

The University of North Carolina at Charlotte

**College of Education
Department of Counseling, Special Education, and Child Development**

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COURSE NUMBER CSLG 6163/8663 **CREDIT HOURS:** (3)

COURSE TITLE Chemical Dependence: Treatment Planning and Relapse Prevention

CATALOG DESCRIPTION

An introduction to the principles and practices upon which chemical dependence treatment and relapse prevention are based. Computerized programs will be used to aid students in assessment, diagnosis, and in planning treatment for chemically dependent clients.

COURSE PREREQUISITES Post-baccalaureate or graduate status

COURSE COREQUISITES None

COURSE RATIONALE AND RELATIONSHIP TO CURRENT PROGRAMS AND PROFESSIONAL STANDARDS

As a part of a four-course sequence in substance abuse counseling offered by the Department of Counseling, Special Education, and Child Development, this instruction is available to students who either plan to specialize in substance abuse counseling or who will benefit from knowing how to treat substance dependence prevalent in adolescents and adults and how to prevent relapse. A biopsychosocial perspective on the causes and maintenance of chemical dependence will be offered. Completion of this course partially fulfills requirements for certification as Certified Clinical Addictions Specialist (CCAS) as established by the North Carolina Substance Abuse Professional Certification Board (NCSAPCB) and by the National Board for Certified Counselors (NBCC).

COURSE OBJECTIVES

Upon completion of this course, students will be able to:

- describe the major drugs of abuse and the mechanism of addiction.
- Use the American Society of Addiction Medicine (ASAM) Patient-Placement Criteria.
- describe treatment modalities including individual, group, and family therapy, didactic seminars, and orientation to self-help groups.
- describe the components of the 42CFR (Code of Federal Regulations regarding confidentiality).
- apply treatment planning and relapse prevention strategies to individuals and groups in selected populations.
- describe the theory and practices of 12 Step groups and other self-help groups.
- describe models of relapse prevention.
- recognize relapse warning signs and high-risk situations.
- develop specific treatment and relapse prevention plans.
- conceptualize and apply the biopsychosocial model of etiology and maintenance of chemical dependence to treatment planning and relapse prevention.
- utilize the AccuCare Behavioral Healthcare System computer software to assess clients, design

treatment plans, write documentation and discharge summaries, place clients in appropriate treatment settings, and transfer clinical data.

COURSE CONTENT

Students will be introduced to ways of appropriately designing and implementing treatment plans and relapse prevention strategies based on theoretical and practical understanding of biopsychosocial factors. Students will be taught how professionally and ethically to conduct thorough assessments and diagnoses, counsel clients, design treatment and relapse prevention plans, and document and share client treatment information.

ILLUSTRATIVE COURSE ACTIVITIES

The AccuCare Behavioral Healthcare System computer software will be used as tutorial means for helping students conduct an assessment of a hypothetical client and design a suitable treatment and relapse prevention plan for that client.

Students will read and discuss issues relevant to client confidentiality, self-help, and addictive drugs.

ILLUSTRATIVE METHODS FOR EVALUATING STUDENT PERFORMANCE

Attendance and Participation

Midterm and Final Exams

AccuCare Project

Research paper on assessing and diagnosing an individual representing a minority population in the United States.

AN ILLUSTRATIVE CURRENT BIBLIOGRAPHY

Alcoholics Anonymous (1976) (3rd ed.). Alcoholics Anonymous World Services, Inc.: New York.

Carroll, J. J. (2000). Counseling students' conceptions of substance-dependence and related initial interventions. Journal of Addictions & Offender Counseling, (20), 84 – 92.

Ellis, A., & Velton, E., (1992). When AA doesn't work for you: Rational steps to quitting alcohol. FortLee, NJ: Barricade Books

Fisher, G. L., & Harrison, T. C., (2000). Substance abuse, (2nd ed.). Boston: Allyn & Bacon.

Levin, J. D. (1995). Introduction to alcoholism counseling (2nd ed.). Washington, DC: Taylor and Francis.

O'Connor, P. G. (1996). Engaging the patient in treatment, In J. Kinney (Ed.), Clinical manual of substance abuse (pp. 57 -73). St. Louis: Mosby.

Pape, P. A. (1993). Issues in assessment and intervention with alcohol-and drug-abusing women. In S. L. A. Straussner (Ed.). Clinical work with substance abusing clients. (pp. 251 - 269). New York: Guilford.

Perkinson, R. R., & Jongsma, A. E., Jr. (1998). The chemical dependence treatment planner. New York: John Wiley

Perkinson, R. R. (1997). Chemical dependency counseling. Thousand Oaks, CA: Sage.

Ross, G. R. (1994). Treating adolescent substance abuse. Boston: Allyn and Bacon.

Rotgers, F., Keller, & Morgenstern, J. (1996). Introduction. In F. Rotgers, D. S. Keller, & J. Morgenstern (Eds.). Treating substance abuse: Theory and Technique. (pp. 1 - 12). New York: Guilford.

Van Den Bergh, N. (1991). Having bitten the apple: A feminist perspective on addictions. In N. Van Den Bergh (Ed.). Feminist perspectives on addictions.(pp. 3 - 30). New York: Springer.

Wallace, J. (1996). Theory of 12-Step-oriented treatment. In F. Rotgers, D. S. Keller, & J. Morgenstern (Eds.). Treating substance abuse: Theory and Technique. (pp. 13 - 36). New York: Guilford.

Zweben, J. E. (1987). Recovery-oriented psychotherapy: Facilitating the use of 12-Step programs. Journal of Psychoactive Drugs, 19, 243 - 251.

FACULTY RESPONSIBLE FOR DEVELOPING THIS COURSE OUTLINE

Jane J. Carroll, Ph.D.

**DATE OF APPROVAL OF THIS COURSE OUTLINE BY THE APPROPRIATE
COLLEGE CURRICULUM COMMITTEE**

Approved on _____ by the College Graduate Curriculum Committee
Date

Chair: _____