

COURSE TITLE: ADD 104 - ADDICTION COUNSELING FOR THE INDIVIDUAL AND FAMILY

Required Texts and Materials:

Perkinson, Robert R. (1997). *Chemical Dependency Counseling: A Practical Guide*. Sage Publications. Thousand Oaks. Chapters 1-4, 8, and 11.

Nowinski, Joeseeph K (1999). *Family Recovery and Substance Abuse*. Sage Publications.

LATEST REVIEW: Summer 2004

Course Description: This course will provide students with basic knowledge of addiction recovery including substance dependence as well as compulsive gambling. The course will provide information on interviewing and counseling techniques for the individual. It will also provide material for understanding the effects of addiction on the family and techniques for counseling them including individual, family, group and education methods.

Topics covered:

C 102 Biopsychosocial Assessment/Differential Diagnosis	(10 hours)
C 401 Addiction Recovery	(6 hrs)
C 204 Individual Counseling (Addiction focused)	(12 hrs)
C 206 Family Counseling	(6 hrs)
<u>C 405 Education for the Family</u>	<u>(6 hrs)</u>
Total	40 hours

Evaluation:

Grades are based primarily on the mid-term and final exams which are comprised of multiple choice, matching, true-false and short essay questions. Classroom participation and special reports are also considered in the final grade.

General Course Objectives:

Domain I - C1 02: Biopsychosocial Assessment, Differential Diagnosis (10 hours)

1. Using interview techniques, gather relevant information from the client in order to obtain current status and history.
2. Gather and evaluate information from sources other than the client, utilizing client-consented interviews and/or written reports, to validate his/her reports and provide a more complete history.
3. Observe and document psychological, social and physiological signs and symptoms of alcohol and other drug abuse, including nicotine dependence in the client to make an accurate diagnosis and formulate a treatment plan.
4. Determine the client's appropriateness and eligibility for admission or referral to a range of programs by assessing the match between the client's needs and program target populations and services.
5. Request from the client appropriately signed releases when soliciting from or providing information to outside sources to protect client confidentiality.
6. Recognize signs and symptoms that indicate a need to refer the client for additional professional assessment services when such assessment is outside the areas of the counselor's expertise.

C 401: Addiction Recovery (6 hrs)

1. Provide relevant education to the client through formal and informal processes to introduce specific knowledge to support the recovery process.

C204: Individual Counseling (12 hrs)

1. In the initial counseling session, provide specific information to the client regarding the structure, expectations, and limitations of the counseling process in order to promote a trusting relationship; and assist the client in decision-making regarding the treatment process.
2. Provide individual therapy, using relevant and current client data with an appropriate therapeutic approach to meet the client's needs, problems, strengths, and weaknesses to promote a quality recovery process.
3. Assist clients, family members, and significant others in establishing and maintaining new behaviors or changes in behavior in order to minimize relapse through teaching, modeling, and other counseling techniques.

4. Provide care and follow-up appropriate to the client's needs after the initial phase is completed utilizing a variety of approaches.
5. Assess ongoing issues and related progress with clients, family, and significant others in order to promote growth through periodic review of goals and accomplishments.
6. Provide current and accurate information and education to the client, family members, and significant others through written materials and other educational forum in order to prevent initiation or progression of the disease of alcoholism and drug dependency.
7. Acknowledge and respect cultural and lifestyle diversities as they relate to emotional, spiritual, and physical health with all clients, family members, and significant others to affirm differences through accepting attitudes and behaviors.
8. Assist clients, family, and significant others in the recognition of the role of defense mechanisms especially denial and minimization) through confrontation, teaching, and eliciting feedback, in order to further the recovery process.

C402: Psychological Client Education (6)

1. Provide relevant education to family members and significant others through formal and informal processes to introduce specific knowledge to help support the recovery process.

C206: Family Counseling (6 hrs)

1. Provide family therapy with client and/or significant others within a conducive setting to promote individual and family growth.
2. Assist clients, family members, and significant others in establishing and through teaching, modeling, and other counseling techniques.

3. Provide care and follow-up appropriate to the client's needs after the initial phase is completed utilizing a variety of approaches.
4. Assess ongoing issues and related progress with clients, family, and significant others in order to promote growth through periodic review of goals and accomplishments.
5. Provide current and accurate information and education to the client, family members, and significant others through written materials and other educational forums in order to prevent initiation or progression of the disease of alcoholism and drug dependency.
6. Acknowledge and respect cultural and lifestyle diversities as they relate to emotional, spiritual, and physical health with all clients, family members, and significant others to affirm differences through accepting attitudes and behaviors.
7. Assist clients, family, and significant others in the recognition of the role of defense mechanisms (especially denial and minimization) through confrontation, teaching, and eliciting feedback, in order to further the recovery process.

C405: Education for the family (6)

1. **Provide relevant** education to family members and significant others through formal and informal processes to introduce specific knowledge to help support the recovery process.

Outline for ADD 104: Addiction Counseling for the Individual and Family

I Addiction Recovery (2 sessions)

- A. The Nature of Addiction
- B. The Basics of the Recovery Process

II Initial Interviewing Process (3 sessions)

- A. Patient/Client Self-reports
 1. Substance Use History
 2. Addiction/abuse of substance symptoms list
 3. Social Assessment
- B. Medical and Legal Release of Information Forms
- C. Interview
 1. Family History
 2. Social, physical, psychological effects of substance use
 3. Diagnosis
 4. Treatment Recommendations
 5. Referrals

III Compulsive Gambling (one session)

- A. Signs and symptoms of addiction B. Methods of recovery
- 1. Professional
- 2. Self Help Groups

IV Individual Counseling (4 sessions)

- A. Establishing Trust
- B. Eliciting feelings
- C. Problem, goals and objectives
- D. Techniques of counseling
 - 1. Reframing
 - 2. Supporting
 - 3. Mirroring
 - 4. Confronting
 - 5. Challenging
- E. Family
- F. Education of client and family
- G. Follow-up and Aftercare

V Family Counseling (3 sessions)

- A. Getting them comfortable
- B. Teach, model and counsel on healthy behavior changes
- C. Assessing issues and progress
- D. Educating with written material and educational forums
- E. Sensitivity to cultural and life-style diversities
- F. Dealing with defense mechanisms

VI Addiction Recovery and Psychological Family Education (2 sessions)

- A. Methods of education
 - 1. Audio-visual
 - 2. Written
 - 3. Experiential
 - 4. Lecture/discussion
- B. Educational Content - Critical Recovery Topics

ADD 104: Addiction Counseling for the Individual and Family.

This course covers **assessment** and differential diagnosis of the addicted and their family members. It includes individual, group, and family counseling techniques. Students will also cover key topics in an education program designed for both the addiction patients and for their family members and significant others. Various methods for teaching the educational program will be included.

ADD 104: is a course designed to provide essential knowledge and experience in assessment to the potential and developing addiction counselor. The projected enrollment is 10-12 students. A classroom, audio-visual equipment, and the use of a copy machine for reproduction of handouts is required. This course is part of a certificate program which requires the student take specific courses in other departments along with this one and others that are required for certification.