EXCELSIOR COLLEGE

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CENTER FOR PROFESSIONAL DEVELOPMENT

DRUG AND ALCOHOL COUNSELOR

400 Hours/12 Months/Instructor-Facilitated
Course Code: **CPD137** || Course Cost: **$2645**

OVERVIEW

Addiction counseling professionals treat individuals who are in need of substance abuse counseling as well as offer peace of mind to the families of persons who are in need of drug addiction counseling.

This two-level program examines the use and abuse of alcohol, tobacco, barbiturates, amphetamines, cocaine, opiates, and hallucinogens, as well as chemicals - such as aerosols, steroids, and over-the-counter analgesics. Additionally, the course investigates solid strategies for working with clients; the differences between abusers and addicts; drug effects on children, teenagers, pregnant and nursing women; and children of alcoholics.

People who struggle with addictions rely on the help of professionals trained in drug addiction counseling to help them get through their difficult time. With our distance learning course, you can learn drug and alcohol abuse counseling techniques that could teach you how to help people identify and manage their addictions. If you are looking for a meaningful career in substance abuse counseling, this course can help you get started.

MATERIALS INCLUDED

- *Chemical Dependency Counseling: A Practical Guide*
- *Addiction and Recovery for Dummies*
- *Concepts of Chemical Dependency*

OUTLINE

DRUG AND ALCOHOL COUNSELING: LEVEL I (260 hours)

Module 1 - Detecting Addiction

- Addiction: The Definitions
- The Difference Between Abuse and Dependence
- Assessing the Addiction Risk
- Exploring Methods and Models of Treatment
- Fears and Obstacles to Recovery
- How Substance Abuse Works
- Understanding the Substances
- Behavioral Addiction
- Compulsive Gambling
- Sex and Pornography Addiction
- Computer Games and the Internet
- Food Addiction
- Work Addiction

- Partying and Party Drugs
- The Risks of Experimentation and Addiction
- The Cost of Addiction to Families

Module 2 - Taking the First Steps

- Recognizing Addiction
- Genetics: Addiction Across Generations
- How a Body Gets Addicted
- Perceiving Addiction in a Loved One
- Understanding the Role of the Client
- Avoiding Hopelessness
- Matching Characteristics to Treatment Options
- Deciding When to Start
- Successful Quitting
- Becoming Aware of Triggers
- Increasing Motivation to Change
- Factors the Affect the Ability to Quit

Module 3 - Examining Treatment Approaches

- Treatment Choices
- Different Viewpoints on Addiction
- The Moral dimension
- The Disease Perspective
- The Pharmacological Perspective
- Combining Treatment Options
- Interventions: Breaking Through Denial and Fear
- Outpatient Treatment
- Residential or Inpatient Treatment
- Understanding Detoxification
- Medications that May Help through Detoxification
- Methadone Treatment
- Twelve Step Programs
- Self-Help Groups and Support Groups
- Alternative Treatments
- Acupuncture in the Treatment Model
- Ibogaine Treatment
- Nutritional Therapy
- Meditation in Treatment
- Teen Treatment Options

Module 4 - Life in Recovery

- Overcoming Barriers to Recovery
- Building Skills for Recovery
- One Step at a Time
- Building Resilience
- Handling Everyday Fears
- Taking Action and the Commitment to Change
- Why Relapse Happens
- Learning from Relapse
- Dealing with Relationships During Recovery
- Dealing with Family Problems
- Dealing with Work Problems
- Dealing with Financial Problems

- Supporting Family and Friends
- Helping with Follow Through
- Supporting change Over the Long-Term
- Sustaining Optimism

Module 5 - Counseling: The Initial Hours

- How to Greet Patients
- How to Handle Family Members
- Beginning the Therapeutic Alliance
- The Initial Assessment
- The Intoxicated Patient
- How Patients React in Detoxification
- The Biopsychosocial Interview
- Diagnosis and Disposition
- The Treatment Plan
- How to Build a Treatment Plan
- The Problem List
- Goals and Objectives
- Treatment Plan Review
- How to Write Progress Notes

Module 6 - Counseling and Treatment

- Individual Treatment Process
- The Therapeutic Alliance
- Transference and Countertransference
- Behavior Therapy
- Cognitive Therapy
- Interpersonal Therapy
- How Patients Use Feelings Inappropriately
- How Patients Learn Relationship Skills
- Benefits of Group Therapy
- Preparation for the Group
- The Honesty Group
- The Euphoric Recall Group
- The Reading Group
- The Relapse Prevention Group
- The Spirituality Group
- The Childhood Group
- The Men's Group / Women's Group
- The Community Group
- The Personal Inventory Group
- Creating and Using Contracts

Module 7 - The AA 12 Step

- Step One: Powerless and Unmanageable
- Step Two: Belief in a Higher Power
- Step Three: Turn it Over to God
- Step Four: Fearless Moral Inventory
- Step Five: Sharing the Moral Inventory
- Educational Lectures Series
- Lecture Series: The Disease
- Lecture Series: Defense Mechanisms
- Lecture Series: The Great Lie & the Truth

- Lecture Series: Normal Development
- Lecture Series: Physical Addiction and Recovery
- Lecture Series: Alcoholics Anonymous
- Lecture Series: Understanding Feelings

Module 8 - Dual Diagnosis and Family Therapy

- Psychiatric / Psychological Assessment
- Depressed Patient
- Angry Patient
- Homicidal Patient
- Personality Disorders
- Antisocial Personality
- Borderline Patient
- Narcissistic Patient
- Anxious Patient
- Psychotic Patient
- Acquired Immune Deficiency Syndrome
- Patient with Low Intellectual Functioning
- The Elderly Patient
- Early childhood Trauma
- Pathological Gambler
- Adolescent Treatment
- The Family Program
- How to Treat Family Members

Module 9 - The Clinical Staff and Being a Good Counselor

- The Physician
- Psychologist & Psychiatrist
- Nursing Staff
- Clinical Director and Supervisor
- Chemical Dependency Counselor
- The Rehabilitation Technician
- Activities Coordinator
- Team Building
- Staff-Patient Problems
- Discharge Summary and Aftercare
- Outpatient Discharge Criteria
- Understanding the Drugs
- Being a Good Counselor
- Characteristics of a Good Counselor
- Code of Ethics

Drug and Alcohol Counseling: Level II (140 hours)

Module 1 - Overview of Substance Abuse

- Who Treats Substance Abuse
- The Cost of Chemical Abuse/Addiction in the U.S.
- The Continuum of Chemical Use
- Why Do People Abuse Chemicals
- The Growth of New "Addictions"
- The Medical Model of Addiction
- Psychosocial Models of Substance Abuse

- Addiction as a Disease of the Human Spirit
- The Mind-Body Question
- Some Games of Addiction
- Introduction to Pharmacology

Module 2 - Commonly Abused Chemicals 1

- Alcohol: The Oldest Recreational Chemical
- Scope of the Problem of Alcohol Use
- Alcohol Use and Accidental Injury or Death
- Chronic Alcohol Abuse and Addiction
- Abuse and Addiction to Barbiturates
- History of Barbiturates
- Barbiturate-like Drugs
- Abuse and Addiction to Benzodiazepines
- Abuse and Addiction to Amphetamines
- Amphetamine-like Drugs
- Cocaine

Module 3 - Commonly Abused Chemicals 2

- Marijuana Abuse and Addiction
- The Addiction Potential of Marijuana
- Opioid Abuse and Addiction
- The Medical Use of Narcotic Analgesics
- Opiates as Drugs of Abuse
- Hallucinogen Abuse and Addiction
- Pharmacology of the Hallucinogens
- Abuse and Addiction to Inhalants and Aerosols
- Complications from Inhalant Abuse

Module 4 - Commonly Abused Chemicals 3

- Steroid Abuse and Addiction
- Pharmacology of Anabolic-Androgenic Steroids
- The Risks of Steroid Abuse
- Over-the-Counter Analgesics
- Tobacco and Nicotine Addiction
- Complications of the Chronic Use of Tobacco
- Smoking Cessation
- The Consequences of Drug Abuse During Pregnancy
- Fetal Alcohol Spectrum Disorder

Module 5 - The Many Faces of Substance Abuse

- Gender and Substance Abuse Disorders
- Gender and the Rehabilitation Process
- Addiction and the Homeless
- Substance Abuse Problems and the Elderly
- Chemical Abuse by Children and Adolescents
- Chemical Addiction and Mental Illness
- Psychopathology and Drug of Choice
- Problems in Working with Dual Diagnosis Clients
- Codependency and Enabling
- Addiction and Marriage
- Addiction and the Family
- The Adult Children of Alcoholics Movement (ACOA)

Module 6 - The Treatment of Addiction

- Evaluation of Substance Abuse Problems
- The Process of Intervention
- The Ethics of Intervention
- Treatment of Chemical Dependency
- Characteristics of the Substance Abuse Professional
- Minnesota Model of Chemical Dependency Treatment
- The Process of Recovery
- Stages of Recovery
- Treatment Formats for Chemical Dependency Rehabilitation
- Inpatient or Outpatient Treatment
- Relapse and Relapse Prevention
- Frequently Encountered Problems in Treatment

Module 7 - Other Issues in Chemical Dependence

- Pharmacological Interventions for Substance Abuse
- Substance Abuse and Infectious Disease
- Self Help Groups
- Alcoholics Anonymous
- AA and Psychological Theory
- The Effectiveness of AA
- Narcotics Anonymous
- Al-Anon and Alateen
- Support Groups Other Than AA
- Criticism of the AA/12 Step Movement
- Crime and Drug Use
- The Debate Around Legalization

COMPUTER REQUIREMENTS

- This program can be taken on a Mac (OS X or higher) or PC (Windows XP/Vista/7)
- Adobe Flash Player and Adobe Acrobat Reader
- Apple Quicktime, Windows Media Player, or Real Player
- PowerPoint Viewer (if PowerPoint is not installed)
- Internet connection (high-speed recommended)