

ADD 102: COUNSELING AND EDUCATION GROUP THERAPY

REQUIRED TEXTS & HANDOUTS:

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 the use of group therapy in the treatment of chemically dependent people and their significant others. They will be introduced to the significance and benefits of the use of groups in recovery treatment. Video tapes, lecture/discussion and experiential activities will be utilized to provide an understanding of the basic group process and various techniques. They will also be given information on the difference between addiction groups and other types of group therapy.

Group education concepts will include the topics of nature of addiction and the recovery process. They will also be provided with material and techniques necessary to teach their clients about the psychological, biochemical, medical, and sociocultural aspects of addiction and recovery.

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. They may also be given surprise quizzes from time to time. Grades are determined by all course activities such as special reports and contribution to classroom discussions with an emphasis on exams.

GENERAL COURSE OBJECTIVES:

The objectives for each of the session will be listed at the beginning of the outline of each of the 16 sessions (class meetings).

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 objectives as outlined by the people who write the certification exams.

I C-205: Group Counseling	12 hours
II C-401: Addiction Recovery Education	6 hours
III C-402: Psychological Client Education	6 hours
IV C-4031: Client Education	Biochemical/medical 6 hours
V C-404: Sociocultural Client Education	6 hours
VI C-104: <u>Gambling</u>	<u>6 hours</u>
Total	42 hours

COURSE OUTLINE FOR ADD 102: GROUP COUNSELING AND EDUCATION THERAPY

I Group Counseling

- A. Addiction vs. Psychotherapeutic Groups
- B. History of Group Counseling
- C. Benefits of group
- D. Types of Groups
- E. Group Counseling Techniques
- F. Group Rules and Goals

II Addiction Recovery Education

- A. The Nature of Addiction
- B. Causes of Addiction
- C. Effects on body, mind and spirit
- D. Addiction Recovery Process
- E. Effects on Family
 - 1. The nature of codependency
 - 2. The family in recovery

III Psychological Client Education

- A. The effects of drugs on human emotions and development
- B. The Role of emotions in the addiction process
 - 1. Anger/depression
 - 2. Grief
 - 3. Shame
 - 4. Other significant emotions
- C. Mental Illness and Chemical Dependency: Mentally Ill Chemical Abuser or Dual Diagnosis.
 - 1. Problems with Dually Diagnosed Clients
 - 2. Special Needs
- D. Characteristics of recovering chemically dependent people
 - 1. The effects of addiction on emotional growth
 - 2. Emotional Management in recovery
 - 3. Signs of Mature behavior

IV Biochemical/medical Client Education

- A. Brain differences in chemically dependent people
- B. Biochemical and pharmacological aspects of addiction
- C. Medical Aspects of Addiction
 - 1. Psychiatric
 - 2. Physical/organic
- D. Genetics of addiction

V Sociocultural Client Education

- A. Cross-cultural substance usage and attitudes
- B. History of cultural changes in substance use in US
- C. Impact of Culture on use of substances

VI Compulsive Gambling

- A. The nature of the disease and extent of the problem
- B. Parallels with substance addiction
- C. Recognizing forms of gambling addiction
- D. Evaluation of the gambling addict
- E. Treatment for gambling addicts
 - 1. Professional
 - 2. Self-help