

ADD 106: EDUCATION WITH CLIENTS, FAMILY, AND COMMUNITY

Texts & Handouts:

Perkinson, Robert R. (1997). *Chemical Dependency Counseling: A Practical Guide*. Sage Publications. Thousand Oaks. Chapter 8 The Lectures.

LATEST REVIEW: Summer 2004

Handouts: Throughout the course, you will be given many handouts that expand on the material presented during lecture/discussion.

Course Description: The course will present students with an introduction to the basic knowledge required for understanding the materials and methods for developing psychological, biochemical, medical and Sociocultural chemically dependent client education programs. Students will also learn how to develop a family education program for significant others who have been affected by a chemically dependent person. This will include material on addiction recovery, psychology, biomedical and sociocultural aspects of for the members of the recovering family and significant others.

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.

OBJECTIVES FOR ADD 106: EDUCATION WITH CLIENTS, FAMILY AND COMMUNITY

C 402: Psychological Client Education (6 hours)

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

C 403: Biochemical/Medical Client Education (6 hours)

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

C 404: Sociocultural Client Education (6 hours)

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

C 405: Addiction recovery and Psychological family Education (12 hours)

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.

C 406: Biomedical and Sociocultural Family Education (12 hours)

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.

ADD 106: Course Outline for Education With Clients, Family and Community

I. Introduction and overview of the Course

- A. Overview of course and syllabus
- B. Class Activities, assignments and exams
- C. Introduction to Psychological Education

II. Psychological Client Education - Part A

- A. The Psychology of Addiction
- B. General Areas of Behavior Affected
- C. Psychiatric, Dual Diagnosis and related psychological complications
- D. Feelings and Emotions

III. Psychological Client Education - Part B

- A. Key Emotions: Anger, fear, grief & loss, shame
- B. Emotional Maturity

IV. Biomedical Client Education

- A. The Nervous System: neurotransmitter, nervous system, brain
- B. Actions of Drugs: administration, assimilation, transport, mechanisms of drug action, drug deactivation, tolerance and dependence

V. Medical Client Education

- A. Medical Aspects of Recovery
- B. Biology of first 90 days
- C. Areas of special care: nutrition, gynecological/sexual, gastro-intestinal etc.

VI. Sociocultural Client Education: Part A

- A. The Nature of the Drug Problem:
- B. Definitions
- C. Four pharmacological revolutions

VII. Sociocultural Client Education: Part B

- A. Drug use today
- B. Drug use as a social problem: toxicity, AIDS, crack babies, crimes and violence

VIII. Addiction Recovery: from denial to acceptance.

- A. Types of treatment
- B. ASAM Criteria
- C. Problems in Recovery: relapse, social, marital, psychiatric etc.

- IX. Psychological Family/Community Education Part A**
 - A. Affects of Addiction on the Family Structure and Functions
 - B. Family Recovery
- X. Psychological Family/Community Education Part B**
 - A. Educational topics for family and community
 - B. Community Activities for prevention, identification and treatment
- XI. Biomedical Family/Community Education: Part A**
 - A. The Nervous System: neurotransmitter, nervous system, brain
 - B. Actions of Drugs: administration/assimilation, transport, mechanisms of drug action, drug deactivation, tolerance and dependence
- XII. Biomedical Family/Community Education: Part B**
 - A. Medical Aspects of Codependency
 - B. Family recovery
- XIII. Sociocultural Family/Community Education: Part A**
 - A. Addiction as a social Problem
 - B. The effects of addiction on the community
- XIV. Sociocultural Family/Community Education: Part B**
 - A. Identifying specific problems
 - B. Solutions

Summary of ADD 106: This course provides students with the basic knowledge for setting up educational programs for chemically dependent individuals and their significant others as well as for the surrounding community. It includes the nature of recovery and the biomedical, sociocultural, psychological, aspects of addiction and its affects on the addicted individual, significant others and their community.

ADD 106: is a course designed to provide essential knowledge and experience in the education of chemically dependent, their significant others and the surrounding community for 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.