

CONTEMPORARY COGNITIVE BEHAVIORAL THEORIES FOR HELPING PROFESSIONS

You'll get:

- modern, evidenced-based tools for managing anxiety, depression, and other forms of stress.
- **experiential activities** and lessons from "Third Wave" theories (e.g. ACT, DBT, Art Therapy)
- strategies that can be used in a variety of professions (e.g. Social Work, Teaching, Counseling, Wilderness Therapy, etc.).

This course is <u>online</u> and counts toward the <u>Positive Psychology Certificate</u>!

Got Questions? Contact Mae Larsson: mae.larsson@psych.utah.edu

REGISTER TODAY! EDPS 5960-091 "NEW THEORIES FOR HELPING PROF"