

# GRAYS HARBOR COLLEGE

## SYLLABUS

### ALSA 270

### ALCOHOL/SUBSTANCE ABUSE COUNSELOR 4 CREDITS

2003-2005

#### I. COURSE DESCRIPTION

Students learn basic communications, interview and assessment skills as used in community mental health settings. Development of beginning-level counseling skills and awareness of unique qualities each brings into the helping profession. This course will review the major therapeutic approaches including client-centered therapy, rational-emotive therapy, reality therapy, gestalt therapy, and transactional analysis. Includes some demonstration of techniques associated with the therapies. 4 lecture hours.

#### II. AIMS AND OBJECTIVES

##### INTENDED COURSE OUTCOMES & DESIRED ABILITIES

Intended Course Outcome	Desired Student Abilities
Introduce students to the logical progression of the counseling process from the initial interview through termination as it applies specifically to counseling clients with alcohol or other drug dependence.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources
Increase the students' abilities to effectively communicate and interact therapeutically with clients who are experiencing alcohol or other drug dependence.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources
Increase the students' abilities to gather, utilize, and evaluate information obtained in counseling sessions with alcohol or other drug abusing or dependent clients.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources

Introduce students to and familiarize them with the "whole person" model of treatment, and enhance their ability to apply this model effectively in their counseling with alcohol or other drug abusing or dependent clients.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources
Introduce students to and familiarize them with three specific therapeutic modalities that are particularly effective with alcohol and other drug abusing and dependent clients.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources
Increase students' abilities to develop and implement effective treatment and case management strategies.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources
Introduce students to and familiarize them with the state regulations and various state and agency forms required for proper case management and tracking of alcohol and other drug abusing and dependent client files.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources
Increase students' understanding of counseling ethics and the standards of professionalism demanded of persons working in the field of addiction counseling.	Disciplinary learning, Literacy, Critical Thinking, Social & Personal Responsibility, Using Resources

### **III. TEXTBOOK**

**Essentials of Chemical Dependency Counsel I**, 3rd Edition by Lawson, Aspen Publishers

### **IV. OTHER INSTRUCTIONAL MATERIAL**

- A. Xerox material handed to students in the classroom.
- B. Transparencies are used with an opaque projector to illustrate various concepts. These are used in conjunction with lectures and demonstrations.
- C. Films, audio tapes, and video tapes will be used to a limited degree to enhance lecture materials.

### **V. TECHNIQUE OF INSTRUCTION**

This is a practical course in counseling the chemically dependent person. This is not primarily a theory course although there will obviously be a considerable amount of theory incorporated into it. Class attendance is critically important as the majority of the material covered will not be found in the textbook.

Tests and the final examination schedule will be posted in advance, but the instructor reserves the right to quiz at any point during the quarter. Quizzes may be drawn from either the text or class material. **THERE WILL BE NO MAKEUP QUIZZES GIVEN.**

Homework assignments must be turned in within two weeks of being assigned or they will not be accepted.

## **VI. ORGANIZATION OF COURSE CONTENT**

- A. Overview of counseling the chemically dependent person
- B. Communication and Listing Skills
- C. The Assessment Process
- D. Treatment Planning and Case Management
- E. Therapeutic Tools and the Counseling Process
- F. Ethics and Professionalism

## **VII. METHODS OF EVALUATION**

- A. Midterm examination and comprehensive final exam
- B. Quizzes
- C. Homework assignments
- D. Attendance and class participation
- E. Annotated journal article reviews (4)