ABUSERS TO ENTER TREATMENT # 7267

(289 p.)

by Jane E. Smith, PhD; Robert J. Meyers, PhD

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What can you do for someone who refuses to get help? Quite a lot. Authors describe the CRAFT method that's highly effective not only in reducing family members' distress, but also in getting their loved one into treatment.

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by Dr. Christopher Fairburn

NBCC
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Find out who binges and why, if binge eating is an addiction, how binge eating differs from overeating. Overcome the urge to binge. Gain control over eating behavior. Reduce the risk of relapse. Establish stable, healthy eating habits.

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ETHICAL DECISION MAKING IN SOCIAL WORK

by Wade L. Robison, B.A. Ph.D. # 7810

Linda Reeser, B.A., M.S.W., Ph.D.

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Ethics in social work • Tracking harms • Appealing to the Code of Ethics • Ethical theories • Clients • Intervention and self-determination • Dual relationships • Conflicts of interest • Peer relations • Agencies • Internal and external ethical problems • Conflicts between agencies • Agencies in competition

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3 Contact Hours

Abbreviated version of the above course.

\$59.95

ANGER MANAGEMENT #7535

by Howard Kassinove, Ph.D.

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Whether you work in private practice, clinic, hospital or criminal justice system, if you see angry clients, this indispensable resource for practitioners will give you powerful tools to help them understand, manage, and prevent unhealthy anger. Complete with dozens of case examples, exercises, and easy-to-use informative client handouts.

BIPOLAR DISORDER # 7249

by Janelle M. Caponigro, MA, Sheri L. Johnson, PhD, et al.

5 Contact Hours (176 p.)

NBCC approved

\$73.95

For a mental health professional, this book will help provide answers to their clients about managing manic episodes, coping with periods of depression, or finding the right treatments.

HANDBOOK OF # 7211

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This handy, fast-access guide can be used by a health professional in any clinical setting. Evaluate a psychiatric problem with accuracy and speed, stabilize the patient, provide interpersonal or educational interventions and monitor drug treatments. Alcohol and drug-abuse emergencies, schizophrenia and mania, violent patient, self-destructive patient, depression, domestic abuse, child and adolescent emergencies, psychotropic drug reactions, etc.

DEMENTIA # 7248

by Susan M. McCurry, PhD and Claudia Drossel, PhD

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8 Contact Hours (204 p.)

NBCC approved

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Dementia is a life-altering diagnosis for patients and loved-ones alike. The progressive disease causes cognitive, emotional, and behavioral changes that can frustrate the efforts of even the most dedicated caregivers and treatment can be a supremely challenging experience, even for seasoned healthcare professionals, such as nurses, social workers, psychologists, and physicians. The authors have presented evidence-based contextual model of dementia care that lays out broad intervention strategies, and encourages readers to use their own creativity and inner resources to develop appropriate solutions for each unique situation and individual.

MEDICAL ERRORS

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7011

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7010

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SWM-49 9/25

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THE THERAPIST'S GUIDE TO PSYCHOPHARMACOLOGY #7110

by JoEllen Patterson, PhD; A. Ari Albala, MD;
Margaret E. McCahill, MD; Todd M. Edwards, PhD
8 Contact Hours NBCC approved (310 p.) Reg. Price \$79.95
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Save \$6!

This indispensable book provides therapists and counselors with crucial knowledge about psychotropic medications: when and how to make medication referrals, ways to help patients handle questions and problems that arise, and the ins and outs of combining medication and psychotherapy effectively. The book explains how medications work in the brain and discusses their impact on emotions, behavior, and relationships. Particular attention is given to strategies for collaborating successfully with prescribers.

TREATING ALCOHOL AND DRUG PROBLEMS #7263

by Arnold M. Washton, PhD
Joan E. Zweben, PhD (312 p.)
8 Contact Hours NBCC approved
Highly recommended! Save \$12!
\$70.95

• Nature, course, and diagnosis of substance use disorders • Pharmacology of psychoactive substances • Integrated approach • Addressing concurrent psychiatric and substance use disorders • The role of medications • Clinical strategies and techniques • Preventing relapse • Group therapy

TREATING BIPOLAR DISORDER #7250

A Clinician's Guide to Interpersonal and Social Rhythm Therapy
by Ellen Frank, PhD (212 p.)
10 Contact Hours NBCC approved Reg. Price \$79.95
\$75.95

This innovative manual presents a powerful approach for helping people manage bipolar illness and protect against the recurrence of manic or depressive episodes. Interpersonal and social rhythm therapy focuses on stabilizing moods by improving medication adherence, building coping skills and relationship satisfaction, and shoring up the regularity of daily rhythms or routines. Each phase of this flexible, evidence-based treatment is vividly detailed, from screening, assessment, and case conceptualization through acute therapy, maintenance treatment, and periodic booster sessions.

MIND-BODY WORKBOOK FOR ANXIETY #7203

Effective Tools for Overcoming Panic, Fear and Worry
by Stanley H. Block, MD, et al. (200p.)
6 Contact Hours NBCC approved
\$69.95

Clients with anxiety may find it difficult to navigate the challenges of everyday life—especially if they suffer from panic attacks, phobias, or social anxiety. Mind-body bridging is a proven-effective approach that shows clients how to regulate the thoughts and emotions that can trigger anxiety.

CLINICAL SUPERVISION #7635

by Robert I. Cohen (353 p.)
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• Beginning the supervision • The supervisory contract • Developing the relationship: Supervisor skills and attributes • Cultural competence • The individual and group formats for supervision • Assessment • Formative assessment, goals for growth, and contract revision • Intervention: The supervisor's clinical role • Intervention: The supervisor's administrative role

SELF-DISCLOSURE IN PSYCHOTHERAPY #7145

by Barry A. Farber, PhD. (242 p.)
7 Contact Hours NBCC approved Save \$14!
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Self-disclosure is a very hot, current topic. Rich with detailed case material, the book tackles such compelling questions as: • When and how self-revelation can enhance healing and change • What types of disclosure may be harmful • Why either party may fail to reveal important information • The impact on disclosure of race, gender, cultural, and sexual orientation • How to use disclosure to strengthen the therapeutic relationship • Special considerations involved in disclosing to children.

A separate chapter discusses supervision, covering how supervisors and supervisees decide what to share with each other, what kinds of disclosures each is likely to find helpful or unhelpful, and how this issue affects the quality of the alliance and the work that is accomplished.

ANXIETY DISORDERS AND PHOBIAS: #7204

A Cognitive Perspective (343 p.)
by Aaron T. Beck, M.D., Gary Emery, M.D.

Save \$10!

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