

SAB 210

Substance Abuse Counseling

2 2 0 3

Prerequisite: None

Corequisite: None

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 in the Human Services Technology program.*

Competencies: This course is designed to meet the performance domain for counseling as identified by the substance abuse certification and regulatory agencies

The student will demonstrate an ability to:

1. Summarize various counseling techniques and provide appropriate therapy approaches.
2. Identify goals and objectives with the client.
3. Recognize defense mechanisms and confront non-productive behavior with clients.
4. Communicate to clients and collaterals information regarding relapse factors and prevention.
5. Communicate the differences between group therapy and twelve-step programs
6. Model and teach behavior that supports recovery and problem solving.
7. Communicate warmth, respect, and acceptance of cultural lifestyles and differences.

Text: *Learning the Language of Addiction Counseling* by Geraldine A. Miller
The Twelve Core Functions of a Counselor by Stanley Kulwicz

Course Requirements:

1. Regular class attendance and participation.
2. Three or four essay exams given throughout quarter.
3. Individual projects as assigned by instructor.
4. Oral presentations determined by class interests and subject matter.

Grading and Attendance Policy:

A 90 - 100 **B** 80 - 89 **C** 70 - 79 **D** 60 - 69 **F** Below 60

I Incomplete for a student who has not completed all of the exams or projects. Work must be completed prior to the end of the subsequent quarter in which the student is enrolled.

Students who miss more than three classes or who fail to take the examinations on the assigned dates will be subject to a lower grade