

COUN7625 : Clinical Application of Relational Frame Theory (RFT)

Relational Frame Theory (RFT) is a behavioral theory of language and cognition that can be used to understand human suffering and flourishing. This course will teach participants about the role of language in counseling. Topics addressed will include using language to activate and shape behavior change, building a flexible sense of self through perspective-taking, fostering meaning and motivation, and building and delivering metaphors. This is an advanced course and should be taken after the introductory ACT course. **Fee:** Additional fee required.

Credits 1

Fees

\$50