

SAB 230

Family Therapy

2 2 0 3

Instructor: Pam Wiggins

Office: 227 Van Dusen

Phone: 695-3898

Prerequisite: None

Corequisite: None

This course covers the theories and models of family systems therapy as designed for families affected by substance abuse and addiction. Emphasis is placed on structures and procedures necessary for successful family therapy, including the needs, types of resistance, and individual family dynamics. Upon completion, students should be able to understand and identify dynamics and patterns unique to families affected by substance abuse and the appropriate model of treatment.

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

The student will demonstrate an ability to:

1. Identify family systems theories that are effective for families with substance abuse issues.
2. Understand dynamics and patterns unique to families adapted to the alcohol and drug dependencies.
4. Developed initial skills in observing and responding to family interactions.
5. Manage and block destructive conflict during family therapy.

Text:

Treating Chemically Dependent Families: Edwards, John
Family Therapy: An Overview (5th ed.), Goldenberg and Goldenberg

Course Requirements:

Three exams given periodically (multiple choice, essay)
Participation in on-going family therapy groups (role play)

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

Instructor: Dr. Bob Baker
Office: 223 Van Dusen
Phone: 695-3865 (w)
673-7781 (h)

Email: bakerr@email.sandhills.cc.nc.us
FAX: 695-3954
office hours posted on door

Prerequisite: None
Corequisite: None

This course provides an overview of the core concepts in substance abuse and dependence. Topics include the history of drug use/abuse, effects on societal members, treatment of addiction, and preventive measures. Upon completion, students should be able to demonstrate knowledge of the etiology of drug abuse, addiction, prevention, and treatment.

Competencies: This course is designed to meet the performance domains for assessment and education as identified by substance abuse certification and regulatory agencies.

The student will demonstrate an ability to:

1. Define the history of drugs and alcohol.
2. Identify the major theories of addiction.
3. Recognize major classifications of psychoactive drugs.
4. Understand behavior patterns and progression process of drug abuse and dependency.
5. Identify intoxication and influences of drug use including withdrawal and long term implications.
6. Provide information regarding recent trends in street drugs and designer drugs.
7. Clarify how life style differences and environment effect the use and abuse of addictive substances.
8. Understand the process of becoming a Certified Substance Counselor in North Carolina by acquiring a certification packet from the NCPSACB.

Text: *Drugs: Issues for Today* by Pinger, Payne, Hahn, and Hahn

Course Requirements: 4-5 exams given periodically (essay, multiple choice, short answer)
Oral group reports presented at end of semester
Timely completion of all assigned reading
Participation in class discussion
Individual projects as assigned (readings, reports, etc.)

Grading and Attendance Policy:

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

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Instructor: Dr. Bob Baker
Office: 228 Van Dusen Building
Phone: 695-3865 (w)
673-7781 (h)

Prerequisite: None

Corequisite: None

This course develops processes for establishment of client rapport, elicitation of client information on which therapeutic activities are based, and stimulation of client introspection. Topics include diagnostic criteria, functions of counseling, nonverbal behavior, collateral and significant others, dual diagnosis, client strengths and weakness, uncooperative clients, and crisis interventions. Upon completion, students should be able to establish communication with clients, recognize disorders, obtain information for counseling, and terminate the counseling process. *This course is a unique concentration requirement of the Substance Abuse concentration in the Human Services Technology program.*

Competencies: This course is designed to meet the performance domains for assessment and professional responsibility as identified by substance abuse certification and regulatory agencies.

The student will demonstrate an ability to:

1. Complete required documents for admission to a treatment program.
2. Complete required documents for program eligibility and appropriateness of care.
3. Obtain appropriately signed consents when soliciting from or providing information to outside sources to protect client confidentiality and rights.
4. Gather relevant history from clients including but not limited to alcohol and other drug abuse using appropriate interview techniques.
5. Identify appropriate assessment tools.
6. Develop a diagnostic evaluation of the client's substance abuse and any coexisting conditions in order to provide an integrated approach to treatment planning based on the client's strengths, weaknesses and identified problems and needs.

Text: *DSM-IV Made Easy: The Clinicians Guide to Diagnosis* by James Morrison. M.D.

Course Requirements:

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

Grading and Attendance Policy:

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SAB 125

Substance Abuse Case Management

2 2 0 3

Prerequisite: SAB 120

Corequisite: None

This course provides case management activities, including record keeping, recovery issues, community resources, and continuum of care. Emphasis is placed on establishing a systematic approach to monitor the treatment plan and maintain quality of life. Upon completion, students should be able to assist clients in the continuum of care as an ongoing recovery process and develop agency networking. *This course is a unique concentration requirement of the Substance Abuse concentration of the Human Services Technology program.*

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

The student will demonstrate an ability to:

1. Present client information, both oral and written, to treatment team members in order to facilitate quality client care and consult with colleagues as necessary to maintain appropriate treatment.
2. Obtain information regarding community services and community resources relevant to client needs.
3. Provide for the client information regarding the agency program, self-help groups, the referral process, and aftercare treatment.
4. Maintain a treatment team concept by periodically updating team members as to the client's progress, including termination.

Text: *Generalist Case Management: A Method of Human Services Delivery* by Marianne Woodside and Tricia McClam

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:

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SAB 135

Addictive Process

3 0 0 3

Prerequisite: PSY 150

Corequisite: None

This course explores the physical, emotional, psychological, and cultural aspects of the addictive process. Emphasis is placed on addictions to food, sex, alcohol, drugs, work, gambling, and relationships. Upon completion, students should be able to identify the effects, prevention strategies, and treatment methods associated with addictive disorders. *This course is a unique concentration requirement of the Substance Abuse concentration of the Human Services Technology program.*

Competencies: This course is designed to meet the performance domains for education and assessment as identified by substance abuse certification and regulatory agencies.

The student will demonstrate an ability to:

1. Observe and document psychological, social, and physiological symptoms of abuse/dependence in a client to determine appropriateness for admission or referral.
2. Provide current and accurate information concerning abuse/dependence to clients, family members, community groups, businesses, and professionals.
3. Acknowledge and respect cultural diversities as they relate to the emotional, spiritual, and physical health of clients and families.
4. Assist clients and families, through confrontation and teaching, to recognize their defense mechanisms that work to decrease recovery efforts.

Text: *Introduction to Addictive Behaviors* (2nd ed.) by Dennis L. Thombs

Course Requirements:

1. Regular class attendance and participation.
2. Four or five 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:

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SAB 220

Group Techniques/Therapy

2 2 0 3

Prerequisite: HSE 112

Corequisite: None

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 dynamics and techniques formulated for substance abuse and addiction.

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

The student will demonstrate and ability to:

1. Differentiate between the use of group counseling, individual counseling, and 12-step groups in treatment.
2. Prepare clients for group counseling, deal with group behaviors, establish a trusting and cohesive environment, focus on effective group interactions, and terminate group members when needed.
3. Understand the role of conflict, subgroup development, self-disclosure, developmental processes, and culture as they relate to group effectiveness.
4. Demonstrate skill in the timing of interventions and confrontation with group members.

SAB 240

SAB Issues in Client Services

3 0 0 3

Instructor: Dr. Bob Baker

Office: Van Dusen 223 **email:** bakerr@email.sandhills.cc.nc.us

Phone: 695-3865 (w) **FAX:** 695-3954
673-7781 (h)

Prerequisite: Successful completion of 12 SHC in the SAB concentration

Corequisite: None

This course introduces systems of professional standards, values, and issues in substance abuse counseling. Topics include confidentiality, assessment of personal values, professional responsibilities, competencies, and ethics relative to multicultural counseling and research. Upon completion, students should be able to understand and discuss multiple ethical issues applicable to counseling and apply various decision-making models to current issues. *This course is a unique concentration requirement of the Substance Abuse concentration in the Human Services Technology program.*

Competencies: This course is designed to meet selected performance domains as identified by substance abuse certification and regulatory agencies.

The student will demonstrate and ability to:

1. Interpret, apply, and model federal, state, and agency regulations regarding client confidentiality as well as ethical, legal and professional standards specifically related to the counseling profession.
2. Assess their own personal bias toward other cultures and lifestyles and any resulting impact on the counseling relationship.
3. Assess and participate in needed training.
4. Recognize the need for self-assessment as well as locating and utilizing resources in regard to their own physical and mental health.
5. Understand and discuss HIV/AIDS and Ethics by receiving at least 12 hours of HIV/AIDS instruction and at least 6 hours of Ethics instruction.

Text: TBA

Course Requirements: Active participation in class discussions
Development outside class of supervision material
Individual/group projects with presentations as assigned
Regular class attendance
Participation in trainings/seminars/workshops when conducted

Grading and Attendance Policy:

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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

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COE 115

Co-op Work Experience Seminar I

1 0 0 1

Prerequisite: Successful completion of 12 SHC in the HSE program

Corequisite: COE 111

This course provides the student with an opportunity to evaluate practical experiences in the human services field. Students will discuss with faculty their co-op work in a human services agency and relationships to curriculum components.

Competencies: This course is designed to partially meet the performance domains as identified by certification and regulatory agencies.

The student will demonstrate an ability to:

1. Obtain aid in choosing a career track in human services.
2. Develop work experience in a human services agency as an aid in gaining employment or qualifying for further education toward professional level status (i.e. registry, certification, and/or licensure.)
3. Examine the role of human service workers in a variety of settings.
4. Provide group support and “networking” for interns.
5. Prepare for employment or further education in human services.
6. Study the function and organizational structure of a variety of human service agencies.

Course Requirements:

1. Agreement with agency completed and submitted to supervising instructor at first class session.
2. Completed time log to be signed by agency staff and submitted to supervising instructor. This will be checked.
3. Eight to ten page typed report by the student which describes the placement experience and gives a profile of a typical client in the agency.
4. Completed evaluation by agency supervisor.
5. Development and completion of learning contract goals.

Methods of Evaluation:

1. Instructors' evaluation of student's participation at seminar meetings.
2. Evaluation of completeness, efficiency and timeliness of assignments and reports.
3. Evaluation of goals met.

COE 125

Co-op Work Experience Seminar II

1 0 0 1

Prerequisite: Successful completion COE 115

Corequisite: COE 121

This course is designed to prepare the student for graduation and possible employment. The seminar will provide the student an opportunity to discuss with a faculty member the experiences in the agency and employment opportunities in the human services field. The student will also develop a resume for interviews in preparation for employment.

Competencies: This course is designed to partially meet the performance domains as identified by certification and regulatory agencies.

The student will demonstrate an ability to:

1. Obtain aid in choosing a career track in human services.
2. Develop work experience in a human services agency as an aid in gaining employment or qualifying for further education toward professional level status (i.e. registry, certification, and/or licensure.)
3. Examine the role functions of human service workers in a variety of settings.
4. Provide group support and “networking” for interns.
5. Prepare employment or further education in human services.
6. Study the function and organizational structure of a variety of human service agencies.

Course Requirements:

1. Agreement with agency completed and submitted to supervising instructor at first class session.
2. Completed time log to be signed by agency staff and submitted to supervising instructor. This will be checked.
3. Eight to ten page typed report by the student which describes the placement experience and gives a profile of a typical client of the agency.
4. Completed evaluation by agency supervisor.
5. Development and completion of learning contract goals.

6. Completion of resume resulting from sessions with Student Services representative both in and out of class

Methods of Evaluation:

1. Instructors' evaluation of student's participation at seminar meetings.
2. Evaluation of completeness, efficiency and timeliness of assignments and reports.
3. Evaluation of goals met.

COE 111 Co-op Work Experience I 0 0 10 1

Prerequisite: Successful completion of 12 SHC in the HSE program
Corequisite: COE 115

This course provides work experience with a college-approved employer in an area related to the student's program of study. Emphasis is placed on integrating classroom learning with related work experience. Upon completion, students should be able to evaluate career selections, demonstrate employability skills, and satisfactorily perform work related competencies.

Competencies (SA only): This course is designed to meet the twelve core functions as identified by substance abuse certification and regulatory agencies.

The student will demonstrate an ability to:

1. Provide comprehensive "hands-on" work experience in a substance abuse agency.
2. Utilize their work experiences as an aid in gaining employment and/or obtaining certification.
3. Gain experience in each of the core functions as designated by certifying agencies.
4. Understand the functions and organizational structure of substance abuse agencies.

Course Requirements:

1. 160 hours of agency work experience.
2. Completed daily journal evaluating experiences with the agency.
3. Share in the responsibility for client safety and for standards of client care that are acceptable to the agency.
4. Adhere to established protocol for protection of privacy and confidentiality of the clients.
5. Abide by established policies and procedures of the agency and the college.
6. Use equipment and records provided by the agency in a responsible manner.

Methods of Evaluation:

1. Total number of agency hours completed.
2. Qualitative nature of agency supervisor's performance evaluation

Attendance Policy:

Students will arrange attendance schedules with agency supervisors. All absences will be recorded and explained. Excessive absences from the worksite will result in a lowered grade.

COE 121

Co-op Work Experience II

0 0 10 1

Prerequisite: Successful completion of COE 111

Corequisite: COE 125

This course provides work experience with a college approved employer in an area related to the student's program of study. Emphasis is placed on integrating classroom learning with related work experience. Upon completion, students should be able to evaluate career selections, demonstrate employability skills, and satisfactorily perform work related competencies.

Competencies (SA only): This course is designed to meet the twelve core functions as identified by substance abuse certification and regulatory agencies.

The student will demonstrate an ability to:

1. Provide comprehensive "hands-on" work experience in a substance abuse agency.
2. Utilize their work experiences as an aid in gaining employment and/or obtaining certification.
3. Gain experience in each of the core functions as designated by certifying agencies.
4. Understand the functions and organizational structure of substance abuse agencies.

Course Requirements:

1. 160 hours of agency work experience.
2. Completed daily journal evaluating experiences with the agency.
3. Share in the responsibility for client safety and for standards of client care that are acceptable to the agency.
4. Adhere to established protocol for protection of privacy and confidentiality of the clients.
5. Abide by established policies and procedures of the agency and the college.
6. Use equipment and records provided by the agency in a responsible manner.

Methods of Evaluation:

1. Total number of agency hours completed.
2. Qualitative nature of agency supervisor's performance evaluation

Attendance Policy:

Students will arrange attendance schedules with agency supervisors. All absences will be recorded and explained. Excessive absences from the worksite will result in a lowered grade.