What is Discernment Counseling and how is it different from couple's therapy?
with Katrina Kuzyszyn-Jones, Psy.D., Licensed Psychologist

This workshop will describe the basic theory, research and application of Discernment Counseling. Discernment counseling helps couples reach confidence and clarity about whether to work on their relationship or separate. This can be utilized by those stuck in couples counseling or those trying to decide if they should begin couples counseling.

Fee: NCPA Members - $15.00; Non-members - $30.00
Instructional Level: Basic
Educational Format: Lecture

Learning Objectives:
By the end of the institute, participants will be able to:

1. explain Discernment Counseling to their clients, and
2. understand where to access more information about Discernment Counseling.

Instructor:
Dr. Katrina Kuzyszyn-Jones holds a Master's in forensic psychology and Doctorate in Clinical Psychology. Primarily focused on families experiencing separation and divorce, Dr. Kuzyszyn-Jones has further developed her skills to help couples stay together and separate with dignity and respect. She is trained in DBT, ACT, the Gottman method, and Discernment Counseling. She also works in Collaborative Divorce cases and as a Certified Family Financial Mediator.

Continuing Education Information:
This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. This workshop is offered for 1 hour of Category A credit.

Attendance Requirement for CE Credit:
To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 15 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.