



# Clinical Assessment: Life Stressors & Coping

**Presented by** Sharon Greene, LCSW  
and Amanda Rowan, LCSW

**Therapist Development Center** Provider #1449

**Course format:** Self-paced recorded audio

**Length:** 6 hours

**Continuing education credits:** 6

## About the course

Everyone experiences stress. Our ability to cope effectively with life's myriad stressors has a direct impact on our overall health and mental wellbeing. People come to therapy because they are unable to cope effectively with their life stressors. This course will provide an in-depth look at two different assessment tools, the Holmes-Rahe Life Stressors Inventory and the Brief-COPE, that have been used in both clinical practice and in research to help understand individuals' experiences dealing with common life stressors. Therapists will learn how to incorporate these assessment tools into their clinical practice, understand the role of different life stressors on their clients' functioning, and how to strengthen and build their clients' coping skills.

## Instructors

- **Sharon Greene** is a Licensed Clinical Social Worker. Sharon has served as adjunct faculty at University of Southern California and California State University Northridge in the Graduate Social Work Department, and a lecturer at UCLA's Luskin School of Public Affairs. She is currently the training director at Providence Saint John's Child and Family Development Center which is a nonprofit that provides mental health services to children and their families. She has been providing mental health services to children and their families for over 15 years. She is a certified therapist, supervisor and trainer in Interpersonal Psychotherapy by the Interpersonal Psychotherapy Institute. She has been providing training and supervision in this model for more than 5 years and has seen its efficacy in treating clients with multiple psychiatric disorders.
- **Amanda Rowan** is an LCSW and the founder and CEO of the Therapist Development Center. Amanda graduated with honors from Dartmouth College where she majored in Neuroscience. She earned her Master's in Social Welfare at UCLA. Since founding the Therapist Development Center in 2008, Amanda has prepared more than 100,000 therapists nationwide to pass their state licensing exams. She is a certified Gestalt Therapist who has worked with a wide variety of clients in a range of settings over the past 20 years. She is a highly effective instructor who has a passion for collaborating with seasoned therapists who understand what works because they do it every day.



## Who should take this course

This course is appropriate for mental health clinicians at all levels of experience interested in integrating new assessment tools into their clinical practice.

Therapist Development Center, provider 1449, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program.

Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 5/30/24-5/30/27. Social workers completing this course receive 6 clinical continuing education credits.

Therapist Development Center is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers SW-0857.

## Learning objectives

As a result of participating in this training, participants will be able to:

1. Explain the role of stress on mental and physical health
2. Articulate the purpose of the Holmes-Rahe Life Stressors Inventory
3. Interpret different results of a completed Holmes-Rahe Stressors Inventory
4. Describe how the Brief-COPE can be used in clinical work
5. Explain the importance of identifying and strengthening clients' coping skills

## Course outline

1. Course Introduction
2. Introduction to the Holmes-Rahe Life Stressors Inventory
3. Review of the Holmes-Rahe Life Stressors Inventory
4. Introduction to Brief-COPE
5. Review of the Brief-COPE

**Registration** Please register online at [therapistdevelopmentcenter.com](https://therapistdevelopmentcenter.com)

**How to access this course** Once registered, participants will be able to download handouts and listen to recorded audio lectures.

**Price** \$96

**Certificate of completion** The participant will be able to print their certificate of completion immediately after receiving a score of 80% or better on the posttest and completing the course evaluation.



**Grievance & Refund Policy** To view our grievance policy, [click here](#). To review our refund policy and terms of use, [click here](#).

**ADA needs** We are happy to accommodate your ADA needs; please email [help@therapistdevelopmentcenter.com](mailto:help@therapistdevelopmentcenter.com)

**Date Published:** October 2024

**Contact information** Therapist Development Center:  
Email [help@therapistdevelopmentcenter.com](mailto:help@therapistdevelopmentcenter.com)

**Disclaimer:** Please review [Therapist Development Center's Legal Disclaimer](#)