



OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

Office of Professional & Continuing Education
301 OD Smith Hall | Auburn, AL 36849

<http://www.auburn.edu/mycaa>

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No refunds can be issued after the start date published in your Financial Award document.

Education & Training Plan

Student Name: _____

Start & End Dates: ___/___/___ to ___/___/___

Drug & Alcohol Counselor Certificate Program

Mentor Supported

MyCAA Information

Course Code: AU - DAC2

Program Duration: 9 Months

Course Contact Hours: 540

Student Tuition: \$3,950

This training program combines a 2 course training track:

- **Drug & Alcohol Counseling - Level 1**
- **Drug & Alcohol Counseling - Level 2**

Drug and Alcohol Counseling reflects the explosion of information regarding the understanding, identification, and treatment of addictive disorders. It examines the use and abuse of alcohol, tobacco, barbiturates, amphetamines, cocaine, opiates, and hallucinogens, as well as chemicals -- such as aerosols, steroids, and over-the-counter analgesics. Additionally, the program investigates solid strategies for working with clients, the differences between abusers and addicts; drug effects on children, teenagers, and pregnant and nursing women; and children of alcoholics, evidence-based treatments available, including motivational enhancement, cognitive behavioral therapy, skills training, medication and 12 step facilitation. Guiding the student step-by-step through treatment, this course presents state-of-the-art tools, and forms and tests necessary to deliver outstanding treatment and to meet the highest standards demanded by accrediting bodies.

The Job Outlook



OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

Employment of substance abuse and behavioral disorder counselors is expected to grow by 27 percent from 2010 to 2020, faster than the average for all occupations. Growth is expected as more people seek treatment for their addictions or other behaviors and drug offenders are increasingly sentenced to treatment rather than jail time. In recent years, the criminal justice system has recognized that people committing crimes related to drugs are less likely to offend again if they get treatment for addiction. As a result, sentences for drug offenders often include treatment programs. This practice is expected to increase the use of substance abuse treatment programs and the demand for addiction counselors

Certification:

Upon successful completion of our Drug and Alcohol Counseling Level 1 and Level 2 courses, students may be prepared, in part, to sit for licensing and credentialing exams. Each state has its own regulations.

Drug and Alcohol Counseling – Level 1

270 Hours

Overview

Have you ever thought about a career in addiction coaching? Do you feel passionate about helping people reclaim lives that have been deteriorated by drugs or alcohol? Addiction coaching professionals treat individuals who are in need of substance abuse counseling as well as offer peace of mind to the families of persons who are in need of drug addiction counseling. Our Drug and Alcohol Counseling course examines various substance abuse disorders and presents techniques for helping people overcome their addictions.

After completing this course, you should be able to:

- Recall the basics of abuse and addiction
- Differentiate between commonly abused chemicals
- Recognize the various presentations of substance abuse disorder
- Identify substance abuse disorders
- List techniques for treating addiction

Outline

Drug and Alcohol Coaching - Level 1 Module 1 Basics of Abuse and Addiction

- About Substance Abuse
- The Cost of Chemical Abuse/Addiction



OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

- Continuum of Chemical Use
- Pharmacology
- Side Effects of Chemical Use
- Brief History of Alcohol
- Physical Dependence, Tolerance, and Craving
- Alcohol Withdrawal Syndrome

Drug and Alcohol Coaching - Level 1 Module 2 Commonly Abused Chemicals 1

- Medical Uses of the Benzodiazepines
- Central Nervous System Stimulants
- CNS Stimulant Abuse
- Cocaine Abuse & Dependence
- History of Cocaine
- Complications of Cocaine Abuse/Addiction
- Marijuana Abuse & Addiction
- A Medico-Legal Conundrum
- Methods of Marijuana Abuse

Drug and Alcohol Coaching - Level 1 Module 3 Commonly Abused Chemicals 2

- Abuse of & Addiction to Hallucinogens
- Opioid Use
- Methods of Hallucinogen Abuse
- The Pharmacology of LSD
- ECSTASY (MDMA)
- Salvia Divinorum
- Abuse of & Addiction to Inhalants
- Scope of the Problem of Inhalant and Steroid Abuse
- Sources & Methods of Steroid Abuse
- Chemicals & the Neonate
- Tobacco
- Scope of the Problem for Pregnant Women

Drug and Alcohol Coaching - Level 1 Module 4 The Many Faces of Substance Abuse

- Gender & Addiction
- Differing Effects of Common Drugs on Women
- The Faces of Substance Use Disorder (SUD)
- Rehabilitation for Children or Adolescents
- SUD & College Students
- Consequences of SUD in the College Population
- Substance Use Disorders and the Older Adult



OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

Drug and Alcohol Coaching - Level 1 Module 5 Understanding Substance Abuse Disorders

- Substance Use Disorders and the Family
- Codependency
- Enabling Behaviors
- Co-Occurring Disorders
- Biopsychosocial Model of Addictions
- Diseases of the Spirit
- Benefits of Spirituality

Drug and Alcohol Coaching- Level 1 Module 6 The Treatment of Addiction

- Assessment of Suspected Substance Use Disorders
- Diagnosis
- Treatment Settings
- Residential Treatment Programs
- Characteristics of the Substance Rehabilitation Professional
- The Treatment Plan
- Aftercare Programs
- Decision to Seek Treatment
- Stages of Recovery

Drug and Alcohol Coaching - Level 1 Module 7 Other Issues in Chemical Dependence

- Pharmacological Interventions for Substance Use Disorders
- Relapse
- Willpower
- Support Groups to Promote and Sustain Recovery
- Substance Use Disorders and Infectious Disease
- AIDS
- Hepatitis
- Debate over Drugs
- Debate over Legalization

Materials:

All materials are included in this course.



OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

System Requirements:

Internet Connection

- Broadband or High-Speed - DSL, Cable, and Wireless Connections

*Dial-Up internet connections will result in a diminished online experience. Classroom pages may load slowly and viewing large audio and video files may not be possible.

Hardware Requirements

- Processor - 2GHz Processor or Higher
- Memory - 1 GB RAM Minimum Recommended

*While our courses are accessible through multiple mobile learning platforms, some courses may include a CD or DVD with the Textbook, so you may need access to a computer with CD-ROM or DVD Drive.

PC Software Requirements

- Operating Systems - Windows 7 or higher
- Microsoft Office 2007 or higher. Also, you could use a general Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers - Google Chrome is highly recommended
 - Cookies MUST be enabled
 - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)
- PowerPoint Viewer (if you do not have PowerPoint)
- Adobe PDF Reader
- QuickTime, Windows Media Player &/or Real Player

MAC Software Requirements

- Operating Systems - Mac OS x 10 or higher with Windows
- Mac office programs or a Word Processing application to save and open Microsoft Office formats (.doc, .docx, .xls, .xlsx, .ppt, .pptx)
- Internet Browsers- Google Chrome is highly recommended
 - Cookies MUST be enabled
 - Pop-ups MUST be allowed (Pop-up Blocker disabled)
- Kindle Reader App is needed for many of our courses (No special equipment needed. This can be downloaded for FREE onto your computer.)
- PowerPoint Viewer (if you do not have PowerPoint)
- Adobe PDF Reader
- Apple QuickTime Media Player
- Courses that include a CD-ROM or DVD **may** require an external drive and Parallels software to view.

****Outlines are subject to change, as courses and materials are updated.****



Drug and Alcohol Counseling – Level 2

270 Hours

Overview

Drug and Alcohol Counseling Level 2 is a comprehensive course for people who want to work with the chemically dependent and addicted in a variety of treatment settings. This course shows the student how to use the best evidence-based treatments available, including motivational enhancement, cognitive behavioral therapy, skills training, medication and 12 step facilitation. Guiding the student step-by-step through treatment, this course presents state-of-the-art tools, and forms and tests necessary to deliver outstanding treatment and to meet the highest standards demanded by accrediting bodies.

After completing this course, you should be able to:

- Identify steps for initial assessment and treatment planning
- Comprehend various therapies and treatment groups available to the individual
- Identify the steps involved in the AA 12 step program
- Identify dual diagnoses and family treatment programs
- Define clinical staff and characteristics of a good counselor

Prerequisite: Drug and Alcohol Counseling – Level 1

Outline

Drug and Alcohol Counseling 2 Module 1 Counseling: The Initial Hours

- How to Greet Patients
- How to Handle Family Members
- Beginning the Therapeutic Alliance
- The Initial Assessment
- The Intoxicated Patient
- How Patients React in Detoxification
- The Biopsychosocial Interview
- Diagnosis and Disposition
- The Treatment Plan
- How to Build a Treatment Plan
- The Problem List
- Goals and Objectives
- Treatment Plan Review
- How to Write Progress Notes



OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

Drug and Alcohol Counseling 2 Module 2 Counseling and Treatment

- Individual Treatment Process
- The Therapeutic Alliance
- Transference and Countertransference
- Behavior Therapy
- Cognitive Therapy
- Interpersonal Therapy
- How Patients Use Feelings Inappropriately
- How Patients Learn Relationship Skills
- Benefits of Group Therapy
- Preparation for the Group
- The Honesty Group
- The Euphoric Recall Group
- The Reading Group
- The Relapse Prevention Group
- The Spirituality Group
- The Childhood Group
- The Men's Group / Women's Group
- The Community Group
- The Personal Inventory Group
- Creating and Using Contracts

Drug and Alcohol Counseling 2 Module 3 The AA 12 Step

- Step One: Powerless and Unmanageable
- Step Two: Belief in a Higher Power
- Step Three: Turn it Over to God
- Step Four: Fearless Moral Inventory
- Step Five: Sharing the Moral Inventory
- Educational Lectures Series
- Lecture Series: The Disease
- Lecture Series: Defense Mechanisms
- Lecture Series: The Great Lie & the Truth
- Lecture Series: Normal Development
- Lecture Series: Physical Addiction and Recovery
- Lecture Series: Alcoholics Anonymous
- Lecture Series: Understanding Feelings

Drug and Alcohol Counseling 2 Module 4 Dual Diagnosis and Family Therapy

- Psychiatric / Psychological Assessment
- Depressed Patient
- Angry Patient
- Homicidal Patient



OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

- Personality Disorders
- Antisocial Personality
- Borderline Patient
- Narcissistic Patient
- Anxious Patient
- Psychotic Patient
- Acquired Immune Deficiency Syndrome
- Patient with Low Intellectual Functioning
- The Elderly Patient
- Early childhood Trauma
- Pathological Gambler
- Adolescent Treatment
- The Family Program
- How to Treat Family Members

Drug and Alcohol Counseling 2 Module 5 **The Clinical Staff and Being a Good Counselor**

- The Physician
- Psychologist & Psychiatrist
- Nursing Staff
- Clinical Director and Supervisor
- Chemical Dependency Counselor
- The Rehabilitation Technician
- Activities Coordinator
- Team Building
- Staff-Patient Problems
- Discharge Summary and Aftercare
- Outpatient Discharge Criteria
- Understanding the Drugs
- Being a Good Counselor
- Characteristics of a Good Counselor
- Code of Ethics

Required Materials:

- *Chemical Dependency Counseling: A Practical Guide* by Robert R. Perkinson
- *Concepts of Chemical Dependency* by Harold E. Doweiko

System Requirements:



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OFFICE OF PROFESSIONAL AND
CONTINUING EDUCATION

Internet Access

- Broadband or high-speed internet access is strongly recommended. Broadband includes DSL, cable, and wireless connections.
- Dial-Up internet connections will result in a diminished online experience. Moodle pages may load slowly and viewing large audio and video files may not be possible.

Hardware

- Virtually all Windows-Mac hardware configurations and processors are acceptable.
- 1 GB RAM recommended
- Software
- Operating Systems
 - Windows XP or Vista and Mac OS X 10 and higher
- Web Browsers
 - Mozilla Firefox 2 and 3 (previous versions will work also)
 - Internet Explorer 6, 7 and 8
 - Safari is not currently recommended as it cannot display certain Moodle editing menus for both students and instructors
- Media Plug-ins (These may be required depending on your course media-click on the links below to download the latest versions)
- Adobe Flash Player
- Adobe Acrobat Reader
- Apple Quicktime
- Windows Media Player
- Real Player
- PowerPoint Viewer (use this if you don't have PowerPoint)

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