

**I. COURSE INFORMATION**

- A. Addiction and Prevention Studies 102 Introduction to Counseling
- B. 3 credit hours
- C. Lawson, Lawson and Rivers. *Essentials of Chemical Dependency Counseling*. 3<sup>rd</sup> ed. Texas: Pro-Ed, 2000
- D. Prerequisites: None

**II. COURSE DESCRIPTION**

This course presents basic communication and counseling skills for one on one interaction between the counselor and the client. The course allows experiential learning. The course is designed to assist the student in preparing for the minimum standards for SRS/Addiction and Prevention Services counselor credentials and the requirements for Registered and Other Drug Abuse Counselors through the Behavioral Sciences Regulatory Board.

**III. LEARNING OUTCOMES**

- A. Illustrate knowledge of APS educational, counseling, and/or prevention skills development
- B. Develop understanding of fundamental concepts, professional growth and responsibility theories and models of addiction treatment and prevention professions
- C. Identify community organization and professional responsibilities, ethics, confidentiality, cultural competence and case management skills
- D. Understand the dynamic of public, private, national and professional organizational policies
- E. Increase knowledge in planning and evaluation of health policies programs, management skills, coordination of treatment or prevention resources, screening and assessment tools
- F. Provide information on a variety of counseling theories and their efficacy as demonstrate by research
- G. Provide information on ways of establishing a helping relationship characterized by warmth, respect, genuineness, concreteness, and empathy
- H. Discuss the role of cultural factors in counseling
- I. Provide information on the role of motivation and clients' stages of change in the counseling process
- J. Discuss ways of helping clients establish realistic, achievable goals, and maintain movement toward those goals
- K. Provide information on the role of significant others in counseling process
- L. Discuss the role of the counselor

**IV. MAJOR CONTENT AREAS**

- A. Communication skills
- B. Counseling theory
- C. Counseling practice
- D. Cultural factors in counseling

**V. ASSIGNMENTS** (may include but are not limited to)

- A. Reading assignments
- B. Writing assignments
- C. Discussions
- D. Quizzes and exams

**VI. EVALUATION METHODS** (may include but are not limited to)

- A. Attendance and participation
- B. Assignments
- C. Quizzes and exams