

PROFESSIONAL EDUCATION

SU YOGA, MINDFULNESS, & COMPASSION PRACTICES IN COUNSELING

A two-day didactic and experiential workshop for counselors, therapists, coaches. In this weekend course we explore a variety of mindfulness and embodied practices, with experienced teacher support. The workshop covers neuroscience models, and research on the efficacy and applications of these practices as stand-alone intervention. You'll learn 1) how to do these transformative practices for your personal renewal and resilience, then also, 2) practice teaching mindfulness safely to clients with history of addiction, depression/anxiety, and trauma. Scripts and bibliography/online resources provided. Recommended texts: *A Clinician's Guide to Mindfulness* by Christiane Wolf & Greg Serpa. **Instructors: S. Nicholson**
Approved by OASAS for 16 renewal hours.

DCB 2230-01 S & U 9/29 & 30 9am-4pm KSU \$295*
 *5 or more, call for special pricing

DID YOU KNOW?

Credentialed CASACs who apply to and matriculate at SUNY Empire can receive 32 credits towards their academic program.

CASAC-T holders who apply to and matriculate at SUNY Empire can receive 16 credits towards their academic program. Do you have coursework or a degree in a human services related field? Talk to Program Coordinator about the OASAS process for assessing academic coursework that can be applied towards CASAC hours.

Individuals who have completed a masters in a major that would lead to state education department licensure in one of the following five disciplines: social work; mental health counseling; marriage and family therapy; psychotherapy; or creative arts therapy are only required by OASAS to complete the 85 hours of Section I.

COORDINATOR:

Marie Kropp
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UB CREATIVE ARTS THERAPY CERTIFICATE

The Creative Arts Therapy Certificate Program is a 75-hour training designed for licensed mental health, social service, human services, and educational practitioners interested in professional development in creative arts therapy. The program offers a systematic approach to the design and facilitation of expressive arts methods and their utilization within the context of these multiple helping professions.

All session will meet at the Creative Art Therapy Studio, located at 635 Broadway, 2nd Floor, Ste 220, Kingston, NY

Instructor: L. Barbera, PhD, Licensed Creative Arts Therapist.

Next cohort will begin January 2019.

HM118-G0815CT	W	8/15	5:30-8:30pm	CT	\$60
(at the Open House, Port Ewen)					
HM118-G0112CT	S	1/12	9am-12:00pm	CAT	\$60
(Information Session)					
HM118-G0209CT	S	2/9	9am-3:00pm	CAT	\$120
HM118-G0309CT	S	3/9	9am-3:00pm	CAT	\$120
HM118-G0413CT	S	4/13	9am-3:00pm	CAT	\$120
HM118-G0504CT	S	5/4	9am-3:00pm	CAT	\$120
HM118-G0601CT	S	6/1	9am-3:00pm	CAT	\$120
HM118-G0713CT	S	7/13	9am-3:00pm	CAT	\$120
HM118-G0817CT	S	8/17	9am-3:00pm	CAT	\$120
HM118-G0914CT	S	9/14	9am-3:00pm	CAT	\$120
HM118-G1005CT	S	10/5	9am-3:00pm	CAT	\$120
HM118-G1102CT	S	11/2	9am-3:00pm	CAT	\$120
HM118-G1207CT	S	12/7	9am-3:00pm	CAT	\$120
HM118-G0111CT	S	1/11	9am-3:00pm	CAT	\$120



“YOGA MEANS ADDITION – ADDITION OF ENERGY, STRENGTH AND BEAUTY
 TO BODY, MIND AND SOUL.”

| AMIT RAY |

PROFESSIONAL EDUCATION

CERTIFIED PERSONAL TRAINER COURSE INFORMATION SESSION

Join us and meet leading local employers and our outstanding instructor to learn exactly what the Fitness Industry has to offer you and your career goals. This 1 hour information session will share everything from financial aid, textbook, online supplemental tools and more!

Go from a fitness enthusiast to a fitness leader in your community.

Sign up today for our FREE orientation while seats are still available.

Registration is required.

DCB 2181-01 S 9/22 10-11am KSU FREE



PERSONAL TRAINER ONLINE WEBINAR

Want to learn more about the Personal Trainer Certification Course? Join a live webinar and talk with a veteran instructor about the course and industry. Cannot make the date and time? Register anyway and we will send you a recording once it is complete.

REGISTER FOR: LIVE YOUR PASSION, BECOME A PERSONAL TRAINER!

February 1, noon - <http://tinyurl.com/orientation2-18>

CERTIFIED PERSONAL TRAINER

The W.I.T.S. Certified Personal Trainer is NCCA Accredited.

Get all the important information needed to start an exciting successful fitness career and become a Certified Personal Trainer. This personal trainer course is a great way to prepare and become a successful in the field you love. W.I.T.S. has an option to complete an employer internship that can assist you in getting a job! This challenging course is for candidates wanting online instruction with **in-depth, hands-on practical labs** to master the career skills and knowledge. This hybrid version is where the lectures are online and the labs are still offered LIVE so you can master the skills. The 15 hours of online instruction includes key topics like biomechanics, exercise physiology, fitness testing, equipment usage and health assessments to game plan a solid program for your client. The best part is the 15 hours of hands-on practical training labs with role playing drills on assessing clients, programming, performing proper exercises, presentation skills and more. Included in this course is a complete 200 page color student workbook, access to online student study tools and FREE test vouchers to take the Certified Personal Trainer exams. You can work right after passing the exams with proof of CPR/AED to obtain your **Level 1 Certified Personal Trainer**. As a special bonus, you can take advantage of our 30 hour employer internship to get our advanced Level 2 Certified Personal Trainer credential at no additional cost!! For additional information call W.I.T.S. 888-330-9487. Prerequisite: high school diploma.

Required Textbook: 7th edition of the *Fitness Professional's Handbook* with web resources (ISBN-13: 9781492523376) approx. \$100, available in e-book.

DCB 2126-01 S 10/20-12/1 \$679

**ONLINE & noon-3 pm
at YMCA, 507 Broadway, Kingston**

No class 11/24

Final Exam S 12/1 9-11am

BASIC LIFE SUPPORT (BLS-CPR)

This course trains healthcare providers, professional responders and the general public how to recognize a life-threatening emergency, how to provide basic life support, and what to do in case of an airway obstruction or choking. Certification from ASHI.

Instructor: D. Allen, ASHI Certified with 35 years teaching experience.

DCB 2240-01 W 10/17 1-4pm KSU \$74

ANIMAL SCIENCE OFFICE ASSISTANT CERTIFICATE

27 credits

Developed through a close collaboration of SUNY Ulster faculty, regional veterinarians, and licensed veterinary technicians. This program meets the training needs of both students and practicing veterinary professionals.

Learn more about this program at www.sunyulster.edu/academics.

Contact an admissions specialist who can help you map out a path to success at 845-687-5022 or admissions@sunyulster.edu

**WANT TO START YOUR OWN
doggie day care,
pet sitting or other pet related business?**

You may want to take the following credit classes
for credit or to audit.
**ANIMAL NUTRITION
RESTRAINT & HANDLING**

These two classes are part of the
Animal Science Office Assistant Certificate.

**YOU MAY ALSO BE INTERESTED IN SBDC'S
How to Start Your Own Business course on page 34.**

GETTING PAID TO TALK: VOICEOVERS AS A PROFESSION

Do people compliment you on your voice? Have you ever thought about using it to make money? This class will introduce you to the growing field of voice over, where you can get paid to record everything from audio books and cartoons to documentaries, commercials, and more. You will learn what the pros look for, how to prepare, and where to find work in your region. You will also hear samples from working voice professionals, and have the opportunity to read a short, professional script under the direction of our instructor. This class is a fun, realistic presentation, and a great way to learn about the business of voice acting. Attendance is limited to ensure a quality class experience, so sign up today.

For more information visit: www.voicecoaches.com/gppt

PG106-1029CT	M	10/29	6:30-9pm	CT	\$41
PG106-1218CT	T	12/18	6:30-9pm	CT	\$41



M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY

PROFESSIONAL EDUCATION

SU DRONE PILOTING DRONE PILOTING FOR COMMERCIAL USE INFORMATION SESSION

Learn about Federal Aviation Administration (FAA) rules for flying drones commercially. This exciting and emerging new technology is now available for commercial FAA Remote Pilot Certification. Learn how drone use is transforming industries and will have a substantial economic impact by enhancing current jobs and creating new jobs. There will be a short flight demonstration. **Registration is required**

DCB 2163-01	W	8/22	6:30-7:30pm	KSU	FREE
DCB 2163-01	W	9/12	6:30-7:30pm	SRC	FREE

INTRO TO sUAS / LEARN TO FLY

This course is comprehensive, hands-on training that gives you all the vital skills and information you need to start piloting drones safely and legally. This emerging technology will transform industries and have a substantial economic impact. This course also covers the types of flight systems available, their capabilities and which one would be best for your use; how drones can be used in business and industry applications, how to apply drone technology to bring efficiencies to business as well as reviewing drone photography and videography skills. Topics covered include flying multi-rotor and fixed-wing drones, indoor flight training, diverse flight systems, maintenance, registration and certification requirements, safety, insurance, industry applications, featured systems (DJI, Yuneec, etc.), emerging technologies, and the latest FAA policies. Our unique indoor flight training methodology uses model quadcopters (currently the Syma X5C without FPV) flying indoors without wind/weather through obstacle courses. This approach develops three primary skill proficiencies: dealing with flight system orientation, depth perception and flying without dependency on GPS (lost GPS signal is a key factor in many drone crashes). SkyOp has found these are the essential skills needed to create the safest, most proficient remote pilots and are easily transferred into more advanced drone flight systems. You will receive a workbook, a training quadcopter with a camera, and a computer flight simulator with a radio controller and a training certificate of completion.

DCB 2164-01	S	9/29 & 10/6	9am-4pm	SRC	\$995
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REMOTE PILOT KNOWLEDGE TEST PREP

Anyone operating a drone for any commercial or business purpose must obtain an FAA remote pilot certification. This highly focused course prepares you for the test to receive this certification. Beyond drone-specific material, you will gain an understanding of much of the ground-school information covered in the FAA's knowledge test. Topics covered include regulations relating to small Unmanned Aircraft Systems (sUAS); airspace classification, interpretation of sectional navigation charts, operating requirements and flight restrictions; aviation weather sources and effects; small unmanned aircraft loading and performance; emergency procedures; aeronautical decision-making and crew resource management; radio communication procedures; physiological effects of drugs and alcohol; airport operations; and maintenance and preflight inspection procedures. The course fee includes a workbook, a sectional chart and a 50 FAA sample test questions. The Unmanned Aircraft - General (\$150) 60 question test is NOT included in this course. It is only administered by an authorized Knowledge Testing Center. With a passing score of 70% you can apply for the FAA Title 14 Code of Federal Regulations part 107 remote pilot certificate. Recommended prerequisite: *Intro to sUAS/Learn to Fly*.

DCB 2165-01	S	10/13	9am-4pm	SRC	\$495
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UB SECURITY GUARDS 8-HOUR ANNUAL INSERVICE TRAINING

This course must be completed each calendar year you hold a security guard registration. Your registration is issued for two years, therefore, you must complete two eight-hour annual inservice training courses between your registration effective and expiration dates to be eligible for application renewal. The course is structured to provide the student with updated and enhanced information on the duties and responsibilities of a security guard. **Instructor: A. Pagliaro**

SG103-1201CT	S	12/1	8am-4pm	CT	\$119
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REFUND POLICY FOR SECURITY GUARD PROGRAM ONLY.

Students will be entitled to a 100% refund at any time prior to the start of instruction. If an eight-hour course is divided between two four-hour days, student will be entitled to a 50% refund if the student cancels after the start of instruction, but before start of second four-hour block. A DCJS approved security guard training school can not assess any non refundable registration fees, deposits, or cancellation fees.

8-HOUR PRE-ASSIGNMENT TRAINING

New York State requires the licensing of all security guards or personnel acting in security functions. Ulster BOCES is approved by the NYS Division of Criminal Justice Services to offer the mandated eight-hour preassignment training programs. Participants who successfully complete the course will receive an official course completion certificate. Saturday class: it is recommended to bring a bag lunch.

NOTE: Completion of this course is only one of the requirements to be a licensed security guard. Students must file an application with NYS and be fingerprinted for which there are additional fees.

For more information go to: www.dos.ny.gov/licensing

Instructor: A. Pagliaro

SG101-0915LK	S	9/15	8am-4pm	LK	\$119
SG101-1103LK	S	11/3	8am-4pm	LK	\$119
SG101-0112LK	S	1/19	8am-4pm	LK	\$119