



# COURSE CATALOG

*January - July 2024 Courses*





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## Foundations of the International Model Online Training



**Facilitator:** [Cheryl Brown](#)

Fostering best practices among international school counselors is the goal of the International Model for School Counseling Programs. It acts as a manual for creating, evaluating, and improving counseling programs all throughout the world. This course deepens comprehension of the Model's flexibility in developing an all-encompassing school counseling program, providing counselors with useful advice and resources they may use right away in their work.

**Dates:** January 16, 18, 23 & 25, 2023

**Course hours:** 12

## Youth Mental Health First Aid



**Facilitator:** [National Council for Behavioral Health](#)

Youth Mental Health First Aid is a skills-based training course that introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include depression and mood disorders, anxiety disorders, trauma, psychosis and substance use disorders.

**Dates:** January 23 & 25, 2023

**Course hours:** 7

## The Culturally Competent Counselor: Enhancing Your Skills to Better Serve Diverse Students



**Facilitator:** [Dr. Christina Limbird and Chineme Ugbor](#)

This course offers an opportunity to explore the research on culture matching in counseling relationships, specifically in the context of international school counseling. By considering different perspectives and findings, we aim to draw conclusions that are relevant and applicable to our unique setting. Real-life case studies of culture matching in international school counseling will also be presented, providing practical insights for counselors.

**Dates:** January 30, 2023

**Course hours:** 3



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## **Child Safeguarding: Preventing and Responding to Peer-On-Peer Sexual Abuse**

**Facilitator: Jordan Greenbaum, MD**

School counselors play a variety of roles in child safeguarding. They may serve as a member of the child safeguarding team, act as the designated safeguarding lead, provide support to students involved in safeguarding issues, or function as a first responder when concerns arise.

**Dates: 01 February 2024**

**Course hours: 9**

## **Implementing a Trauma Informed School Program**

**Facilitator: Janice Holland**

Adverse life experiences (trauma) has an impact on students and the entire school system. When school counselors and administrators understand the multiple ways trauma can impact all stakeholders, they are empowered to tailor their leadership and school counseling program to accurately meet the needs of students and staff.

**Dates: February 8, 15 & 22, 2024**

**Course hours: 9**

## **Restorative Conversations Inside and Outside the Classroom**

**Facilitator: Andrew McGeehan**

Discover the transformative power of Restorative Justice (RJ) in education. This course offers educators an in-depth understanding of RJ principles and practices. Learn how to foster meaningful relationships, promote accountability, and repair harm within learning communities. Gain the skills to facilitate restorative conversations, creating a culture of connection, conflict resolution, and student empowerment.

**Dates: February 13, 20 & 27, 2024**

**Course hours: 9**





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## **Supporting SEL Through Art Therapy: Strategies for Artists and Non-Artists Alike**

**Facilitator: Sarah Kwawu**

Unleash the power of art therapy techniques to help students express themselves, cope with emotions, and thrive. This interactive course explores the benefits of art-making, creating a safe space, facilitating conversations, selecting materials, and using art as an assessment tool. Even if we ourselves are not comfortable making art, we can harness the power of creative practice as a tool to help our kids flourish.

**Dates: March 12, 14 & 19, 2024**

**Course hours: 9**

## **One Trusted Adult: Foundations for Educators**

**Facilitator: Brooklyn Raney**

This training provides language and resources for counselors and educators to work together to build strong connections and healthy boundaries with young people that lead to authentic, productive, and sustainable school-based relationships.

**Dates: March 1 to May 1, 2024**

**Course hours: 9**

## **Boundaries to Bridges: Reclaiming Your Time Through Advocating for Protocols in College Counseling**

**Facilitator: Jaime LaDawn Roy**

Learn powerful organizational tools that empower College Counselors to establish and maintain professional boundaries, safeguarding their programs and advocating for their crucial role within the time sensitive university admissions process. Explore strategies to amplify your voice at the leadership table through effective, data-driven day-to-day planning.

**Date: April 16, 2024**

**Course hours: 3**



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## **Solution Focused Brief Therapy (SFBT): Foundations Part 1**

**Facilitator: Debbie Hogan**

This training provides essential elements for understanding the origins, history, development, philosophy, key assumptions, and the basic structure for conducting a first session process in SFBT.

Participants will be led through the solution-building process, step by step. Each step includes sharing content, and application of SF-oriented questions, followed by a demo and practice.

**Option 1: April 8, 15, 22 and 29, 2024 @ 12-3 PM GMT (3 hours each day)**

**Option 2: April 8, 15, 22 and 29, 2024 @ 6-9 AM GMT (3 hours each day)**

**Option 3: June 25, 27 and July 2 @ 1 - 5 PM GMT (4 hours each day)**

**Option 4: June 25, 27 and July 2 @ 7 - 11AM GMT (4 hours each day)**

**Course hours: 12**





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## **Foundations of the International Model ON-SITE TRAINING IN TANZANIA**



**Facilitator: Brooke Fezler**

The course is specifically designed to enhance your understanding of the new ISCA International Model 2nd edition, which is aimed at establishing a comprehensive school counseling program. As a participant, you will gain valuable insights, practical strategies, and relevant resources that can be immediately applied to enhance your school counseling program.

**Date: May 4 to 5, 2024**

**Course hours: 15**

## **Solution Focused Brief Therapy (SFBT): Foundations Part 2**



**Facilitator: Debbie Hogan**

This training provides the essential elements and process for conducting a follow up session utilizing the elegant questioning skills in SFBT. Follow up sessions differ from first session process in that the counselor is curious about what has improved or changed, even just a little bit, and building on the goal or desired outcome established in the first session.

**Option 1: June 3, 10, 17 and 24, 2024 @ 12-3 PM GMT (3 hours each day)**

**Option 2: June 3, 10, 17 and 24, 2024@ 6-9 AM GMT (3 hours each day)**

**Option 3: July 7, 11 and 16, 2024 @ 1 - 5 PM GMT (4 hours each day)**

**Option 4: July 7, 11 and 16, 2024@ 7 - 11AM GMT (4 hours each day)**

**Course hours: 12**



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## **Solution Focused Brief Therapy (SFBT): Microskills**

**Facilitator: Debbie Hogan**

Microskills in Solution Focused Brief Therapy enhances the confidence and capability of the participants by finely tuning the use of the elegant SF questions. SFBT Part 1 and 2 teaches a basic framework for the first and session sessions. This module enhances the use of the questions to expand and explore the client's world, thinking and experience even deeper. The ability to build on the questions and know what to ask next is enhanced.

### **Certification Pathway**

If you're interested in earning certification, Foundations 1 and 2 can be applied. What remains is the Supervision +Assessment+Self study = 14 hrs

Certification: "Certified Solution Focused Practitioner"

Requirements, Total 50 hrs

- Module 1: Foundations 1, (12 hrs)
- Module 2: Foundations 2, (12 hrs)
- Module 3: Microskills in SF, (12 hrs)
- Supervision (3 hrs)+Assessment (1 hr) +Self study (10 hrs)

\*\*Upon successful completion of the full 50 hours, participants will earn: "Certified Solution Focused Practitioner" certification, from Academy of Solution Focused Training, Accredited by IASTI.

**Option 1: August 5, 12,19 and 26, 2024 @ 12-3 PM GMT (3 hours each day)**

**Option 2: August 5, 12,19 and 26, 2024 @ 6-9 AM GMT (3 hours each day)**

**Option 3: July 23, 25 and 30, 2024 @ 1 - 5 PM GMT (4 hours each day)**

**Option 4: July 23, 25 and 30, 2024@ 7 - 11AM GMT (4 hours each day)**

**Course hours: 12**