



MIJ INSTITUTE

Online Course – Counseling Women

Course Description:

This course will focus on issues that are particular to women, with an emphasis on psychological, cultural, developmental, sexuality, career, and mental health aspects including developmental and situational crises and those implications or techniques used to help them. Such a course would assist the counselor to develop a rationale and course of action that will guide him/her as he/she works with women and their specific issues in counseling. Students will be able to identify various women's issues and use a variety of techniques and approaches to counsel women through life's issues.

Credit: Eight (8) Contact Hours per Module

Cost: \$299.99 (Introduction Module) / \$239.99 (additional Modules)

COURSE MODULES

This course is set up in 4-week Virtual Modules! You do not have to take all of the modules, but you must take Module 1 to take any subsequent module to obtain contact hours.

Module 1 – Introduction

Week 1 – Why Counsel Women?
Week 2 – Roles of Women (Traditional vs. Contemporary)
Week 3 – Therapies / Theories
Week 4 – Case Studies

Module 2 – Considerations I

Week 1 – Cultural Considerations (Part 1)
Week 2 – Cultural Consideration (Part 2)
Week 3 – Developmental Considerations (Part 1)
Week 4 – Developmental Consideration (Part 2)

Module 3 – Considerations II

Week 1 – Abuses / Trauma
Week 2 – Week Career and Work/Life Balance
Week 3 – Grief/Loss and Religion/Spirituality
Week 4 – Caregivers and Military



Module 4 – Issues in View I

Week 1 – Mental Health (Depression / Anxiety / PTSD)

Week 2 – Substance Abuse / Eating Disorders

Week 3 – Physical Health Concerns (Heart Disease, Cancer, Infertility, Menopause, STIs)

Week 4 – Sexuality (LBTQ)

Module 5 – Work It Out (Prerequisites: Module 1 and Module 2)

Week 1 – Scenarios

Week 2 – Scenarios

Week 3 – Scenarios

Week 4 – Personal Presentations

