



Therapeutic Homework

PRESENTER:
Ann Garland, Ph.D.

DATE AND TIME:
November 13, 2017
8:30 am to 12:30 pm

LOCATION:
6505 Alvarado Road
Suite 107, Rm 205
San Diego, CA 92120

COURSE DESCRIPTION:

Using therapeutic homework can enhance positive outcomes in child and family therapy, as well as help in anticipating how to overcome barriers, such as the program participant's reluctance or refusal. This training will include didactic sessions highlighting the evidence for the value of using therapeutic homework. Additionally, a variety of "apps", which can supplement therapy sessions and facilitate skill-building activities and mood/behavior tracking in between therapy sessions, will be introduced.

AUDIENCE: CYF-BHS counselors, family and youth support partners, therapists, case managers, and other direct service providers working with children, youth, and families.

TRAINER:

[Ann Garland, Ph.D.](#)

LEARNING OBJECTIVES:

Upon completion of this training participants will be able to:

- Describe a rationale for using therapeutic homework to enhance psychotherapy outcomes.
- Identify at least three types of therapeutic homework for use with children and families.
- Demonstrate strategies to overcome potential client resistance to completing therapeutic homework.
- Demonstrate the use of, and critique the strengths and weaknesses of, at least three different types of homework "apps."

REGISTRATION: If you *already have an account*, [click here](#) to register. If you do not already have an account in the LMS you will need to open an account. Please see [Creating an Account](#) on our website for more details. Email BHETA@mail.sdsu.edu have any questions. This training is FREE of charge to County employees and contractors.

CONTINUING EDUCATION: This course meets the qualifications for 4 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0818, and CAADE Provider # CP10-906-CH0320 for 4 contact hours/CEHs. The Academy maintains responsibility for this program and its content. CE certificates will be available for download 3-5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievances Procedure](#).



Behavioral Health Education and Training Academy (BHETA) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.

