

COURSE SYLLABUS
COUN 5630: Techniques of Substance Abuse Counseling

TERM: Fall 2, 2009

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Texts: *The Addictive Personality*, by Craig Nakken, Publisher: Hazelden; 2nd edition (September 18, 1996) **ISBN:** 1568381298 and *Treating Substance Abuse Theory and Technique* Edited by Frederick Rotgers, Jon Morgenstern and Scott T. Walters (second edition) ISBN: 1-57230-897-4

COURSE DESCRIPTION

This course is intended for students who have minimal or no experience in working with individuals or families involved in substance abuse.

The emphasis of this course is to introduce students to counseling techniques for substance abuse and addiction. They will also learn the impact of addiction on the brain and how this affects the recovery process. Addiction and how it impacts the family are also addressed. Community resources for treatment and ethical/legal considerations are presented.

COURSE STATEMENT OF OBJECTIVES

At the end of this course the student will be able to:

1. Differentiate between drug/alcohol abuse and dependency
2. Develop treatment plans for clients with addictive and abuse disorders.
3. Learn and practice Motivational Interviewing and Stages of Change Theory.
4. Learn and practice Cognitive Behavioral Therapy techniques used with chemical dependency clients.
5. Understand life problems associated with chemical dependency.
6. Become aware of community resources available for substance abuse and addiction clients.

LEARNING ACTIVITIES and GRADING: Each of the following learning activities is worth 20% of your final grade. Guidelines for learning activities will be given during the first class.

1. Quizzes will be given over the reading assignments and the main ideas presented during class.
2. The student will practice in small groups counseling techniques used with substance abuse clients.
3. The student will attend an AA or NA meeting, write a summary and discuss the experience with the class.
4. The student will interview a substance abuse counselor employed by a substance abuse program and make an in-class presentation.

5. Final Project: The student will be given a case study, make a diagnosis, formulate a treatment plan and identify motivational stage of client.

Class attendance is a requirement. Please notify the instructor if you are going to miss a class. If one class is missed, the student is responsible to obtain the information presented in the missed class. If two classes are missed, the student advisor will be notified and the student may receive an incomplete for the course.

Only one quiz can be made up due to an absence. Points earned for practicing counseling skills cannot be made up.

Policy on late assignments: Twenty percent of your assignment grade will be automatically deducted from any late assignments.

CLASS SCHEDULE - all reading assignments should be completed prior to class time so the student will be prepared to discuss the topic in class. For example, the assignment for week 1 is The Addictive Personality should be read prior to the 1st class.

WEEK 1	Review course syllabus Addiction and the Brain Read: The Addictive Personality Parts 1 -3 http://www.usdoj.gov/dea/concern/concern.htm Above website describes common drugs that are abused http://dasis3.samhsa.gov/ This website is a treatment site locator Quiz
WEEK 2	Addiction and the Family Read Chapters 5 and 6 from Treating Substance Abuse Part 4 of The Addictive Personality Quiz
WEEK 3	Guest Speaker: from AA Guest Speaker from Alanon The twelve steps Chapters 1 and 2 from Treating Substance Abuse Quiz
WEEK 4	Stages of Change & Motivational Interviewing Read: Chapters 11 and 12 from Treating Substance Abuse Training Video Quiz / Group Practice
WEEK 5	Cognitive Behavioral Therapy

Read: Chapters 7 and 8 from Treating Substance Abuse
Handout
Quiz / Group Practice

WEEK 6
Psychopharmacology and Addiction
Read: Chapters 13 and 14 from Treating Substance Abuse
Confidentiality, working with the courts
Phases of treatment
Quiz

WEEK 7
Classification of Drugs & Alcohol –
Bring your DSM-IV-TR to class - practice case study
Harm Reduction
Treatment Plans
Phases of treatment continued
Hand out Cases Study Assignment

WEEK 8
Case Study – time in class to work on
Due: Summaries of AA, NA Alanon Meetings
Paper Due on Interview with substance abuse counselor

WEEK 9
Presentations on Interviews with substance abuse
counselors
Case Study Due and discussed in class