ADS 123 - Counseling Theories and Techniques Course Outline

Approval Date: 04/11/2019
Effective Date: 08/12/2019

SECTION A

Unique ID Number	CCC000604605
Discipline(s)	Counseling
Division	Counseling
Subject Area	Addiction Studies
Subject Code	ADS
Course Number	123
Course Title	Counseling Theories and Techniques
TOP Code/SAM Code	2104.40 - Substance Abuse/Addiction Counseling* / C - Occupational
Rationale for adding this course to the curriculum	New course for Addiction Studies as required by CCAPP accreditation.
Units	3
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
Outside of Class Hours	108.00

Total Contact Hours	54
Total Student Hours	162
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 In this course students will develop a theoretical and applied foundation for the assessment and treatment of alcohol and substance use disorders across the lifespan. The course will focus on evidence-based treatment for addictions with individuals, families, and groups.

Schedule Description In this course students will develop a theoretical and applied foundation for the assessment and treatment of alcohol and substance use disorders across the lifespan. The course will focus on evidence-based treatment for addictions with individuals, families, and groups.

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. Students will be able to assess and discuss appropriate treatments for individuals, families, and groups struggling with addiction.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Identify evidence-based treatments for individuals, families, and groups.
B. Differentiate between individual theories and treatments for individuals.
C. Explain the dynamics within families struggling with addiction.
D. Compare and contrast different family therapy interventions
E. Understand the dynamics of group therapy.
F. Explain the difference between process group and psychoeducation groups for the treatment of addictions.
G. Perform interview skills related to the treatment of addictions for individuals.
H. Articulate the legal and ethical issues in the treatment of individuals, families, and groups.
I.

3. Course Content

A. Treatment considerations
    a. Multicultural counseling
    b. Working with involuntary clients
    c. Ethical and legal implications for the treatment of individuals, families, and groups
    d. The role of the substance treatment counselor in treatment
        a. Transference and countertransference
    e. The role of trauma in treatment
    f. Attachment theory and styles
B. Treatment settings
    a. Outpatient
    b. Inpatient

c. Private Practice
d. Court ordered

C. Assessment, Diagnosis, and Treatment Planning for individuals, families, and groups
    a. Evaluation and diagnosis
        a. Biopsychosocial assessment
        b. Problem-formulation
    b. Substance-related diagnosis
    c. Treatment planning
        a. Harm reduction
        b. Alternative treatments

D. Treatment approaches supported by empirical evidence for individual
    a. Motivational Interviewing
    b. Rational Emotive Therapy
    c. Cognitive Behavioral Therapy
    d. Dialectical Behavioral Therapy
    e. Solution-Focused therapy
    f. Seeking Safety
    g. Mindfulness

E. Treatment approaches supported by empirical evidence for families
    a. Understanding the dynamics of addiction in the family
        a. DomesticViolence
        b. Child abuse
        c. Elder abuse
    b. Family co-dependency
    c. Involving/motivating families in treatment
    d. Family Systems Theory
    e. Bowenian Family theory
    f. Identify and collaboration with family therapist
    g. Role and scope of practice of the substance abuse counselor in family treatment

F. The major tenets of group therapy
    a. Stages of Groups
    b. Different types of groups
        a. Process groups
        b. Psychoeducational groups
        c. Self-help and support groups
    c. Inpatient vs Outpatient Addictions Group Counseling
    d. Group therapy with substance abuse and addictions challenges
    e. Interview types and settings
    f. Vignettes and case studies

G. Introduction to Special Populations and Special Client Needs who are struggling with addiction and abuse
    a. Treatment approaches for clients with dual diagnosis
    b. Forensics
    c. Intellectual Disabilities
    d.

4. Methods of Instruction:

Discussion:
Lecture:
Other: Lecture, discussion, group work, projects, scenarios, and case review. 1. Lecture on the legal and ethical issues in the helping relationship. 2. Group work and discussion on

attitudes, values and beliefs of oneself and of persons from different cultures. 3. Case scenarios and reviews using examples from the human services clientele to strengthen listening skills. 4. Project on interviewing a client, writing up results. 5. Hybrid option will allow for both personal contact and incorporation of additional online resources.
Online Adaptation: Discussion, Group Work, Lecture

3. 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:

GRADES WILL BE BASED UPON:
Reading and writing assignments.
Example 1: Midterm quizzes and/or final exam.
Example 2: Oral interviews and case scenarios applied to human services populations.

Letter Grade or P/NP

4. 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
Students will read from their textbooks and submit assignments.

Example 1: Complete the exercises at the end of each chapter.

Example 2: Complete a chapter summary written report by stating the major headings of the chapter, and writing the main points under each heading.

B. Writing Assignments
Students will be assigned written work related to readings and in-class exercises.

Example 1: (Required) Complete a case study based of a family. Student?s will select a theoretical framework for assessment of the family and explain how to approach treatment of the family.

Example 2: (Required) Create a 3-genogram of your family and include a 1 page description of the content of the genogram.

C. Other Assignments
Discussion Boards - Require 1-3 discussion posts/week or every other week online related to a reading topic. Require 1-3 responses to posts by other classmates/week or every other week.

Example 1 (Required) Students will be paired into dyads. together choose a treatment theory or model to role play in a mock treatment session. The student and the student?s partner will take turns as the client and as the counselor during a video recorded ?session?. The session should be no longer than 15 minutes per individual (1/2 hour

total) in which the student demonstrate the counseling technique the student would use with this client. The treatment plan and assessment will be submitted to the instructor prior to the presentation so copies can be posted to CANVAS. Presentations will be critiqued online by other students. There will be a subsequent in class discussion about the role play.

Example 2 (Required) Students will attend 3 consecutive (AA/NA or other substance abuse treatment group. The student will observe group norms, dynamics, and roles and complete a 5 -7 pages.

5. Required Materials

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

Book #1:	
Author:	Lewis, Todd F.
Title:	Substance Abuse and Addiction Treatment: Practical Application of Counseling Theory
Publisher:	Pearson Education Inc
Date of Publication:	2013
Edition:	1st
Book #2:	
Author:	Mignon, Sylvia I.
Title:	Substance Abuse Treatment: Options, Challenges, and Effectiveness
Publisher:	Springer Publishing Company
Date of Publication:	2014
Edition:	1st

B. Other required materials/supplies.

- SAMSHA Publications:
  TIP 34 Brief Interventions and Brief Therapies for Substance Abuser
  TIP 35 Enhancing Motivation for Change in Substance Abuse Treatment
  TIP 39 Substance Abuse Treatment and Family Therapy
  TIP 41 Substance Abuse Treatment- Group Therapy
  TIP 42 Substance Abuse Treatment for Person?s with Co-occurring Disorders
  TIP 45 Detoxification and Substance Abuse Treatment
  TIP 57 Trauma Informed Care in Behavioral Health Services

  The ASAM Criteria for Substance Abuse, American Society for Addiction Medicine.
  Website: http://www.asam.org/