

**I. COURSE DESCRIPTION:**

- A. Department Information:  
Division: Social Science and Human Development  
Department: Human Services  
Course ID: HUMSV 183  
Course Title: Alcohol/Drug Counseling 1  
Units: 3  
Lecture: 3 Hours  
Prerequisite: None  
Department Advisory: Complete four Human Services courses required for the Alcohol and Drug Studies Certificate.
- B. Catalog Description: Designed for students seeking certificates in Alcohol/Drug Studies, and includes the dynamics of the helping relationship, analysis and implications of common characteristics of substance dependent individuals, demonstration and practice of assessment, interviewing and referral techniques; and review of counseling skills and case management.
- C. Schedule Description: Covers the dynamics of helping relationships; characteristics of substance dependent individuals; counseling skills.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

Upon completion of the course the student should be able to:

- A. Identify and discuss the critical skills and issues involved in becoming a professional counselor;
- B. Evaluate and analyze the important elements of comprehensive rehabilitation programs and how these can be implemented into a treatment program of the student's design;
- C. Explain the legal requirements of "Duty to Warn";
- D. Describe and respond to ethical issues such as confidentiality, informed consent, and dual relationships;
- E. Explain and discuss the working relationship in counseling and its importance to recovery;
- F. Discuss the screening, intake, orientation, and assessment processes as they relate to core counselor functions;
- G. Define the basic biopsychosocial needs of the client;
- H. Develop treatment plans that address basic client needs;
  - I. Discuss the critical issues of transference and counter-transference
- J. Explain the dynamics of certain common types of problem clients and how to address such clients in counseling work;
- K. Evaluate the effects of treatment programs which are too short or too long.

**IV. COURSE CONTENT:**

- A. Introduction
1. So you want to be an alcoholism counselor?
  2. Issues and challenges involved
  3. History and background of rehabilitation
  4. History and background of substance abuse treatment
  5. The developmental-environmental model of substance abuse

6. Foundations of drug abuse and addiction
7. Drugs and the central nervous system
- B. Treatment Strategies
  1. Issues and Strategies in the Rehabilitation of Alcoholics
  2. Assessment and treatment planning
  3. Helping clients change
  4. Clients through group work
  5. Maintaining change in substance abuse behavior
  6. Working with families
  7. Planning and evaluating substance abuse counseling programs
  8. Prevention strategies
  9. Drugs and their effect
- C. Legal and Ethical Issues
  1. Ethics and Confidentiality
  2. Duty to Warn
  3. Child Abuse - Reporting and Clinical Dynamics
  4. Important Issues for Counselors
  5. Counter Transference
  6. Interpersonal Skills
  7. Sources of Stress
- D. Assessment
  1. Prognosis and Expectations
  2. Working relationship
  3. Needs of Patients
  4. Assessing Motivation and Initial Contacts
- E. Special Issues
  1. Problem Patients
  2. Length of Treatment

**V. METHODS OF INSTRUCTION:**

Designed under the lecture/discussion format. Methods of instruction will vary with instructors and may include but not be limited to:

- A. Lecture
- B. Directed Discussion
- C. Small Group Projects and Presentations
- D. Audio Visual Aids
- E. Field Trips

**VI. TYPICAL OUT-OF-CLASS ASSIGNMENTS:**

- A. Write a paper discussing the following as they relate to core counselor functions:
  1. Screening
  2. Intake
  3. Orientation
  4. Assessment
- B. Take part in Intern Seminar
- C. Choose a work experience site based on your knowledge of different types of treatment programs available in relation to your interest and skills.

**VII. EVALUATION (S):**

- A. Methods of Evaluation: There will be at least one evaluated written assignment.
  1. Objective tests
  2. Essay tests
  3. In-class and out-of-class writing assignments
  4. Term projects
- B. Frequency of Evaluation:
  1. One mid-term examination

2. One final examination
  3. Weekly written assignments
  4. Weekly observation of skills
  5. Term paper at end of semester
- C. Typical Exam Questions:
1. Discuss the ways in which the working relationship differs from the "real" relationship.
  2. What is the "therapeutic contract"?
  3. Define transference.
  4. Explain how a beginning counselor can reduce stress.
  5. Describe three of the following basic needs of the client.
    - a) Need to be dependent
    - b) Need for unqualified acceptance
    - c) Need to relieve painful feelings and ideas
    - d) Need for information
    - e) Need for transference
    - f) Need for cooperative relationship

**VIII. TYPICAL TEXT(S):**

Abbott, Ann A. Alcohol, Tobacco and Other Drugs: Challenging Myths, Assessing Theories, and Individualizing Interventions. Washington, D.C: NASW Press, 2000

Conidaries & Erikson. California Laws for Psychotherapists, Current Edition\*

Lewis, Judith A. and Robert Dana. Substance Abuse Counseling. Pacific Grove, CA: Brooks/Cole, 2002

Benshoff, John J. The Rehabilitation Model of Substance Abuse Counseling. Pacific Grove, CA: Brooks/Cole, 2000

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None**