ADS 125 - Personal and Professional Growth Course Outline

SECTION A

Unique ID Number

Discipline(s)  Counseling
Division  Counseling
Subject Area  Addiction Studies
Subject Code  ADS
Course Number  125
Course Title  Personal and Professional Growth
TOP Code/SAM Code  2104.40 - Substance Abuse/Addiction Counseling*

Rationale for adding this course to the curriculum
Revisions for CCAPP accreditation.

Units 3
This Course Is  N/A
Cross List  N/A
Typical Course Weeks 18

Total Instructional Hours

Contact Hours
Lecture 54.00
Lab 0.00
Activity 0.00
Work Experience 0.00

Total Contact Hours 54

Hours per semester in outside of class assignments 108.00

Open Entry/Open Exit  No
Maximum Enrollment

Grading Option  Letter Grade or P/NP
Distance Education Mode of Instruction  On-Campus
Hybrid

SECTION B
General Education Information:

SECTION C

Course Description
Repeatability: May be repeated 0 times
Catalog Description: This course explores the professional development of the addiction counselor. It includes ethical foundation, transference, and countertransference. Students review the importance of maintaining good health, the signs of burnout, and burnout prevention strategies.

Schedule Description: This course explores the professional development of the addiction counselor. It includes ethical foundation, transference, and countertransference. Students review the importance of maintaining good health, the signs of burnout, and burnout prevention strategies.

SECTION D

Condition on Enrollment
1a. Prerequisite(s)
   • ADS 100
   • ADS 120
   • HSRV 120
   • HSRV 124
1b. Corequisite(s): None
1c. Recommended: None
1d. Limitation on Enrollment: None

SECTION E

Course Outline Information
1. Student Learning Outcomes:
   A. The student will understand the information necessary to successfully apply and test for CCAPP substance abuse counselor certification.
2. Course Objectives: Upon completion of this course, the student will be able to:
   A. Explain the impact of trauma on counseling for both the counselor and client.
   B. Understand how to use transference and countertransference in the counseling relationship.
   C. Explore the nature of the therapeutic alliance.
   D. Review the importance of ethical practices.
   E. Create a self-care plan that can assist with burnout.
   F. Complete the requirements for the application of substance abuse counselor.
   G.
3. Course Content
   A. The Substance Abuse Counselor
      a. What Does a Counselor Do?
         a. Roles and Responsibilities of the Counselor
         b. The Clinical Method
         c. Knowledge, Attitudes, and Skills Required for Substance Abuse Counseling
   2. Therapeutic alliance
      a. Empathy
      b. Roger's - unconditional regard
      c. Non-judgement
      d. Empowerment
e. Understand what drives behavior
f. Different types of attachment styles
g. Attachment throughout the lifespan

3. Transference and Countertransference in the therapeutic relationship
   a. Recognizing the role of transference and countertransference
   b. Utilizing transference and countertransference effectively to enhance change
   c. Understanding the impact of countertransference
   d. Acknowledging the need for supervision and consultation

4. Role of trauma
   a. Diathesis - stress model
   b. Impact of trauma in early childhood experiences
   c. Trauma and the brain
   d. Trauma and the body
   e. Trauma and adulthood
   f. Impact of trauma in the helping relationship
      a. Client (victim role, entitlement, trust, testing…)
      b. Counselor’s history of trauma
      c. Understand the negative impact of unresolved trauma

5. Personal Growth
   a. Recognizing strengths and challenges
   b. Stress management
   c. Counselor burnout
      a. Signs, symptoms, early warning
   d. Creating a self-care plan
   e. Self-compassion

6. Professional Growth
   a. Educating the Client
   b. Know Your Role and Limits
   c. Some Diagnostic Considerations
   d. Timing in Sessions
   e. Learn to Deal with set-backs
   f. Triage

7. Ethics in practice
   A. Professional conduct/standards
      a. Reporting obligations
   B. Informed Consent
   C. Confidentiality
   D. Understanding risk
   E. Consultation and supervision
   F. Continuing Education

8. Practice within an organization
   A. Survival at Your First Job
      a. Understanding policies and procedures
b. Understanding and managing agency politics

9. Obtaining Your Substance Abuse Counseling Credential
   A. Outline and review of the CCAPP career path
   B. State of California Counselor Regulations and code of conduct
   C. Professional Organization

4. Methods of Instruction:
   Lecture

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.
   Typical classroom assessment techniques
   - Exams/Tests --
   - Quizzes --
   - Papers --
   - Oral Presentation --
   - Class Work --
   - Home Work --
   - Final Exam --
   - Mid Term --
   Additional assessment information:
   Additional assessment information:
   GRADES WILL BE BASED UPON:
   - Reading and writing assignments, class presentations, midterm and final exams or quizzes.
   - Example 1: Midterm paper on a local agency who delivers case management services.
   - Example 2: Agency interview questions written assignment

   Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.
   A. Reading Assignments
      Readings from required textbook and other sources as assigned.
      Example 1: Read the required chapter and write a journal response.
      Example 2: Read the materials collected from the agency and synthesize the information into the paper assignment.

   B. Writing Assignments
      Example 1: Formulate a written case plan that includes identification of needs, resources available, referrals, follow-up activities for a client with addiction issues.
      Example 2: Locate and evaluate services for process addictions

   C. Other Assignments
      Example 1 - Role Play ? Students will work in pairs to complete an assessment and treatment plan.
      Example 2 Abstinence Exercise and Paper ? Students will identify a behavior or
substance and abstain for at six weeks. They will keep a log of their experiences and write a summary at the end.

7. Required Materials
A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:
Author: Summers, Nancy
Title: Fundamentals of Case Management Practice: Skills for the Human Services
Publisher: Cengage Learning
Date of Publication: 2012
Edition:

Book #2:
Author: Young, Mark E.
Title: Learning the Art of Helping
Publisher: Pearson
Date of Publication: 2016
Edition: 6th

Book #3:
Author: Myers, Peter L. and Salt, Norma R.
Title: Becoming an Addictions Counselor, A Comprehensive Text
Publisher: Jones & Bartlett Learning
Date of Publication: 2018
Edition:

B. Other required materials/supplies.


Treatment Improvement Protocol (TIP): The following publications can be downloaded free of charge, online at SAMSHA http://www.samhsa.gov/ Look under publications, addictions:

?TIP 34 Brief Interventions and Brief Therapies for Substance Abuse
?TIP 35 Enhancing Motivation for Change in Substance Abuse Treatment
?TIP 42 Substance Abuse Treatment for Persons with Co-Occurring Disorders