Sabbatical Final Summary-Wendy Berg-Spring 2020

Background

It is with great pleasure that I submit this final sabbatical summary. Perhaps needless to say, Spring 2020 did not end up being the best-timed sabbatical as a novel Coronavirus sidelined my main plan to accumulate therapy hours for my license. Nonetheless, I accomplished more than I could have imagined under the circumstances and was able to create some good information to bring back to the Counseling department.

When I applied for sabbatical, it was my original goal to complete my hours in the

Whompwriter better text and to keep the residents safe. At that time,
therapy interns were in flux and not allowed to continue hours virtually until
further notice.. It wasn't until my sabbatical was over that virtual intern hours were once again allowed. That was the end of the hoped accumulation of hours.

The second part of my goal was to complete some of the therapy licensing exams. I was thankfully able to complete the required Law and Ethics exam toward my therapy license. I really wanted to make the most out of a bad situation, so I also registered for a semester-long Cognitive Behavioral Therapy course which I thought could be applied in Academic Advising quite nicely. I put together a PowerPoint presentation for the Counseling staff and will deliver this presentation at one of our upcoming meetings. I am putting a pared-down outline of the information I plan to share with our department below.

Cognitive Behavioral Therapy applied to Academic Advising

What is Cognitive Behavioral Therapy?

- Connection between how you think, feel and react
- It's not as ridged as people sometimes make it out to be. It's not just a matter of changing your thinking.
- Addressing beliefs and underlying issues are also critical
- Looking at the patterns of responding in your lifetime and learning how to change those patterns of response.

Why Cognitive Behavioral Therapy?

- Cognitive Behavioral Therapy is the treatment of choice in the Western World for a range of different issues including many our students face such as anxiety and depression.
- It's cost-effective because it's about creating change; moving forward.
- It's about people learning skills so people relapse less frequently. It's fairly easy for students to learn the basic skills of Cognitive Behavioral Therapy

However...

- It's not a quick fix
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• It's helpful if the person likes to solve puzzles/problems