

Southwestern Community College
Human Services Technology
Instructor: Sarah Altman MA.Ed., LPC
Spring Semester 1999

SAB 210
SUBSTANCE ABUSE COUNSELING

Prerequisite:

Corequisite:

| | | | | |
|---------------|---------|-----|----------|--------|
| Weekly Hours: | 2 | 2 | 0 | 3 |
| | Lecture | Lab | Clinical | Credit |

Catalog Description: This course provides theory and skills 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 of the Substance Abuse concentration in the Human Services Technology program.

Course Requirements/curriculum Competencies: In this course, the student will learn a practical approach to the assessment, case conceptualization, treatment planning, treatment and aftercare of substance abuse and dependency in a treatment setting.

Upon completion of the course, the student will be able 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 nonproductive behavior with clients
4. Communicate to clients collateral information regarding relapse factors and prevention
5. Communicate the differences between group therapy and twelve-step programs
6. Model and teach behavior that support recovery and problem solving
7. Communicate warmth, respect, and acceptance of cultural lifestyles and differences

Textbook/Materials:

Buelow, Buelow, Psychotherapy in Chemical Dependence Treatment: A Practical and Integrative Approach, 1998, Brooks/Cole

Method/Strategy:

Lecture/discussion/group activities/assignments

Evaluation method: grades

Grading Scale:

A = 93-100

B = 85-92

C = 77-84

D = 70-76

F = Below 70

Policies: HSE/SAB Student Handbook

Schedule:

Class Section/Subject Matter/Assignments/Tests/All Due Dates

Section One

Part One: A Model For Change

Reading Assignment: CHAPTER 1: An Integrative Model of Chemical Dependence Treatment

Section Two

Reading Assignment: CHAPTER 2: Practical Decisions in Assessment and Referral

Section Three

Reading Assignment: CHAPTER 3: Case Conceptualization, Treatment Planning, and Treatment

Section Four

Reading Assignment: CHAPTER 4: Maintenance, Relapse, and Relapse Prevention

Section Five

Part Two: Chemical Dependence Practice Concerns

Reading Assignment: CHAPTER 5: Individual Treatment

Section Six

Reading Assignment: CHAPTER 6: Family Dynamics and Treatment

Section Seven

Reading Assignment: CHAPTER 7: Children and Adult Children of Alcoholics and
other Drug Abusers

Section Eight

Reading Assignment: CHAPTER 8: Group Treatment