CAARR INSTITUTE:

ALCOHOL/DRUG TREATMENT STUDIES PROGRAM OUTLINE

(Minimum hours for each area are 48) 56 weeks

ADS 101- Personal and Professional Growth/ Introduction and Overview (8 weeks):
  o Assess their life areas and the potential of burnout within the field of Alcohol/Drug Counseling and recognize what causes them to be subject to conditions that can lead to depletion or impairment in the workplace.
  o Identify effective strategies to maintain self-care and wellness, including Clinical Supervision, 12-Step and Non 12 step Support Groups, psychotherapy, exercise, proper sleep, healthy diet, relaxation techniques and time management.
  o Create and apply a professional and personal Self-Care Plan in the following areas of their life: Emotional, Mental, Spiritual, and Physical.
  o Gain an understanding of the maladaptive behavior such as enabling and codependency
  o Compare and contrast the various types of “defense mechanisms” (Freud)
  o Identify and define the various terms of “defense mechanisms” (Freud)
  o Identify current limitations and strengths via self-assessment
  o Gain applicable knowledge of the CCAPP AOD career path
  o Establish a tentative professional plan for the next two (2) years
  o Compare and contrast national and state-level credentialing requirements (IC&RC)
  o Gain an understanding of Scope of Practice and Code of Conduct regulations
  o Identify and define each of the Code of Ethics
  o Gain an understanding of “dual relationships” per Code of Conduct
  o Compare and contrast dual relationships and conflict of interest for AOD professionals
  o Gain applicable knowledge of the proper steps in handling ethical dilemmas
  o Enhance critical thinking by exploring various types of ethical dilemmas
  o Develop a peer support plan in an effort towards enhancing professional development
  o Compare and contrast transference and countertransference
  o Compare and contrast boundary crossings and boundary violations
  o Professional contacts and organizations.

ADS 102- Law and Ethics/ Introduction and Overview (8 weeks):
  o Gain applicable knowledge of historical uses of alcohol and the etiology of alcoholism
  o Verbalize understanding of the historical factors of alcohol and drugs and the use, abuse and dependence of alcohol
  o Student will describe the history, current approaches, and controversies involved in the treatment of alcoholism, prescription drug abuse and narcotic abuse
  o Compare and contrast the disease model of addiction, and the American Psychiatric Association, substance dependence disorder, bio-psychosocial model of addiction, environmental and the learned models of addiction
  o Describe the anticipated signs and symptoms that occur in each of Jellinek's species and types of alcoholics
○ Become aware of the state, national and international standards and regulatory processes relevant to ethical conduct and practices within the substance abuse counseling industry
○ Identify and define the following terms: client welfare, cultural diversity, conflicted agendas, tiers of ethics, competency, professional rapport and societal obligations
○ Compare and contrast written clinical material and spoken clinical material.
○ Current legal sanctions; liabilities, auto accidents, bards, restaurants, liquor stores, traffic laws.
○ Specific issues regarding employment problems.
○ Patient rights; professional liability.
○ Code of conduct or ethical codes.
○ Legal and Regulatory Restrictions: federal confidentiality regulations; state regulations; potential hazards resulting from noncompliance with regulations: state and federal agencies.

**ADS 103- Abnormal Psychology/Introduction and Overview (8 weeks):**

○ Introduction to Abnormal
○ Neurological Disorders
○ Sexual and Gender Identity Disorders
○ Eating Disorders
○ Anxiety Based Problems
○ Depression and Mood Disorders
○ Substance Use Disorders
○ Schizophrenia and Other Psychotic Disorders
○ Personality Disorders
○ Dissociative Disorders
○ Somatoform Disorders
○ Childhood Disorders
○ Cultural/Lifestyle Consideration; norms and differences; issues specific to special populations (e.g., ethnic minorities, women, youth, elderly, homosexuality, physically disabled or impaired); the nature and extend of alcoholism/drug dependency problems among target populations.
○ Human Behavior: theories of personality and human development; emotional states (e.g., dependency, resentment, guilt); theories of human needs and motivation; denial process.
○ Family Dynamics: Recognition of family roles, modalities of treatment; communication issues; role play.

**ADS 104- Physiology and Pharmacology of Alcohol and Other Drugs (8 weeks):**

○ Examination of the effects of alcohol and similar legal psychoactive drugs to the body and behavior; damage to the body and behaviors; damage to the brain, liver and other organs.
○ Tolerance, cross tolerance, and synergistic effects.
○ Physiological differences between males and females.
○ Disease model including signs and symptoms, research, and neurobiology
○ Medication Assisted Treatment
○ Gain applicable knowledge of motivational strategies for each Stage of Change.
Understand the importance of the client’s personal choice and responsibility to move toward positive change.

**ADS 105 - Case Management; Assessment, Orientation, Treatment Planning and Relapse Prevention/Aftercare Planning (8 weeks):**

- Initial intake and case management: administrative requirements for admission, interpersonal dynamic and potential influence of client behaviors; signs and symptoms of physical disabilities, assessment of potential violence, self-harm, activities that bring agencies, resources of people together within a planned framework of action toward the achievement of established goals; including alcohol/drug history, vocational, cultural, educational background, lifestyle, living situation, medical, strengths and weaknesses for the development of a treatment plan.

- Orientation: General nature and goals of the program; rules governing conduct, infractions that can lead to disciplinary action or discharge, hours of services, costs, clients rights. etc.

- Treatment/Recovery Planning: the components of a treatment plan; problem solving models and processes; theories and behavioral components of change; techniques used in behavioral contracts; the stages of recovery; identification of problems, realistic and unrealistic treatment goals at various stages of recovery; the value of participant concurrence or expresses disagreement in the process; how to organize client information for presentation to other professionals, case presentation procedures.

- Reports and Record keeping: Charting the results of the assessments; treatment plans; writing reports, progress notes, discharge summaries, and other client related data. (Practical application is required.)

- Aftercare and follow up: the role of aftercare in the treatment process; the role and importance of client follow up; relapse dynamics; self-help groups and/or support groups. (AA, NA etc.)

- Consultation and Referral: Alternative resources available to provide treatment and supportive services; roles and functions of individuals in resources agencies and their position in the decision making process; advocacy techniques; assessing the need for consultation and referral; identifying counselor limits and scope of practice.

- Community prevention and education: the concepts of prevention, community education and outreach; education and prevention models; effectiveness of prevention strategies and training methods; adult education techniques.

- Outreach: Businesses and clubs that can be used as identification and referral sources. Assessing needs for training and technical assistance.

- Screening techniques: communication theories and techniques; interviewing techniques; considerations is assessing, client needs, resources, strengths and limitations. Identification of appropriateness and eligibility.

- Intervention and referral: emphasis on the chronic disease model and recovery process. Continuum of care issues, including employee assistance programs; information and referral; detoxification; various treatment modalities etc.

- Crisis Counseling Techniques and theories: The signs and symptoms of potential suicide, aggression and other self-destructive behaviors.
ADS 106-Individual, Group and Family Counseling (8 weeks):

- Counseling is a relationship in which the counselor helps the client mobilizes resources to resolve his/her problems and/or to modify attitudes and values.
- Exploration of a problem, its ramifications and examination of attitudes and feeling; consideration of alternative solutions; decision making; therapeutic approaches, (e.g., Reality Therapy, RET; Brief Therapy; Motivational interviewing; etc.)
- Family Counseling: (All family counseling must be relative to substance abuse issues.) Theories of family codependency; techniques for motivation family involvement in the treatment process; techniques of multifamily group counseling; working with family therapists, selecting therapists for family work; counselor identification of limitations relating to family issues.
- Group Counseling: Purpose and function of different types of counseling groups; models of group; group techniques; stages of group; group intervention, group patterns; therapeutic factors in groups; expression, commitment, process groups, didactic training; role of the counselor; group orientation.
- This course must include practical applications in role play settings.

ADS 107- Supervised Practicum (8 weeks):

- This course consists of (45) classroom hours.
- The course includes supervision by a qualified instructor and includes direct supervision.
- The instructor must also be available for consultation while student is completing field work requirements.

ADS 108- Supervised Field Work Practicum (Internship)

- A minimum requirement of 255 hours of practical experiences performed at an agency approved by the aforementioned instructor.
- The student must complete all of the 4 domains at internship site. Each core function requires a minimum of 10 hours practicum.
- The application of knowledge and skills in a practice setting is essential to professional counseling.
- The field work is the means by which students learn to apply and integrate acquired knowledge and values; and to refine skills that are taught in the classroom.

Breakdown of Internship Hours:
- Supervised Practicum Course (Classroom) 45 Hours
- Supervised Field Work (Internship) in the Core Functions: 252 Hours
- Agency Orientation: 3 Hours

Total: 300 Hours