

ADD 101: ALCOHOL AND OTHER DRUGS: INTRODUCTION TO ADDICTIONS REHABILITATION

REQUIRED TEXTS & HANDOUTS:

Perkinson, Robert R. (1997). *Chemical Dependency Counseling: Practical Guide*. Sage Publishing, Thousand Oaks, CA.

Ray, Oakley, S., and Ksir, Charles. (1992). *Drugs Society and Human Behavior*, St. Louis: The C.V. Mosby Company. ISBN# 0-80166-563-9, 6th ed., paperback. (Optional).

Throughout the course, you will also be given many handouts that expand on the material presented during lecture/discussion. These are to be read as thoroughly as the text assignments

LATEST REVIEW: Summer 2004.

COURSE DESCRIPTION: The course aims to provide students with an introduction to the basic knowledge required for understanding individuals who are addicted to or abuse psychoactive substances. Addictions are presented in a biopsychosocial framework, examining both recent research findings and clinical experience within each topic. Students will gain an understanding of the overall process of addiction and recovery.

There will be an introduction to individual and group counseling techniques with clients and family members. Students will also become familiar with techniques for gathering data, making assessments, and creating a diagnostic summary. The concept of goals and objectives will also be explored. Finally, students will be given some experience with Standard Tests for assessing addiction and ways to explain the results to clients.

COURSE EVALUATION: Students are required to take a Mid-term and Final Exam covering all aspects of the course activities including readings in text and handouts, video tapes, lecture/discussion, and special projects. Grades are determined by all course activities such as special reports and contribution to classroom discussions with an emphasis on exams.

GENERAL COURSE OBJECTIVES:

At the beginning of each session, the goals for the session will be listed. Pay close attention to them. They are the goals from the people who write the certification exams.

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| I C-201: Introduction to Counseling | 12 hours |
| II C-202: Introduction to Techniques and Approaches | 6 hours |
| III C-101: Initial Interviewing | 18 hours |
| IV C-SO 1: Ethical Standards | <u>6 hours</u> |

**COURSE OUTLINE FOR ADD 101: ALCOHOL AND OTHER DRUGS:
INTRODUCTION TO ADDICTIONS REHABILITATION**

I Introduction to Addiction Recovery

- A. The nature of addiction
 - 1. Three aspects: Physical, mental, spiritual
 - 2. Cultural misunderstandings based on lack of knowledge and resistance to historical attitude
- B. The Process of recovery: from denial to acceptance/detox to aftercare
- C. Overview of types of problems covered
 - 1. Addictions
 - 2. Psychiatric
 - 3. Dual Diagnosis
 - 4. Personality Disorder

II Introduction to Group Therapy

- A. Purpose
- B. Advantages of Group Therapy
- C. Types of Group Therapy (Process, support, educational, etc.)
- D. Techniques of Group Therapy

III Initial Interviewing Process

- A. Establishing bond
- B. Explained evaluation and treatment process to client/patient
- C. Gathering Initial Data - types and source
 - 1. Interview
 - 2. Self-reports
 - 3. Significant others

IV Treatment Process & Ongoing Assessment

- A. Observation and documentation
- B. Eligibility and referrals
- C. Use of releases
- D. Diagnostic Summaries
 - 1. What to include
 - a. Physical/chemical use/abuse history
 - b. Psychological/psychiatric.
 - c. Social history and current status
 - d. Spiritual assessment

e. Educational/vocational

f. Legal

2. Sources of data

3. Presentation to interdisciplinary team

E. Treatment Objectives and Goals - established

V Ethical Standards in Treatment

A. NJ Addiction Counselors Professional Code of Ethics

B. Ethical Dilemmas