

## COURSE OUTLINE

### **Alcohol/Drug Studies 110 Counseling Techniques and Case Management**

#### **I. Catalog Statement**

Alcohol/Drug Studies 110 is designed to prepare the student for the field experiences of the addiction counseling internship. It examines several models of addiction counseling and the theoretical rationale of each. The course emphasizes therapeutic traits needed by a counselor working with a chemically addicted population. The course also includes the competencies/functions of a counselor, legal and ethical issues in counseling, and case management of individuals, groups and families. Issues of personal and professional growth are also discussed.

Total Lecture Units: 3.0

Total Laboratory Units: 0.0

**Total Course Units: 3.0**

Total Lecture Hours: 48.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

**Total Faculty Contact Hours: 48.0**

Prerequisite: AD ST 101 and ADST 103

Recommended Preparation: PSYCH 101

#### **II. Course Entry Expectations**

Prior to enrolling in the course, the student should be able to:

- diagram and explain the bio-psycho-social perspective of the progression of alcohol and other drug dependencies;
- describe the dynamics of early intervention and its relationship to effective treatment and rehabilitation;
- explain the intervention process and various techniques used to move the chemically dependent person into treatment and through recovery;
- distinguish between rudimentary skills in crisis intervention techniques, interpersonal communications, and problem solving with specific application to the alcoholic/addict and the chemically dependent family.

#### **III. Course Exit Standards**

Upon successful completion of the required coursework, the student will be able to:

- discuss selected psychological theories and treatment modalities of alcohol and drug dependency;
- describe the essential attributes needed to work effectively with the chemically dependent client;
- appraise essential traits of the counselor which are needed to work effectively with the chemically dependent;
- explain and illustrate ethical principals in chemical dependency counseling using examples;
- discuss scope of practice and other regulatory issues;
- summarize significant legal issues involved in counseling the chemically dependent;
- appraise personal motives, strengths, and limitations in relation to chemical dependency counseling;
- describe the process of case management in chemical dependency including client management, cost containment and the contemporary health care environment.

**IV. Course Content**

**Total Faculty Contact Hours = 48.0**

- A. Ethical and Legal Issues **(6 hours)**
  - 1. Counselor
  - 2. Agency
  - 3. Client relationships
- B. Theoretical Considerations **(12 hours)**
  - 1. Principles of psychotherapy in chemical dependency
  - 2. Defense structure of the recovering alcoholic
  - 3. Critical issues in therapy
  - 4. Processing the client through therapy
  - 5. Development of intrapersonal/interpersonal skills
  - 6. Characteristics of competent and effective counselors
- C. Theories of Treatment for Chemical Dependency **(15 hours)**
  - 1. Client-centered
  - 2. Behavioral
  - 3. Reality
  - 4. Rational emotive
  - 5. Gestalt
  - 6. Transactional analysis
- D. Case Management and Clinical Evaluation of Patient Progress **(6 hours)**
- E. Experiential Work **(9 hours)**
  - 1. Role-playing with student and instructor
  - 2. Role-playing in triads

**V. Methods of Instruction**

The following methods of instruction may be used in the course:

- lecture;
- discussion;
- role-playing.

## **VI. Out of Class Assignments**

The following out of class assignments may be used in the course:

- written assignments (e.g. an annotated bibliography of sources analyzing the best treatment outcomes between various counseling theories);
- term paper (e.g. history of counseling theories for the chemically dependent).

## **VII. Methods of Evaluation**

The following methods of evaluation may be used in the course:

- class and role-playing participation;
- written assignments;
- research project;
- quizzes, midterm(s), and final examination.

## **VIII. Textbook(s)**

Grosso, Federico C. *Advanced Applications of Law and Ethics: A Workbook for California Certified Alcoholism and Drug Abuse Counselors*. Santa Barbara: F.C. Grosso, 2001. Print.

16<sup>th</sup> Grade Textbook Reading Level. ISBN: 0-9654534-8-0.

Small, Jacquelyn. *Becoming Naturally Therapeutic: A Return to the True Essence of Helping*. New York: Bantam, 1990. Print. 13<sup>th</sup> Grade Textbook Reading Level. ISBN: 0-553-34800-0. (Most current edition)

Substance Abuse and Mental Health Services Administration. *Competencies: The Knowledge, Skills, and Attitudes of Professional Practice*. Current Edition. Washington, D.C.: U.S. Department of Health and Human Service Addiction Counseling Technical Assistance, 2008. Publication No. (SMS) 02-3750

## **IX. Student Learning Outcomes**

Upon successful completion of the required coursework, the student will be able to:

- analyze, appraise and evaluate counseling traits;
- identify and integrate theories of treatment;
- apply knowledge gleaned from assignments to role-playing exercises;
- detect, identify and evaluate legal issues in the counseling relationship.