

This course counts as 1 continuing education hour.

Course Activities:

Lessons 1-4 with Practice Quizzes.

Educational Objectives:

Participants will identify previous demonstrations of the effects of self-monitoring

Participants will apply self-monitoring technique to hypothetical situations

Participants will identify ways in which a self-monitoring process may be integrated into counseling sessions

Target Audience: Certified counselors who work with children or adults in the context of counseling sessions (including clinics, hospitals, private practice and schools).

Format: Online self-study

Instructor: Valerie Evans, Ph.D.

General Statement

accessCEU is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirement. The ACEP solely is responsible for all aspects of the program.

Course Content

Lessons Status

1

[LESSON 1: Introduction to Self-Monitoring](#)

2

[LESSON 2: Self-Monitoring Applications](#)

3

LESSON 3: Data Collection and Motivation

4

LESSON 4: Data Analysis

5

Experiences and Comments

6

Final Quiz: Self-Monitoring in Counseling