



MHC 8020

(06/2019)

**COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION**

COURSE TITLE: Addictions Counseling

COURSE NUMBER: MHC 8020

PREREQUISITES: MHC 6401, MHC 6502

COURSE DESCRIPTION: This course introduces students to the basic principles of chemical dependency and "process addictions," including issues associated with gambling and sexual addictions counseling and the impact of addictions on co-occurring psychiatric disorders. This course will present the Disease Model of addiction and other etiological models, and the range of treatment options, counseling strategies, and prevention techniques available for treatment of addiction and co-occurring disorders. Screening and assessment instruments are introduced, with an emphasis on correct diagnosis and application of the Stages of Change Model.

I. MAJOR INSTRUCTIONAL GOALS:

GOAL A:

Understand the disease concept and etiology of addiction and co-occurring disorders including strategies for prevention, intervention and treatment. (CACREP STANDARDS F.1.a, F.2.a, F.2.d, F.2.f, F.2.g, F.3.d, F.3.e, F.3.f, F.3.i, F.5.a, F.5.b, F.5.f, F.5.g, F.5.h, F.5.j, F.6.a, F.8.b; CLINICAL MENTAL HEALTH COUNSELING STANDARDS C.1.d, C.2.b, C.2.e, C.2.f, C.2.g, C.3.b)

Knowledge Learning Outcomes: The student will:

A-1 Demonstrate knowledge of the medical model of addiction, including the disease concept, and its implications in establishing motivation for change. (F.3.d, F.3.e, F.3.f, F.5.a, F.5.f, F.5.g, F.5.j, F.8.b, C.1.d, C.2.b, C.2.g)

F.3.d. theories and etiology of addictions and addictive behaviors
F.3.e. biological, neurological, and physiological factors that affect human development, functioning, and behavior

- F.5.g. essential interviewing, counseling, and case conceptualization skills
- F.5.j. evidence-based counseling strategies and techniques for prevention and intervention
- F.8.b. identification of evidence-based counseling practices
- C.1.d. neurobiological and medical foundation and etiology of addiction and co-occurring disorders
- C.2.b. etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders
- C.2.g. impact of biological and neurological mechanisms on mental health

A-2 Demonstrate knowledge of the philosophy, history and development of addiction counseling including familiarity with a variety of etiological theories pertaining to addiction, including spiritual and psychological (compensatory) models. (F.1.a, F.2.d, F.3.d, F.3.e, F.3.f, F.5.a, F.5.b, F.5.g, C.1.d, C.2.b, C.2.f, C.2.g)

- F.1.a. history and philosophy of the counseling profession and its specialty areas
- F.2.d. the impact of heritage, attitudes, beliefs, understandings, and acculturative

- F.3.d. theories and etiology of addictions and addictive behaviors
- F.3.e. biological, neurological, and physiological factors that affect human development, functioning, and behavior
- F.3.f. systemic and environmental factors that affect human development, functioning, and behavior
- F.5.a. theories and models of counseling
- F.5.b. a systems approach to conceptualizing clients
- F.5.g. essential interviewing, counseling, and case conceptualization skills
- C.1.d. neurobiological and medical foundation and etiology of addiction and co-occurring disorders
- C.2.b. etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders
- C.2.f. impact of crisis and trauma

C.2.b. etiology, nomenclature, treatment, referral, and prevention of mental and emotional disorders

C.2.d. diagnostic process, including differential diagnosis and the use of current diagnostic classification systems, including the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* and the International Classification of Diseases (ICD)

C.2.e. potential for substance use disorders to mimic and/or co-occur with a variety of neurological, medical, and psychological disorders

B-5 Understand how to apply the assessment of the client's stage of dependence, change, or recovery to determine the appropriate treatment modality and placement criteria within the continuum of care. (F.3.d, F.3.e, F.3.i, F.5.h, C.1.b, C.2.c, C.2.d)

F.3.d. theories and etiology of addictions and addictive behaviors

F.3.e. biological, neurological, and physiological factors that affect human development, functioning, and behavior

F.3.i. ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan

F.5.h. developmentally relevant counseling treatment or intervention plans

C.1.b. theories and models related to clinical mental health counseling

C.2.c. mental health service delivery modalities within the continuum of care, such as inpatient, outpatient, partial treatment and aftercare, and the mental health counseling services networks

C.2.d. diagnostic process, including differential diagnosis and the use of current diagnostic classification systems, including the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* and the International Classification of Diseases (ICD)

GOAL C:

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