

Common Course Outline
CMDP 102
Issues in Addiction Counseling
3 Credit Hours

The Community College of Baltimore County

Description

CMDP 102 – 3 Credits - Issues in Addiction Counseling explores clinical issues encountered as an addictions counselor; includes the various theories of addiction, progression, diagnosis of Substance-Related Disorders using DSM-IV, co-occurring mental disorders, models of treatment & recovery, relapse and relapse prevention, stages of change and evidence-based models of treatment. Prerequisites: Reading 052, English 052.

Overall Course Objectives

Upon completion of this course students will be able to:

1. discuss the various theoretical models of addiction, including disease model, moral model, psychological models and others;
2. identify and describe the stages of recovery from addiction;
3. describe the relapse process and various interventions for relapse prevention;
4. describe the symptoms of drug abuse and dependence using DSM-IV diagnostic criteria;
5. accurately assess and diagnose substance use disorders using DSM-IV criteria and clinical case studies;
6. accurately assess and diagnose substance-induced disorders using clinical case studies to determine if they meet DSM-IV criteria;
7. accurately assess and diagnose mental disorders that most commonly co-occur with substance use disorders using DSM-IV criteria, including mood disorders, anxiety disorders, personality disorders, and others;
8. describe the characteristics of various common models of treatment for addictions including individual therapy, group therapy, family therapy, inpatient rehab, outpatient rehabilitation, detoxification, abstinence, and drug-assisted;
9. discuss the nature of resistance in treatment and identify the various types of psychological defense mechanisms;
10. apply the Stages of Change model to addictions, and assess a client's process of change using this model;
11. accurately explain and demonstrate the principles of Motivational Interviewing;
12. differentiate between therapy and self-help interventions for addictions, and be familiar with self-help organizations including Alcoholics Anonymous, Narcotics Anonymous, Rational Recovery, Women for Sobriety, and others, and these groups' roles in supporting change;
13. identify the varied needs of sub-populations of clients with addiction problems, including adolescents, people with disabilities, women, gay/lesbian/bisexual/transgendered people and others, and;
14. define 'evidence-based models' of addiction treatment, and describe recent outcomes-based research in treatment of addiction.

Major Topics

- I. Theories of addiction
 - A. Disease Model
 - B. Moral Model
 - C. Psychological Models
 - D. Sociocultural Models
 - E. Biopsychosocial Model
 - F. Others
- II. Treatment of alcohol and other drug addictions
 - A. Modalities of treatment
 1. Individual
 2. Group
 3. Family
 - B. Theoretical approaches to treatment
 1. Brief Therapy
 2. Cognitive-Behavior Therapy
 - C. Self-Help Groups
 - D. Stages of Change and the role of Motivational Interviewing
- III. Assessment and diagnosis of Substance-Related disorders according to DSM-IV
 - A. Assessment issues and instruments
 - B. Five Axis Diagnosis
 - C. Substance-related Disorders
 - a. Substance Use Disorders
 - b. Substance Induced Disorders
- IV. Assessment and diagnosis for other commonly co-occurring mental disorders according to DSM-IV
- V. Recovery, lapse/relapse, and relapse prevention
- VI. Defenses and resistance
- VII. Culturally different populations and other identified unique populations in addiction treatment
- VIII. Introduction to research in addiction, evidence based models of treatment of addictions

Course Requirements

Grading/Exams: Grading procedures will be determined by the individual faculty member but will include the following:

1. A minimum of two examinations.
2. A written assignment (reaction paper) based on student attendance at 3 or more meetings of a self-help support group (groups approved by the instructor).
3. A written research-based assignment of at least 3 pages with reference list in APA style

Other Course Information

This course is a program requirement for the Chemical Dependency Counseling degree and certificate programs. This course serves as a prerequisite to CMDP 124, CMDP 173, CMDP 210, and CMPD 213.