

CTSP Program – Individual Consultations to the Students and Professionals

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What does our consultation program provide for students and professionals?

Our consultation program is meticulously crafted to foster a supportive environment for individuals in the realms of therapy, clinical psychology, educational psychology, and school counseling. Its primary objective is to assist them in refining their skills and employing effective strategies when working with clients, patients, or students.

Why opt for this program?

Skill Enhancement:

Through personalized coaching and training, I will assist you in refining your therapeutic skills. Together, we will pinpoint areas for development and implement targeted strategies to elevate your proficiency in various therapeutic modalities.

Integration of Therapeutic Strategies:

I will guide you in seamlessly incorporating evidence-based therapeutic strategies into your practice. Learn how to adeptly apply cognitive-behavioral techniques, dialectical behavior therapy, acceptance and commitment therapy, schema therapy, and compassion-focused therapy for optimal client outcomes.

Customized Modules:

Tailored to your specific goals and interests, I offer comprehensive modules designed to deepen your knowledge in specific areas. From advanced techniques to specialized populations, these modules will equip you with the tools necessary to address diverse challenges in your practice.

Skill Generalization:

Gain proficiency in translating learned skills to real-world scenarios. I will provide guidance and support in applying therapeutic strategies across different client presentations, ensuring that your expertise is adaptable and effective in meeting the specific needs of those you serve.

Needs Assessment and Consultations:

I conduct thorough needs assessments to identify gaps in your practice and offer targeted consultations. Together, we will develop a plan to address these gaps, enabling you to deliver more impactful and evidence-based care to your clients.

Professional Growth and Development:

Stay at the forefront of your field with ongoing professional development. I will provide you with the latest research, resources, and tools to expand your knowledge base and enhance your clinical effectiveness.

Session Format and Content:

Our sessions, conducted online for 45 minutes via Zoom, prioritize confidentiality and privacy. During these individual sessions, I collaborate with you to understand your specific needs and formulate an agenda. Discussions may encompass case reviews, challenges in therapy or counseling implementation, and collaborative problem-solving for effective treatment solutions.

In addition to case discussions, you have the option to explore therapy theories, techniques, and interventions. Topics may include adapting therapy/counseling to diverse populations and cultures, staying informed on research developments, and overall professional growth as psychologists or counselors. The sessions integrate didactic teaching, progress reviews, role-playing exercises, and the provision of resources and advice tailored to your requirements.

Who Can Benefit:

Our consultation program is tailored for mental health professionals, psychologists, students, and school counselors seeking to enhance their skills and knowledge.

Meet the Consultant:

I am a licensed clinical psychologist and psychotherapist with certifications from the Beck Institute and the Academy of Cognitive and Behavioral Therapies. Additionally, I am trained in CBT, DBT, ACT, schema therapy, CFT, and various other modalities. As a university instructor, I bring extensive experience in clinical psychology, educational psychology, school counseling, and psychotherapies. I have successfully coordinated and trained numerous graduate students in therapies and therapeutic strategies across various study groups.

How to Proceed:

Take advantage of our consultation sessions by following these steps:

- Begin with a complimentary 15-minute orientation and planning session.
- Choose a package that suits your needs—options include 1, 5, or 10 sessions.
- Book your consultation sessions today to elevate your professional journey.

Fees:

1 session: 50\$

5 Sessions: 220\$

10 Sessions: 400\$

Hand in Hand to Build a better world.

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