



Therapeutic Homework

(Course code: BH0090)

TRAINER:
Ann Garland, Ph.D.

DATE AND TIME:
May 23, 2018
12:30 pm to 4:30 pm

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

COURSE DESCRIPTION:

[Training Outline](#)

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 reviewed.

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.
- Identify at least one resource for finding app's for use in homework and demonstrate use of at least three different types of homework "apps."

REGISTRATION: If you already have an account, you may search for the course by name or provided course code. [Click here](#) to log into the LMS to register. If do not already have an account in the LMS you will need to open an account. Please [click](#) here to request an LMS account. Email BHETA@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

CONTINUING EDUCATION: This course meets the qualifications for 4 hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences, PCE 3776. The Academy is approved by the California Board of Registered Nursing, Provider Number BRN CEP-15014; CCAPP-EI, Provider Number 1S-98-398-0818, and CAADE Provider Number 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 Grievance Procedure](#)



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