

ADS R104: ADDICTION COUNSELING THEORIES AND TECHNIQUES

Originator

ptrujillo

Co-Contributor(s)
Name(s)

Zsarnay, Lois (lois_zsarnay1)

College

Oxnard College

Discipline (CB01A)

ADS - Addictive Disorders Studies

Course Number (CB01B)

R104

Course Title (CB02)

Addiction Counseling Theories and Techniques

Banner/Short Title

Addiction Counseling Theories

Credit Type

Credit

Start Term

Fall 2021

Catalog Course Description

This course is designed to teach students basic interviewing and counseling techniques appropriate for paraprofessionals. Emphasizing motivational counseling and client-empowering approaches, students will develop basic competency in the one-on-one counseling skills most relevant to addiction treatment. Students will also learn about the importance of ethics and establishing professional boundaries with clients as well as the clear distinction between professional counseling and self-help group sponsorship. This course fulfills one 3-unit skills requirement for the California Association for Alcohol/Drug Educators (CAADE).

Taxonomy of Programs (TOP) Code (CB03)

2104.40 - *Alcohol and Controlled Substances

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

B (Transferable to CSU only)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

C - Clearly Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

May be required

Grading method

Letter Graded

Alternate grading methods

Credit by exam, license, etc.

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

52.5

Maximum Contact/In-Class Lecture Hours

52.5

Activity

Laboratory

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Minimum Outside-of-Class Hours

105

Maximum Outside-of-Class Hours

105

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

157.5

Total Maximum Student Learning Hours

157.5

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|---|
| 1 | Identify the stages of motivational interviewing and the skills in each stage. |
| 2 | Demonstrate active listening and empathetic response skills in client interviews. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|--|
| 1 | Describe the scope of practice for the paraprofessional. |
| 2 | Demonstrate an understanding of diverse cultures and recognize the importance of incorporating the relevant needs of culturally diverse groups, as well as people with disabilities, into clinical practice. |
| 3 | Apply effective face-to face communication skills and techniques in the counseling session. |
| 4 | Define the elements that constitute an effective counseling session including information gathering, problem solving, and referrals. |

- 5 Synthesize information gathered to support clients with solutions for problem solving.
- 6 Evaluate cues that require referrals to more highly skilled professionals.

Course Content

Lecture/Course Content

1. Introduction to Addiction Counseling Theories and Techniques
2. Brief Interventions and Brief Therapies for Substance Abuse
 - a. Introduction to Brief Interventions and Therapies
 - b. Brief Interventions in Substance Abuse Treatment
 - c. Brief Therapy in Substance Abuse Treatment
 - d. Brief Cognitive-Behavioral Therapy
 - e. Brief Strategic/Interactional Therapies
 - f. Brief Humanistic and Existential Therapies
 - g. Brief Psychodynamic Therapy
 - h. Brief Family Therapy
3. Counseling vs Psychotherapy
4. Qualities of the Effective Counselor
 - a. Open minded
 - b. Empathy
 - c. Immediacy
 - d. Acceptance & Respect
 - e. Warmth & Genuineness
5. Development of Interpersonal Skills
 - a. Assessment Techniques
 - b. Attentive Listening Skills
 - c. Responding to Feelings
 - d. Paraphrasing
 - e. The Mirroring Response
6. PART I: WHAT IS MOTIVATIONAL INTERVIEWING?
 - a. Introduce Motivational Interviewing
 - b. Conversations about Change
 - c. Learning Motivational Interviewing
 - d. Motivational Interviewing Clinical Roadmap
 - e. Motivational Interviewing Glossary of Terms
 - f. The Spirit of Motivational Interviewing
 - g. The Method of Motivational Interviewing
7. PART II: ENGAGING: The Relational Foundation
 - a. Engagement and Disengagement
 - b. Listening: Understanding the Person's Dilemma
 - c. Core Interviewing Skills: OARS
 - d. Exploring Values and Goals
8. PART III: FOCUSING: The Strategic Direction
 - a. Why Focus?
 - b. Finding the Horizon
 - c. When Goals Differ
 - d. Exchanging Information
9. PART IV: EVOKING: Preparation for Change
 - a. Ambivalence: Change Talk and Sustain Talk
 - b. Evoking the Person's Own Motivation
 - c. Responding to Change Talk
 - d. Responding to Sustain Talk and Discord (i.e. Resistant Client)
 - e. Evoking Hope and Confidence
 - f. Counseling with Neutrality
 - g. Developing Discrepancy
10. PART V: PLANNING: The Bridge to Change

- a. From Evoking to Planning
 - b. Developing a Change Plan (i.e. Treatment Planning)
 - c. Strengthening Commitment
 - d. Supporting Change
 - e. Understanding Resistance
 - f. Rolling with Resistance
- 11. Criminal Justice Client
 - 12. Referral techniques
 - 13. Dual Diagnosis Client
 - 14. Clinical Burnout

Laboratory or Activity Content

None

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Essay exams
Essays
Objective exams
Oral presentations
Projects
Role playing
Reports/papers
Research papers
Skills demonstrations
Skill tests

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Computer-aided presentations
Class activities
Distance Education
Demonstrations
Lecture
Role-playing
Small group activities

Describe specific examples of the methods the instructor will use:

1. Instructor will discuss specific counseling skills utilized with Motivational Interviewing.
2. Instructor will give examples and model those skills for the class in active role plays.
3. Students will break into pairs/small groups to practice skills while instructor observes and gives feedback.

Representative Course Assignments

Writing Assignments

1. Students will define & give examples of the Motivational Interviewing Skills
2. Students will write out their best counseling responses to case studies on the final exam.

Critical Thinking Assignments

1. Participate in class and small group discussions debating the pros and cons of specific Motivational Interviewing skills
2. Compare and contrast the Motivational Interviewing approach to other counseling approaches

Reading Assignments

1. Students will be required to read the Brief Interventions and Brief Therapies for Substance Abuse book
2. Students will be required to read the Motivational Interviewing book.

Skills Demonstrations

1. Students will demonstrate competence in the use of Motivational Interviewing skills

Outside Assignments

Representative Outside Assignments

1. Students will write out their best counseling responses to case studies on the final exam.
2. Participate in class and small group discussions debating the pros and cons of specific Motivational Interviewing skills
3. Compare and contrast the Motivational Interviewing approach to other counseling approaches
4. Students will be required to read the Brief Interventions and Brief Therapies for Substance Abuse book
5. Students will be required to read the Motivational Interviewing book.
6. Students will demonstrate competence in the use of Motivational Interviewing skills
7. Students will practice skills outside of class time
8. Students will contribute to discussions in the on-line platform
9. Library inquiry activities and assignments

Articulation

C-ID Descriptor Number

ADS 120X

Status

Approved

Additional C-ID Descriptor(s)

C-ID Descriptor(s)	Status
Basic Counseling Skills	Approved

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****F. Ethnic Studies/Gender Studies****CSU GE-Breadth****Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****IGETC****Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

DescriptionWilliam R. Miller and Stephen Rollnick (2013 Latest Edition). *Motivational Interviewing, Preparing People for Change* (3rd). Guilford Publications.**Resource Type**

Other Resource Type

Description

Video: Motivational Interviewing - 10 different sections..

Resource Type

Other Resource Type

Description

Seven videos illustrating every step of motivational interviewing..

Resource Type

Other Instructional Materials

Description

Multi-media presentations.

Resource Type

Textbook

Classic Textbook

No

Description

Rosengren, David B. (2017). *Building Motivational Interviewing Skills: A Practitioner Workbook, 2nd edition*. The Guilford Press.

Distance Education Addendum

Definitions

Distance Education Modalities

- Hybrid (51%–99% online)
- Hybrid (1%–50% online)
- 100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Synchronous Dialog (e.g., online chat)	Instructor will have live on-line chat with students
Asynchronous Dialog (e.g., discussion board)	Students will respond to prompts about the skills covered in the chapter then respond to other students' postings as well
Other DE (e.g., recorded lectures)	Instructor will use recorded lectures and videos demonstrating counseling skills

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Synchronous Dialog (e.g., online chat)	Instructor will have live on-line chat with students
Asynchronous Dialog (e.g., discussion board)	Students will respond to prompts about the skills covered in the chapter then respond to other students' postings as well
Video Conferencing	Instructor will have live video lectures/presentations of the material with role modeling skills and having students practice the skills. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Recordings of all live sessions will be made available within the LMS.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Synchronous Dialog (e.g., online chat)	Instructor will have live on-line chat with students
Asynchronous Dialog (e.g., discussion board)	Students will respond to prompts about the skills covered in the chapter then respond to other students' postings as well
Other DE (e.g., recorded lectures)	Instructor will use recorded lectures and videos demonstrating counseling skills
Video Conferencing	Instructor will have live video lectures/presentations of the material with role modeling skills and having students practice the skills. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Recordings of all live sessions will be made available within the LMS.

Examinations

Hybrid (1%–50% online) Modality

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

ADDICTION PARAPROFESSIONAL TRG

Review and Approval Dates

Department Chair

08/26/2020

Dean

08/26/2020

Technical Review

09/09/2020

Curriculum Committee

09/09/2020

Curriculum Committee

12/09/2020

CCCCO

MM/DD/YYYY

Control Number

CCC000156285

DOE/accreditation approval date

MM/DD/YYYY