

# AMERICAN PATHWAYS UNIVERSITY

## DOWNING STREET LEARNING CENTER

1600 Downing Street, Suite 200, Denver, CO 80218

(303) 831-4500 phone; (303) 831-4499 fax

[www.apudenver.org](http://www.apudenver.org) [CCESJ@attglobal.net](mailto:CCESJ@attglobal.net) [www.CCESJ.org](http://www.CCESJ.org)

### 2010 Addiction Concentration Course Descriptions and Schedule

*Core and Required Course Descriptions are a product of the Colorado Department of Humans Services, Division of Behavior Health's Certification Counselor Training Committee (CCTC)*

#### **CAC Core Class Preparation:**

##### Addiction Counseling Skills/ (21 hours)

- Along with Principles of Addiction Treatment and Client Record Management, Addiction Counseling Skills is considered to be part of the “Core Curriculum” and basic to the foundational training of a Level I Certified Addiction Counselor. The purpose of this class is to provide a framework and counseling model for counselors working with clients with substance abuse or dependence. The overriding goal of this course is help the counselor learn the process and skills of helping the client to open up, process their information and then move to the change process. The models utilized in this class are client-centered therapy and motivational style and spirit.

##### Client Records Management (14 hours)

- This class is designed to provide the counselor with an understanding of the client record and the continuum of care that the record documents and tracks. The class presents screening, assessment and evaluation, ASAM placement criteria, diagnosis, treatment planning, progress note completion, documentation requirements and discharge planning.

##### Principles of Addiction Treatment (21 hours)

- This class presents theories of addiction, the competencies required of an addiction counselor, NIDA's principles of effective treatment, the value of applied research, and the use of evidence-based and promising practices in addiction treatment. It also covers addiction counselor competencies, credentialing in Colorado, and levels of care available in Colorado. Along with Addiction Counseling Skills and Client Record Management, Principle of Addiction Treatment is considered to be part of the Core Curriculum and basic to the foundational training of a Certified Addiction Counselor.

## **CAC Required Class Preparation:**

### **Ethical Issues in the Drug/Alcohol Treatment Setting (14 hours)**

- Knowledge of ethics and jurisprudence for the addiction counselor is essential for safe practice. This class will cover the Mental Health Statute that regulates the practice of psychotherapy in Colorado, and introduce the student to the regulatory system and the role of DORA (Dept of Regulatory Agencies) and ADAD (Alcohol and Drug Abuse Division) in the development and credentialing of the addiction counselor. There will be an emphasis on developing ethical decision making skills, knowledge of confidentiality and the prohibited activities in the Mental Health Statute. The addiction counselor will become familiar with the NAADAC Code of Ethics and acquire the tools for ethical practice.

All required classes seek to enhance the ability of the counselor to offer treatment services in a manner that respects gender, race and ethnicity, sexual orientation, cultural, familial, systemic and socioeconomic diversity.

### **Diversity In Treatment (14 hours)**

- Cultural competence is a growing professional practice in the United States. Changing demographics and a growing awareness of the needs of diverse populations is driving the move toward a better understanding of how to provide mental health and addiction treatment services to culturally diverse communities and individuals. This course will help the addiction counselor increase his/her cultural sensitivity, cultural intelligence and cultural knowledge in the context of the addiction treatment setting. Several models of multicultural counseling are described. Multicultural competencies for the counselor will be outlined and applied to three critical domains: awareness of provider cultural values and biases, awareness of client worldview, and culturally appropriate intervention strategies.

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### **Infectious Diseases In The Alcohol and Drug Treatment Setting (14 hours)**

- Drug and alcohol abuse and infectious diseases go hand in hand. Anyone who is abusing drugs is at high risk for contracting and spreading infectious diseases. Understanding of diseases that might affect clients who are addicted to alcohol and other substances is a cornerstone of addiction counseling. This class will help prepare addiction professionals to identify such diseases, determine client risk for infection, and educate clients about disease prevention and treatment options and to assist clients in obtaining appropriate treatment as needed.

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#### Differential Assessment and Treatment Planning (14 hours)

- In the context of the training, co-occurring disorders is a term that refers to individuals who have both a mental disorder and a substance use disorder. Today it is clear that the co-occurrence of these two disorders happens at least 50% of the time and is associated with many negative outcomes. This course prepares the addiction counselor with the basic tools to understand the diagnostic use of the DSM-IV TR, to be able to screen for mental disorders most commonly seen with addiction disorders, to gain knowledge of the mood disorders, thought disorders, personality disorders and adult attention deficit disorder. This class will also focus on effective treatment planning and the use of evidence-based practices for treatment.

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#### Group Counseling: (21 hours)

- Group therapy is a powerful tool in delivering addiction treatment services. Groups have many therapeutic elements and effects that draw people into the culture of recovery. Groups provide useful information, allow one therapist to facilitate a group process that helps a number of clients simultaneously, and provides positive peer support and pressure for recovery. This class will help the aspiring addiction counselor to understand the use of group therapy in the addiction treatment field and be able to demonstrate the skills necessary to facilitate a therapy group. The class will focus on group process and will discuss diversity within groups and the many challenges for a group leader as well as present models of effective group practice.

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#### Pharmacology 1 (14 hours)

Training in pharmacology is a cornerstone of addiction counseling and a major part of what differentiates the professional field of addiction counseling from other mental health disciplines. Considering the ongoing brain research and pharmacological research to treat addictions, a solid base of knowledge in this area is critical for addiction counselors.

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### Pharmacology 2 (14 hours)

Training in pharmacology is a cornerstone of addiction counseling and a major part of what differentiates the professional field of addiction counseling from other mental health disciplines. Considering the ongoing brain research and pharmacological research to treat addictions, a solid base of knowledge in this area is critical for addiction counselors.

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### Motivational Interviewing: (14 hours)

“Motivational Interviewing is a directive, client centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence.” This is the definition of Motivational Interviewing put forth by William Miller and Stephen Rollnick. This class will introduce the aspiring addiction counselor to the foundational evidence-based practice of motivational interviewing and motivational enhancement therapy. Motivational interviewing has been demonstrated to be a very useful tool in working with clients with substance use disorders and has great relevance in addictions counseling today. This approach utilizes empathy, exploration and encouragement to lead the client to define his/her own problems and substance use. It uses the Stages of Change model to determine client’s readiness for change.

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### Cognitive Behavioral Techniques (14 hours)

- Cognitive-behavioral therapy (CBT) is a treatment approach that has gained widespread application in the treatment of addictions and mental disorders. Several important features of CBT make it particularly promising as a treatment for substance abuse and dependence. CBT had been extensively researched and has solid empirical support as an evidence-based treatment for addictions. CBT is structured, goal-oriented, and focused on the immediate problems faced by substance abusers entering treatment who are struggling to control their substance use. It is a flexible, individualized approach that can be adapted to a wide range of clients and a wide range of treatment settings and formats. It works well with individuals as well as group therapy. Participants in this course will learn and practice effective ways to integrate tools specific to CBT in a comprehensive treatment strategy.

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#### Therapeutic Resistance (14 hours)

Therapeutic resistance could be viewed as those interpersonal dynamics, within the context of counseling, which have the potential to hinder the client's and therapist's ability to work together effectively. Defined as such, this course will specifically target resistance generated within the substance abuse treatment setting, and how client, clinician, agency, social, socioeconomic, systemic, and cultural variables are contributing factors. Clinicians in this training will be encouraged to explore their own triggers, biases, assumptions, world-views, and methodologies in order to learn strategies for minimizing therapist-driven resistance. Participants will have the opportunity to explore how they may be interfering with the client's progress and growth. Transference and counter-transference will be defined and strategies for addressing these will be highlighted.

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#### Clinical Supervision (21 hours)

Clinical supervision is the process by which the clinical practice provided by the counselor is evaluated and either modified or approved by a supervisor. This class prepares the addiction counselor with basic supervision tools and models to use as a standard practice. The core competencies in clinical supervision are designed to help supervisors apply a model of supervision that is tailored to counselor developmental level, according to whether the counselor is beginning, intermediate or advanced in their development. This three-day class includes videotape skills practice and critique.

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#### Advanced Counseling Skills (21 hours)

Advanced counseling skills is the completion of the training process that started with the class Addiction Counseling Skills. Remembering the clinical responses including Responding Attentiveness, Encourages to Share and Feedback Clarification skills, this class introduces additional ones, Feedback Confrontation, Change Clarification Confrontation, and Change Reinforcement. It emphasizes

the development of a therapeutic climate of change, equipping students with skills associated with advanced motivational interviewing, particular those skills associated with relevant principles, 1) Developing Discrepancy (DD), Expressing Empathy, (EE) Rolling with Resistance (RR) and Supportive Statements (SS). Specific skills are demonstrated relative to DD and SS, with the EE and RR framing the videotaped presentations. The class requires the videotaping, presentation, and critique of said clinical skills.

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### **CAC Elective Classes:**

#### **Marriage and Family Therapy** (21 hours)

- This class features the concepts of Marriage and Family Therapy as related to AOD intervention techniques. Through facilitated discussions, film presentations, and lectures the students will understand the family system as it impacts individual and/or the group process of addiction and dependence.

All of our elective classes seek to enhance the ability of the counselor to offer treatment services in a matter that respects gender, race and ethnicity, sexual orientation, cultural familial, systemic and socioeconomic diversity.

#### **Resistive Client** (14 hours)

- This course reviews a number of contributing factors to therapeutic resistance, presents a specific number of intervention models/skills and provides the opportunity to practice the skills and receive feedback. This course also specifically addresses the court ordered Domestic Violent and DUI Offender populations.

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#### **Spiritual Alliances: In Therapeutic Interventions** (14 hours)

- For those who believe that our spirituality plays a key role in behavioral change, this is the class for you. Through this course we will explore a variety of spiritual based, particularly the 12 step approaches that have proven effective when implementing rehabilitation techniques for alcohol and other drug (AOD) abuse and addiction. We will review some of the literature, and apply concepts to our own experiences as counselors and therapists.

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Dialectical Behavioral Therapy (14 hours)

- Dialectical Behavior Therapy, developed by Marsha M. Linehan, Ph.D., at the University of Washington, is a comprehensive cognitive behavioral treatment for borderline personality disorder, and other chronic cases of anxiety resulting from unresolved trauma. Research has shown DBT to effectively reduce suicidal behavior, dropout from treatment, psychiatric hospitalization, anger, interpersonal difficulties and substance abuse. This course features the principles and protocols in DBT. The usage of lecture, video, and skill practice will be used during the course.

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**Coming Soon: Domestic Violence Required Curricula.**

<b>Registration information can be requested (303) 831-4500</b>
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<b>All classes meet from 12:30-8:30 pm</b>	<b>One day of training = 7 hours</b>
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<b>All CAC classes are scheduled from 12:30-8:30 pm</b>
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<b>You will be confirmed for a class once tuition is paid in full. All registrations are first come first – first serve.</b>
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**LISTING OF CAC CLASSES AND COSTS**  
**FEBRUARY 6 – NOVEMBER 28, 2010**

<u>Date</u>	<u>Name</u>	<u>Cost</u>
02/06/10	Ethics	\$100.00
02/07/10	Ethics	
02/20/10	Client Records Management	\$100.00
02/21/10	Client Records Management	
03/20/10	Principles of Addiction	\$150.00
03/21/10	Principles of Addiction	
03/27/10	Principles of Addiction	

04/10/10	Infectious Diseases	\$100.00
04/11/10	Infectious Diseases	
04/24/10	Addiction Counseling Skills	\$150.00
04/25/10	Addiction Counseling Skills	
05/01/10	Addiction Counseling Skills	
05/15/10	Advanced Counseling Skills	\$150.00
05/16/10	Advanced Counseling Skills	
05/22/10	Advanced Counseling Skills	
06/05/10	Diversity	\$100.00
06/06/10	Diversity	
06/19/10	Group Counseling Skills	\$150.00
06/20/10	Group Counseling Skills	
06/26/10	Group Counseling Skills	
07/10/10	Differential Assessment	\$100.00
07/11/10	Differential Assessment	
07/24/10	Resistive Client	\$100.00
07/25/10	Resistive Client	
08/07/10	Motivational Interviewing	\$100.00
08/08/10	Motivational Interviewing	
08/21/10	Dialectical Behavioral Therapy	\$100.00
08/22/10	Dialectical Behavioral Therapy	
09/11/10	Clinical Supervision	\$150.00
09/12/10	Clinical Supervision	
09/18/10	Clinical Supervision	
10/02/10	Therapeutic Resistance	\$100.00
10/03/10	Therapeutic Resistance	
10/16/10	Family Therapy	\$150.00
10/17/10	Family Therapy	
10/23/10	Family Therapy	
11/13/10	Cognitive Behavior Therapy	\$100.00
11/14/10	Cognitive Behavior Therapy	
11/27/10	Spiritual Alliances	\$100.00
11/28/10	Spiritual Alliances	

For more information, contact:

Marjorie B. Lewis, Ph.D., D. Min., MFT, LAC, NCACII  
Professor/Director, Department of Human Services  
American Pathways University/Downing Street Learning Center  
(303) 831-4500 [marjorielewis@CCESJ.org](mailto:marjorielewis@CCESJ.org)