



THE INTERNATIONAL CENTER
FOR HEALTH CONCERNS

Don't Just Sit There, View Something

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Had enough classes on CBT, DBT, RET, EMDR, and BVD? Want something different and stimulating? Are you tired of classes on “talk therapy?” Then **Don't Just Sit There, View Something** might be for you. This class will explore creative ways of improving the effectiveness of therapy by engaging the client in active approaches to counseling, while having fun in the process. Who every said anyway that therapy needs to be so boring?

This class explores the use of media and film in counseling. We will watch snippets of classic and not-so-classic films that can be effectively used with clients. We will discuss the use of film as a tool for discussions in groups, psycho-education, and especially, when working with men. We also will discuss the use of rituals and art in counseling. Participants in the class will have ample opportunity in this one-day class to practice their skills in the use of media in counseling. And best of all, we will provide the popcorn!

Take a break from the other classes, laugh, draw, relax while you watch Kevin Costner, Emma Thompson, Robin Williams, Jack Nickolsen, et al on films, such as *Field of Dreams*, *WIT*, *Patch Adams*, etc. And in the process, your therapy skills will improve. If you are unable to laugh, play or relax, then stay with the other classes on CBT, DBT, and RET.

Learning Objectives

Participants at the completion of the class will be able to:

- Describe five uses of the media and art in therapy
- Discuss five films and their use in diagnosis, as a teaching tool in training and clinical supervision with staff, and in counseling interventions
- Discuss the use of film in teaching ethical practices in counseling
- Describe the use of drawing and art in counseling
- Demonstrate skills in the use of media and art in counseling.

The Trainer

The trainer for this class is David Powell, Ph.D., President of the International Center for Health Concerns, Inc. Dr. Powell's only qualifications for teaching this class are his forty years clinical practice in behavioral health, and that he likes to watch movies and eat popcorn.