

COURSE OUTLINE

Introduction to Counseling: Addictions

Course Description

BS 116. Introduction to Counseling: Addictions. 3 hours credit. This course will enable the student to examine counseling theories and the role of the counselor in the helping process. The student will examine effective ways of helping those with substance abuse or dependency issues. The student will explore the field of addiction treatment services as well as other helping professions. This is a required course for Kansas Department of Social and Rehabilitation Services: Addiction and Prevention Services Credential (SRS/AAPS credential).

Course Relevance

Substance abuse and dependence are significant problems for countless individuals, their family, and society impacted by their effects. The information learned in this course will enable the student to assist others with substance abuse and dependence issues.

Required Materials

Corey, G. (2009). *Theory and practice of counseling and psychotherapy* (8th ed.). Pacific Grove, CA: Brooks and Cole.

Corey, G. (2009). *Student manual for theory and practice of counseling and psychotherapy* (8th ed.). Pacific Grove, CA: Brooks and Cole.

Supplemental Materials

Corey, G. (2009). *Theory in practice: The case of Stan DVD*. Pacific Grove, CA: Brooks and Cole.

Learning Outcomes

The intention is for the student to be able to:

1. Describe a variety of counseling theories and their efficacy as demonstrated by research.
2. Explain the role of the counselor including ways of establishing a genuine helping relationship.
3. Identify a variety of helping strategies for reducing the negative effects of substance abuse and dependence.

Learning PACT Skills that will be DEVELOPED and documented in this course

Through involvement in this course, the student will develop ability in the following PACT skill area(s):

Analytical Thinking Skills

1. Critical thinking

- Through written assignments, tests, discussions, and other activities, the student will analyze and critique counseling theories and techniques.

Major Summative Assessment Task(s)

These learning outcome(s) and the Learning PACT skill(s) will be demonstrated by:

1. Creating a document describing his/her personal theory of counseling that integrates an analysis, critique and application of the theories and techniques presented in this course. The student will address and qualify the specific aspects that he/she would most want to incorporate into his/her counseling style and approach.

Course Content

- I. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Utilize analytical thinking to evaluate counseling theories and approaches.
 - B. Define the role of the counselor.

Learning Units

- I. Basic issues in counseling practice
 - A. Introduction and overview
 - B. The counselor: person and professional
 - C. Ethical issues in counseling practice
 - D. Multicultural issues in counseling practice
- II. Theories and techniques of counseling
 - A. Psychoanalytic therapy
 - B. Adlerian therapy
 - C. Existential therapy
 - D. Person-centered therapy
 - E. Gestalt therapy
 - F. Behavior therapy
 - G. Cognitive behavior therapy
 - H. Reality therapy
 - I. Postmodern approaches
 - J. Family systems therapy
- III. Integration and application
 - A. An integrative perspective
 - B. Case illustration: an integrative approach

Learning Activities

Learning activities will be assigned to assist the student to achieve the intended learning outcome(s) through lecture, instructor-led class discussion, guest speakers, group activities, skill practice and other activities at the discretion of the instructor.

Grade Determination

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: daily work, quizzes, chapter or unit tests,

comprehensive examinations, projects, presentations, class participation, and other methods of evaluation employed at the discretion of the instructor.