

AMERICAN PATHWAYS UNIVERSITY

DOWNING STREET LEARNING CENTER

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2011 Addiction Concentration Course Descriptions and Schedule

The following descriptions are a product of the Colorado Department of Humans Services, Division of Behavior Health's Certification Counselor Training Committee (CCTC)A schedule of classes for 2011 follows at the end

Addiction Counseling Skills (21 hours CAC I Class)

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.

All required 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.

Advanced Motivational Interviewing (14 hour CAC III class)

(prerequisite is Motivational Interviewing)

This advanced training will serve as a booster session for Motivational Interviewing skills as well as introducing advanced motivational interviewing skills.

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Client Record Management (14 hours CAC I Class)

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.

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Clinical Assessment & Treatment Planning (14 hour CAC II class)

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.

All required 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.

Clinical Supervision I (21 hour CAC III class)

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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Clinical Supervision II (14 hour CAC III class)

Clinical supervision II is designed to highlight the ethical, legal, multicultural and crisis management issues that arise when supervising addiction counselors. Specialized techniques, coaching, consulting, teaching, and use of video or audio in supervision will be discussed. MIA: STEP (Motivational Interviewing Assessment: Supervisory Tools for Enhancing Proficiency) will be utilized as a format of supervision.

All required 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.

Cognitive Behavioral Therapy (14 hours CAC II Class)

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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Co-Occurring Disorders (14 hour CAC II class)

In this training, the focus will be on the differential diagnosis and treatment of substance use disorders occurring concurrently with other behavioral health disorders. The participants will learn about the diagnosis of addiction-based disorders and other mental health disorders. Models of co-occurring disorders treatment will be presented.

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Culturally Informed Treatment (14 hour CAC I Class)

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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Group Counseling Skills: (21 hours CAC II Class)

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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Infectious Diseases in Addiction Treatment (14 hr CAC I Class)

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 are 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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Motivational Interviewing (21 hour CAC II class) *(expanded from 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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Pharmacology 1 (14 hour CAC I Class)

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 II (14 hours CAC II Class)

(prerequisite is Pharmacology I)

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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Principles of Addiction Treatment (21 hours CAC I Class)

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.

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Professional Ethics I: Ethics and Jurisprudence (14 hr. CACI Class)

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.

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Professional Ethics II:

(14 hour CAC II class) NEW!

(prerequisite is Professional Ethics I)

This class will provide participants with a comprehensive introduction to ethical and risk management issues related to addiction treatment and services. It will focus on three key topics: 1) ethical dilemmas encountered by addiction professionals with the use of case studies; 2) ethical decision-making strategies; and 3) risk management concepts designed to prevent ethics complaints and ethics-related lawsuits pertaining to professionals' handling of confidential information, informed consent, boundary issues and dual relationships, conflicts of interest, service delivery, supervision, consultation, referral and termination of services.

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Professional Practice (7 hour CAC III class) NEW!

This training will focus on administrative supervision, organizational issues, DBH-licensed treatment agency requirements, challenges of the current treatment environment, confidentiality concerns, measuring performance treatment outcomes, role of program director, policies and procedures and other topics to be determined. In addition, the expectations of the addiction professional interacting with other mental health professionals in treatment settings as well as in the community will be explored.

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Trauma Informed Care for Diverse Populations (14 hour CAC II class) NEW!

The focus of this training will be an overview of what the addiction counselor needs to know to work effectively with specialized treatment populations, including women, men, adolescents, criminal justice, PTSD and trauma survivors, families, recovery

management, relapse prevention, creating trauma-informed treatment environments and others as determined.

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The following descriptions are a summary of additional courses required for the completion of the curriculum for an Addition Counseling academic credential in the Human Services Concentration at APU.

Dialectical Behavioral Therapy (14 hours CAC Elective Class)

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.

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.

Marriage and Family Therapy (21 hours CAC Elective Class)

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.

The Resistive Client (14 hours CAC Elective Class)

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.

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.

Spiritual Alliances: In Therapeutic Interventions: (14 hours CAC Elective Class)
 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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Registration information can be requested (303) 831-4500

One day of training = 7 hours

All classes are scheduled from 12:30-8:30 pm

**You will be confirmed for a class once tuition is paid in full.
 All registrations are first come first – first serve.**

LISTING OF CAC CLASSES AND COSTS **JANUARY THROUGH OCTOBER, 2011**

<u>Date</u>	<u>Name</u>	<u>Cost</u>
01/08/11	Therapeutic Resistance (<i>DV/CAC III</i>)	\$100.00
01/09/11	Therapeutic Resistance	
01/10/11	Addiction Counseling Skills (CAC I)	\$150.00
01/11/11	Addiction Counseling Skills	
01/13/11	Addiction Counseling Skills	
01/17/11	Addiction Counseling Skills	
01/18/11	Addiction Counseling Skills	
01/20/11	Addiction Counseling Skills	
01/15/11	<i>Types of Abuse (DV Only)</i>	\$100.00
01/16/11	<i>Types of Abuse (DV)</i>	
01/22/11	<i>Legal Issues (DV Only)</i>	\$100.00

01/23/11	Legal Issues	
01/29/11	Coordination With the CJS (DV Only)	\$ 50.00
02/05/11	DBT/Offender/Anger Mgt.(DV/CAC Elec.)	\$100.00
02/06/11	DBT/Offender/Anger Mgt.	
02/12/11	Marriage and Family Therapy(CAC Elective)	\$150.00
02/13/11	Marriage and Family Therapy	
02/19/11	Marriage and Family Therapy	
02/20/11	DV Offender Typologies (DV Only)	\$ 50.00
02/26/11	DV Risk Assessment (DV Only)	\$100.00
02/27/11	DV Risk Assessment	
03/05/11	Trauma Issues (DV)	\$100.00
03/06/11	Trauma Issues	
03/12/11	Addiction Counseling Skills (CAC I)	\$150.00
03/13/11	Addiction Counseling Skills	
03/19/11	Addiction Counseling Skills	
03/26/11	Cultural Informed Treatment (CACI)	\$100.00
03/27/11	Cultural Informed Treatment	
04/02/11	Infectious Diseases in Addiction Treatment (CACI)	\$100.00
04/03/11	Infectious Diseases in Addiction Treatment	
04/09/11	Professional Ethics I:Ethics and Jurisprudence (CAC I)	\$100.00
04/10/11	Professional Ethics I:Ethics and Jurisprudence	
04/16/11	Principles of Addiction Treatment (CACI)	\$150.00
04/17/11	Principles of Addiction Treatment	
04/23/11	Principles of Addiction Treatment	
04/30/11	Client Records Management (CACI)	\$100.00
05/01/11	Client Records Management	
05/14/11	Clinical Assessment & Treatment Planning (CACII)	\$100.00
05/15/11	Clinical Assessment & Treatment Planning	
06/04/11	Cognitive Behavioral Therapy (CACII)	\$100.00
06/05/11	Cognitive Behavioral Therapy	
06/11/11	Motivational Interviewing (CACII)	\$150.00

06/12/11	Motivational Interviewing	
06/18/11	Motivational Interviewing	
06/25/11	Professional Ethics II (CACII)	\$100.00
06/26/11	Professional Ethics II	
07/09/11	Group Counseling Skills (CACII)	\$150.00
07/10/11	Group Counseling Skills	
07/16/11	Group Counseling Skills	
07/30/11	Co-Occurring Disorders (CACII)	\$100.00
07/31/11	Co-Occurring Disorders	
08/06/11	Trauma Informed Care for Diverse Populations (CACII)	\$100.00
08/07/11	Trauma Informed Care for Diverse Populations	
08/20/11	Pharmacology II (CACII)	\$100.00
08/21/11	Pharmacology II	
09/10/11	Advanced Motivational Interviewing (CACIII)	\$100.00
09/11/11	Advanced Motivational Interviewing	
09/17/11	Clinical Supervision I (CACIII)	\$150.00
09/18/11	Clinical Supervision I	
10/08/11	Clinical Supervision II (CACIII)	\$100.00
10/09/11	Clinical Supervision II	
10/22/11	Professional Practice (CAC III)	\$ 50.00

For more information, contact:

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