

Date: May 2006

I Course Name: Addiction Counseling
Prefix and Number: CDC 200
Credit Hours and Contact Hours: 3 credit hours - 3 contact hours
Course Description:

This course is designed to introduce the student to the uniqueness of counseling addicts and or alcoholics. It presupposes an introductory knowledge of counseling in general, and a reasonable working knowledge of alcoholism, drug abuse and addiction. The course surveys the essential body of knowledge needed to begin addiction counseling. Ten hours of role playing or actual counseling sessions are included. Prerequisites: CDC 100, CDC101, PSY 150.

II Course Objectives and Outcomes:

Learning outcomes:

1. Students will develop a working knowledge of the characteristics of addiction clients
2. Students will develop the communication and therapeutic skills that are required for working with clients in a supervised field placement.
3. Students will understand ethical standards required of counselors in the chemical dependency counseling profession.

Relationship to academic programs and curricula:

CDC 200 Addiction Counseling is a requirement of the A.A.S. Chemical Dependency program and may also be used as a general elective in other degree programs.

College competencies addressed by CDC 200 Addiction Counseling:

1. CDC 200 addresses:
2. *Professional competency* by providing background knowledge specific to the needs of addicted clients and by developing counseling skills appropriate for working with addicted clients;
3. *Valuing* by providing information about ethical standards and opportunities to deal with ethical issues raised in real and simulated counseling session;
4. *Oral communication* by providing role play and actual counseling experiences.

III Methods of Instruction

Type of course materials:

Course materials include a college level text, supplemental readings, case studies and videos relevant to counseling skills.

Methods of instruction:

1. Collaborative learning is emphasized through role playing of counseling sessions and team presentations of information relevant to addictions.
2. Lectures and class discussion are also used to present information and provide students an opportunity to develop their own viewpoint on issues relevant to addiction counseling.

Assessment measures:

1. Written homework assesses students understanding of course content necessary for informed participation in class discussions.
2. Role played counseling sessions provide a basis for assessing counseling skills. Counseling skills are assessed through feedback from the instructor and classmates who use a check list of counseling competencies.
3. Students' emerging professional identity is assessed through a paper in which they discuss qualifications and competencies of the "ideal" chemical dependency counselor and their current view of their own competencies.
4. Students' ability to deal with ethical issues relevant to chemical dependency counseling is assessed through role play and evaluation of counseling sessions.

IV Course Outline

1. Addiction model
2. Family disease model and family treatment
3. Assessment, evaluation and diagnosis of addictions
4. Treatment modalities and referral processes
5. Treatment planning
6. Communication and listening skills
7. Interviewing techniques
8. Therapeutic communication and therapeutic relationships and ethical standards in therapeutic relationships.
9. Confrontation
10. Relapse and relapse prevention