

GEORGE MASON UNIVERSITY GRADUATE SCHOOL OF EDUCATION

EDCD 652: INTRODUCTION TO SUBSTANCE ABUSE COUNSELING (3 CREDITS)–SPRING SEMESTER 2006

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Catalog Description:

Prerequisite: Admission to the counseling and development program and EDCD 603; or permission of the instructor. Provides an overview of substance abuse counseling. Covers topics such as addiction issues, diagnosis, and treatment planning, and individual and group counseling strategies with diverse populations.

Course Outcomes:

1. Construct the established diagnostic criteria for substance use disorders and describe treatment modalities and placement criteria within the continuum of care.
2. Determine treatment services appropriate to the personal and cultural identity and language of the client.
3. Establish a helping relationship with the client characterized by warmth, respect, genuineness, concreteness and empathy
4. Recognize and identify stages of change.
5. Facilitate the client's engagement in the treatment and recovery process utilizing Motivational Interviewing principles.
6. Design treatment strategies from accepted and culturally appropriate models for group counseling with clients with substance use disorders.
7. Generate group growth within the established ground rules and movement toward group and individual goals by using methods consistent with group type.
8. Summarize the characteristics and dynamics of families, couples and significant others affected by substance use.
9. Distinguish strategies and behaviors that sustain recovery and maintain healthy relationships for families, couples, and significant others.

Required Reading:

Miller, William & Rollnick, Stephen (1992). Motivational Interviewing: Preparing People to Change Addictive Behavior (3rd ed.). New York: Guilford Press

Stevens, P. & Smith, R. L. (2005). Substance abuse counseling: Theory and practice. (3rd ed.). Upper Saddle River, NJ: Merrill.

Relationship of Courses to Program Goals and Professional Organizations:

EDCD 652 orients students to the roles and responsibilities of the addictions counselor through both classroom and field experiences. Participation in EDCD 652 allows students to more effectively assume the duties of an addictions counselor.

EDCD 652 addresses requirements of the following professional organizations:

- Virginia Department of Health Professions requirement that Licensed Professional Counselor candidates complete substance abuse counseling course work addressing fundamental of substance abuse counseling.
- Council for the Accreditation of Counseling and Related Educational Programs (CACREP) area standards for community counseling programs.
- American Counseling Association Code of Ethics requirement that counselors establish counselor education and training programs that make students aware of the ethical responsibilities and standards of the profession.

Course Requirements and Assignments:

Each student will:

- Attend each class and complete reading assignments for class. As a graduate student, you are expected to arrive on time and stay for the entire class period.
- Participate and contribute to class discussions / activities.
- Type all assignments and follow APA format when appropriate.

1. **Reaction Papers.** Each student is responsible for writing two reaction papers after visiting two different 12-step meetings (AA, NA, ALANON). Papers should not exceed 2 pages each, double-spaced, 12-font.

2. **Group Class Presentations.** Students will divide in groups of five and select a specific clinical population to present to class utilizing Motivational Interviewing. Class Presentations will be 15-20 minutes in length and be creative as well as informative. A written handout should be made available to each student and instructor.

Group grade will be based on:

- Assessment of clinical population
- Presentation of case including written summary
- Quality of group teamwork demonstrated

3. **Research Paper.** Each student is responsible for writing a five to ten page, double-spaced, 12 font, APA formatted paper on a topic about abuse of substances. Topic of paper should be identified by the third class. This is a reading based research paper on a substance abuse topic not covered in the textbook. For example, public policy, working in a school setting, substance abuse in the workplace, HIV/AIDS and drug use, dual diagnosis issues of Mental Health and Substance Abuse.

4. **Questions based on Readings.** Each student will bring to each class a 3 x 5 index card with their name on the card and two questions that you would like discussed in class based on your readings over the course of the week.

Summary

Assignments:	Points:	Grading:	
Attendance / Class Participation	10	A	100-94
Reaction Papers	20	A-	93-90
Group Presentation	25	B+	86-89
Research Paper	35	B	82-85
Readings based Questions	10	C	78-81
Total:	100		

Grading on written work will take into account the following factors: quality of written work, knowledge of content area, and adherence to requirements of assignment. It is expected that your work will be turned in on time. Late work will be penalized.

Course Adaptations or Accommodations:

The Americans with Disabilities Act (ADA) prohibits discrimination against individuals with disabilities in the series, programs, or activities of all State and local Governments. Under ADA a disability is defined as a physical or mental impairment that substantially limits a major life activity such as: learning, working, walking, speaking, hearing, breathing, and/or taking care of oneself. **If a student has a disability, it must be established with the faculty in writing at the beginning of the semester.** If any student has a disability that necessitates special adaptations or accommodations please inform the instructor as soon as possible so arrangements can be made. Please also call the Disability Resource Center (703-993-2474).

CLASS SCHEDULE

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one" -- Mark Twain

Class 1	January 23	Introduction and Course Overview	
Class 2	January 30	Substances of Abuse Concept of Change	Stevens 1-2 Miller: Preface and 1-4
	February 6	NO CLASS (12 Step Meetings)	
	February 13	NO CLASS	
Class 3	February 18 (Saturday)	Theories of Substance Abuse Assessment and Diagnosis Motivational Interviewing Treatment Planning	Stevens: 3-6 Miller: 5-7
	February 20	NO CLASS	
	February 27	NO CLASS	
Class 4	March 6	Guest Speaker: Dr. Nate Mayfield "Nutrition and Addiction"	
	March 13	SPRING BREAK	
Class 5	March 20	Individual and Group Counseling Strategies Family Therapy	Stevens: 7 Miller: 10-12
Class 6	March 27	Motivational Interviewing – Stages of Change	Stevens: 8
Class 7	April 1 Saturday	Relapse Prevention Prevention and Intervention Counseling Strategies	Stevens: 10-11 Miller: 24
	April 3	NO CLASS	
Class 8	April 10	Diversity Issues	Stevens: 9

Class 9	April 17	“Motivational Interviewing with Specific Populations” GROUP PRESENTATIONS	Stevens: 12
	April 24	NO CLASS	
	May 1	NO CLASS	
Class 10	May 8	Wrap Up Course Evaluations	DUE: Research Paper

"No one can persuade another to change. Each of us guards a gate of change that can only be opened from the inside. We cannot open the gate of another, either by argument or by emotional appeal." --Marilyn Ferguson