

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Individual Counseling Methods
COURSE NUMBER	ADCN 0106
DIVISION	Social and Behavioral Sciences & Public Services
DEPARTMENT	Addictions Counseling
CIP CODE	51.1501
CREDIT HOURS	3
CONTACT HOURS/WEEK	Class: 3
PREREQUISITES	None
COURSE PLACEMENT	Students must meet the correct placement measure for this course. Information may be found at: https://www.kckcc.edu/admissions/information/mandatory-evaluation-placement.html

COURSE DESCRIPTION

The student is introduced to methods of individual counseling, with special; focus on the substance use disorder client which includes the study of culturally informed, ethical, evidencebased models and approaches to individual counseling; methods for establishing effective therapeutic relationships, developing realistic and achievable treatment goals, and assessing client substance use, functioning, motivation, and progress; and strategies for crisis prevention and intervention.

PROGRAM LEARNING OUTCOMES

Students will be able to:

1. Define the theories, skills, and attitudes associated with the core functions of a substance use disorder counselor (addiction counselor).
2. Describe the transdisciplinary foundations and competencies required of the addiction counselor.
3. Define professional and ethical behaviors necessary to work with clients, colleagues, the public, as well as other community and healthcare professionals.
4. Define appropriate professional and ethical behavior for substance abuse counselors.
5. Summarize the basic substance use disorder (addiction) counseling skills.
6. Analyze the skills and attitudes needed to be a professional addiction counselor.

General Education Learning Outcome

- Basic Skills for Communication
- Mathematics
- Humanities
- Natural and Physical Sciences
- Social and Behavioral Sciences

Institutional Learning Outcomes

- Communication
- Computation and Financial Literacy
- Critical Reasoning
- Technology and Information Literacy
- Community and Civic Responsibility
- Personal and Interpersonal Skills

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

I. Helping Professions

- A. Conditions under which helping occurs
 - 1. client motivation and resistance
 - 2. Motivation, intention and skills of the counselor
- B. Settings in which counseling occurs
- C. Counselor's personal qualities
 - 1. Personal characteristics and counseling style

II. Attending to Clients

- A. Communication Skills
 - 1. Active listening
 - 2. Obstacles to the attending process
 - 3. cultural variances in response to verbal and non-verbal communication
 - 4. facial expression
 - 5. Eye contact
 - 6. Body positions
 - 7. Verbal following
 - 8. Selective attention

III. Communication Patterns

- A. Ritualized patterns
- B. Effects of culture and gender
- C. Silence
 - 1. Anxiety associated with
 - 2. Using silence effectively
- D. Pacing the Counseling Interview
 - 1. Indications of when to increase or decrease the pace of the counseling session

IV. Managing the Counseling Session

- A. 1st interview
 - 1. Purpose and focus
 - a) Building relationship dynamic
- B. Questions
 - 1. Closed
 - 2. Open
- C. Responses that encourage client expression
 - 1. Restatement and accent
 - 2. Reflection of feeling
 - 3. Summarization of feeling
 - 4. Requests for clarification
- D. Intake Interviews - 1 on 1 interviews and written report

1. 7 point outline 3 5/10/2018

E. Termination of Counseling

1. Ending each session
 - a) Summarization - client and counselor
 - b) Mutual feedback
2. When termination should occur
 - a) Preparing client's
 - b) Potential client responses to termination

V. Cognitive Content

- A. Counselor skills/responses
 1. Paraphrasing, accent, ability-potential response, restatement, open ended questions, feedback, confrontation
 2. Overuse of questions - bombardment
- B. Discrimination and selective responding
- C. Motivational Interviewing

VI. Emotional/Affective Content

- A. Validation of feelings in the client
 1. Distortion of feelings created by use of substances; chemical suppression of feelings
 2. Developmental blockage 3) Early messages in dysfunctional families - "don't feel"
- B. Verbal and non-verbal cues - nature and intensity of emotions
- C. Counselor skills - summarization and reflection of feelings

VII. Conceptualizing Problems and Goal Setting

- A. Treatment planning process - writing measurable goals and objectives
- B. Identifying needs of the client in recovery
- C. Role of the counselor in responding to client's needs
- D. Process and outcome goals 1) Definitions 2) Elements of outcome goals
- E. Client resistance to goal setting and attainment
 1. Secondary gain characteristics of addiction clients
 2. Client ownership of goals and the TX process

IX. Application of Counseling Strategies and Interventions

- A. Affective Strategies
 1. Permission to feel
 2. Eliciting feelings
 3. Increasing body awareness and tension/stress
 4. Breathing
- B. Client beliefs and attitudes
 1. Distorted thinking - impact of addiction process
 2. Rational emotive therapy
 - a) Albert Ellis
 3. Cognitive restructuring
- C. Client Behaviors
 1. Behavioral Skills Training 4 5/10/2018
 2. Social modeling and Self-Management
 - a) AA and SMART
- D. Introduction/Review of primary counseling theories.
 1. Cognitive-Behavioral
 2. Acceptance and Commitment Therapy

3. Psychoanalytic
4. Systemic approaches
 - a) Genogram, ecomaps
5. Humanistic
6. Behavioral
7. 12-step facilitation model

X. Beginning Helpers

A. Self-care

1. Manage therapist's recovery
2. Attending to personal fears and anxiety related to helping

B. Ethical issues

1. Confidentiality
2. Release of information, and privacy
3. Boundaries
4. Multicultural issues
5. Decision making process

C. Supervision

1. Styles of supervision
2. Methods of supervision
3. Preparing for and utilizing supervision

COURSE LEARNING OUTCOMES AND COMPETENCIES

Upon successful completion of this course, the student will:

A. CLO #1 The student will be able to describe the conditions and counselor characteristics of effective counseling.

1. The student will be able to define and applies the core conditions of counseling.
2. The student will be able to apply understanding of attending skills and utilizes in role-plays.
3. The student will be able to employ active listening skills.
4. The student will be able to extend a climate of safety in one on one and small group exercises.

B. CLO #2 The student will be able to apply the various counseling techniques required for effective counseling.

5. The student will be able to relate to an understanding of self as critical to their role as an alcohol and drug counselor.
6. The student will be able to interpret information and determines appropriate intervention strategies with the alcohol and drug abuser.
7. The student will be able to organize information into assessment report including evaluation of alcohol and drug usage.
8. The student will be able to draw conclusions from assessment to formulate initial needs, goals and objectives for the treatment of the alcohol and drug abuser.

C. CLO #3 The student will be able to apply cognitive and/or affective strategies to the counseling situation.

9. The student will be able to practice cautions to ensure the confidentiality of client information and reports.

10. The student will be able to comprehend information about the client's intrapersonal dynamics (i.e. impact of shaming experiences on the alcohol and drug abuser).

11. The student will be able to explain the effects of culture and gender and how this influences counselor behaviors.

12. The student will be able to describe the elements of the beginning, middle and termination of a counseling session.
13. The student will be able to utilize open and closed questions.
14. The student will be able to differentiate counselor skills used in cognitive behavioral and affective theories of counseling.
15. The student will be able to apply understanding of the dynamics of resistance of alcohol and drug abusers.
16. The student will be able to illustrate use of cognitive behavioral strategies applying to alcohol and drug abusers.
17. The student will be able to apply understanding of two affective constructs.

D. CLO #4 The student will be able to use conceptualizing and goal setting effectively.

18. The student will be able to utilize a treatment plan identifying needs, goals and objectives, which are objective and measurable.
19. The student will be able to apply knowledge of process and outcome goals in one on one and small group settings.

E. CLO #5 The student will be able to discuss the behavior principles involved in the counseling process.

20. The student will be able to recounts cognitive theory and application to distortion of attitudes and beliefs of the alcohol and drug abuser.
21. The student will be able to define strategies to address resistance in alcohol and drug abusers.
22. The student will be able to describe family dynamics, which contribute to interactional patterns.
23. The student will be able to recite elements of social modeling, behavior rehearsal and self-management including relapse prevention.
24. The student will be able to collect and organize client information and writes a comprehensive assessment report.
25. The student will be able to conduct client interviews for the purpose of building a relationship.
26. The student will be able to conduct client interviews for the purpose of gathering information.

F. CLO #6 The student will be able to explain the role of supervision in counselor development.

27. The student will be able to relate to need for ongoing supervision.
28. The student will be able to compare work settings in which alcohol and drug abuse counseling occurs.

ASSESSMENT OF COURSE LEARNING OUTCOMES AND COMPETENCIES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.

