

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):

- 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.
- 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.
- Create and apply a professional and personal Self-Care Plan in the following areas of their life: Emotional, Mental, Spiritual, and Physical.
- Gain an understanding of the maladaptive behavior such as enabling and codependency
- Compare and contrast the various types of “defense mechanisms” (Freud)
- Identify and define the various terms of “defense mechanisms” (Freud)
- Identify current limitations and strengths via self-assessment
- Gain applicable knowledge of the CCAPP AOD career path
- Establish a tentative professional plan for the next two (2) years
- Compare and contrast national and state-level credentialing requirements (IC&RC)
- Gain an understanding of Scope of Practice and Code of Conduct regulations
- Identify and define each of the Code of Ethics
- Gain an understanding of “dual relationships” per Code of Conduct
- Compare and contrast dual relationships and conflict of interest for AOD professionals
- Gain applicable knowledge of the proper steps in handling ethical dilemmas
- Enhance critical thinking by exploring various types of ethical dilemmas
- Develop a peer support plan in an effort towards enhancing professional development
- Compare and contrast transference and countertransference
- Compare and contrast boundary crossings and boundary violations
- Professional contacts and organizations.

ADS 102- Law and Ethics/ Introduction and Overview (8 weeks):

- Gain applicable knowledge of historical uses of alcohol and the etiology of alcoholism
- Verbalize understanding of the historical factors of alcohol and drugs and the use, abuse and dependence of alcohol
- Student will describe the history, current approaches, and controversies involved in the treatment of alcoholism, prescription drug abuse and narcotic abuse
- 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
- 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, bars, 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 extent 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, ranking 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 problems, its ramification 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