

# 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		
<b>Elective Workshops</b>	<b>Suggested workshops:</b> Mental Health Awareness and Support, Mindfulness Counselling Strategies, Trauma, Trauma-Informed Care, Suicide Intervention Skills	
<b>Total Hours</b>		<b>/60</b>

\*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 Jenna Smallbone: [jenna@ctrinstitute.com](mailto:jenna@ctrinstitute.com)

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