

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

SAB 220
GROUP TECHNIQUES/THERAPY

Prerequisite: HSE 112

Corequisite:

Weekly Hours:	2	2	0	3
	Lecture	Lab	Clinical	Credit

Catalog Description: This course provides a practical guide to diverse methods of group therapy models used in the specific treatment of substance abuse and addiction. Emphasis is placed on the theory and practice of group therapy models specifically designed to treat the cognitive distortions of addiction and substance abuse. Upon completion, students should be able to skillfully practice the group dynamics and techniques formulated for substance abuse and addiction.

Course Requirements/Curriculum Competencies: In this course, the student will be able to integrate the essential components of treatment, facilitating cognitive and experiential learning.

Upon completion of the course, the student will be able to:

1. Describe the disease concept of substance abuse
2. Identify the genetics of alcoholism
3. Identify the medical aspects of alcoholism
4. Demonstrate an understanding of various therapy groups
5. Demonstrate and understanding of dysfunctional families and codependency
6. Identify relapse and the developmental process of recovery

Textbook/Materials:

Mark, Olesen and fallon; **Groups, A manual for Chemical Dependency and Psychiatric Treatment**, CI Productions

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

Reading Assignment: Notes on Group Counseling, Group Counseling for Clients, and Therapeutic Techniques, pages 1-13

(Readings and exercises will be assigned in all sections)

Section one

Medical Groups

Section two

Medical Aspects of Alcoholism

Section Three

Therapy Groups

Section Four

Codependency and Family Groups

Section Five

Relapse and Relapse Prevention