

CERTIFICATE PROGRAM CHECKLIST

Mental Health Counselling Skills

Core Workshops	Completed Hours
Brief Focused Counselling Skills	
Anxiety	
Depression	
Addictions and Mental Health	
Harm Reduction	
Motivational Interviewing	
Elective Workshops Suggested workshops: Mental Health Awareness and Support, Mindfulness Counselling Strategies, Trauma, Trauma-Informed Care, Suicide Intervention Skills	
Total Hours	/60

*Please note that the elective workshops above are suggested workshops.
You can use any of our on-demand, live virtual, and in-person workshops as your elective workshops.

For questions or concerns, please contact Kloe Mak: kloe@ctrinstitute.com
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