

A Walk in My Shoes:

Brief and Effective Cognitive Behavioral Strategies to Promote Effective Change

Program Description

The purpose of this informative, interactive gathering is twofold: 1) to learn brief and effective cognitive behavioral strategies to utilize across settings; and 2) to alter face-value assumptions and perceptions when interacting with and encountering emotionally vulnerable clients (e.g., children and adolescents).

In settings where time is a minimum, and the desire to affect positive change is of utmost importance, this workshop will assist you with gaining clarity on brief tools to effectively promote change in the lives of those with whom you serve. In addition, through real-life case examples, discover that there is often more to an individual's story than its face-value, as you learn what it means to walk in someone else's shoes.

Learning Objectives:

Upon completion of this workshop, participants should be able to:

1. Utilize brief and effective cognitive behavioral strategies across multiple settings.
2. Name assumptions and perceptions when interacting with and encountering emotionally vulnerable clients.
3. List strategies to build rapport and promote trust in the therapeutic interactions with emotionally vulnerable clients.
4. Outline a handy toolkit for time-sensitive interventions.

Target Audience

This workshop will benefit mental health practitioners, educators, human service professionals, community advocates interested in this topic.

Contact Hours

2.0 to 4.0 contact hours

Program Agenda

- Welcome, Agenda, and Ice Breaker
- Introduction: Cognitive Behavior Therapy
- Brief and Effective Cognitive Behavioral Strategies
- Increasing Awareness of Assumptions and Misperceptions When Interacting with Emotionally Vulnerable Clients: Case Samples
- Learn Strategies to Build Rapport and Promote Trust in the Therapeutic Interactions with Emotionally Vulnerable Clients
- Develop A Handy Toolkit for Time-Sensitive Interventions
- Interactive Role-Play and Exercises
- Q & A
- Adjourn

Faculty

Audrina Jones Bunton, MA, LCMHCS, is a gifted, compassionate, empathetic Licensed Mental Health Counselor and Christian Counselor. She has been effectively counseling since her youth and is currently the CEO of a private practice, *Audrina Jones Bunton, PLLC*. Counseling is “heart-work” for Audrina, and formal education and training has provided her with over 27 years of combined

experience in Christian, mental health, youth, and crisis counseling. In addition, Audrina serves as the Youth Director and Christian Counselor at the Come As You Are Evangelistic Center in Aberdeen, NC, where her mother, Lydia Jones is the pastor. Audrina is also a Certified Strategic Intervention Life Coach, and a five-time best Speaker with Toastmasters International with over 28 years combined experience as a speaker and Retreat Facilitator. She has served individuals from diverse areas, including in the home, school, community, and private practice setting, and has worked with a diversity of individuals experiencing a wide range of issues, including depression, anxiety, and traumatic life events. Professional affiliations include UNC-Chapel Hill, the American Association of Christian Counselors; International Association of Biblical Counselors Certification; National Christian Counselors Association, and Toastmasters International.