

**NURSING AND HUMAN SERVICES DIVISION
SUBSTANCE ABUSE PROGRAM**

SAB 210 – SUBSTANCE ABUSE COUNSELING

SPECIFIC COURSE INFORMATION

COURSE PREFIX AND TITLE: *SAB 210—Substance Abuse Counseling*

PREREQUISITES: none

COREQUISITE: none

COURSE DESCRIPTION:

This course provides theory and skill acquisition by utilizing intervention strategies designed to obtain therapeutic information, support recovery, and prevent relapse. Topics include counseling individuals and dysfunctional families, screening instruments, counseling techniques and approaches, recovery and relapse, and special populations. Upon completion, students should be able to discuss issues critical to recovery, identify intervention models, and initiate a procedure culminating in cognitive/behavioral change. This course is a unique concentration requirement for the Substance Abuse concentration

CREDIT HOURS:

Lecture	Lab	Clinic	Credit
2	2	0	3

TEXTBOOK:

Lawson, Gary W., Lawson, A.W., Rivers, P.C., *Essentials of Chemical Dependency Counseling*. Aspen Publishers, 1996.

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COURSE OBJECTIVES

1. Identify various counseling techniques and approaches utilized in working with addicted people individually, in groups and with families.
2. Define relapse and relapse prevention, including ways of helping clients to identify triggers and cues and to set the goals and objectives of a relapse prevention plan.
3. Discuss the issues relevant to the development of addiction and the impact on recovery of diverse populations including women, gays and lesbians, African-Americans, Latino, adolescents, the elderly and people with dual diagnosis.
4. Identify the personal characteristics essential to being an effective substance abuse counselor.
5. Identify issues commonly encountered in counseling substance abuse clients.

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COURSE REQUIREMENTS

ASSIGNMENTS:

1. Working together in small groups, you will design a client education session on coping skills that could be used in an inpatient or outpatient program. A list of topics will be provided by the instructor.
2. Present the client education session in class. All group members are to participate in the presentation. You are to consider yourselves as counselors working together on a treatment team and the class will role-play clients in your treatment program. Your group will have 45-60 minutes to conduct the entire session. The presentation is to include the following components:
 - a. A brief lecture which is to be typed and turned in
 - b. An experiential activity or exercise, also to be typed and turned in, giving instructions and processing guidelines, and
 - c. A typed handout on the topic suitable to be given to clients with enough copies for all class members.
3. A personal reflection paper evaluating one's own strengths and weaknesses in terms of the traits and characteristics as a substance abuse counselor. The paper is to include a plan towards growth in one area of weakness.
4. 2 Tests
5. Attendance
6. Participation

COURSE GRADING:

Client Education Session	25%
Lecture	5%
Activity	5%
Handout	5%
Peer grade	5%
Presentation	5%
Cultural Heritage Paper	15%
2 Tests	30% (15% each)
Participation	15%
Attendance	15%

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COURSE SCHEDULE

Week 1	Introductions Overview and Requirements Singing from the same page: What is addiction, anyway? Reading: Chapter 1
Week 2	Characteristics of an Effective Counselor Characteristics of an Effective Substance Abuse Counselor What's Different about Working with Substance Abuse Clients? Why would anyone want to work with them? Reading: Continue Chapter 1 *Assignment: Each group must decide on their client education topic and turn in their plan for doing project to instructor
Week 3	Role of Values in Counseling Common Issues Faced by Counselors Reading: Chapter 3 *Assignment: Each group's plan is due.
Week 4	Common Core Elements of Counseling Reading: Chapter 3
Week 5	Counselor Skills Reading: Chapter 3
Week 6	Intervention Techniques and Practice
Week 7	What is Recovery? Stages of Recovery Transition Stage Early Recovery Ongoing Recovery Relapse Types
Week 8	Test Review TEST

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Week 9	Presentations Client Education Materials DUE (lecturing, exercise, handouts)
Week 10	Presentations continued..... Client Education Materials DUE (lecturing, exercise, handouts) *Assignment: Cultural Heritage Paper
Week 11	Diversity: What Is It? Why Study It?
Week 12	Adolescents Elderly *Assignment: Cultural Heritage Paper DUE
Week 13	Women Dual Diagnosis
Week 14	Gays and Lesbians
Week 15	Latinos
Week 16	African Americans
Week 17	Test Review TEST