

PSY/ADD 225 : Introduction to Chemical Dependency Counseling

Fall

This course is designed to introduce students to the effective ways to help counsel those caught up in the cycle of addictions. It will help them broaden their understanding as to what addiction is, how to counsel those who have physical and psychological addictions, and what evidence-based treatments are available for the addict. It will also introduce students to the concepts of motivational enhancement and interviewing, cognitive behavioral therapy, skills training and 12-step facilitation. The class will help the student be better prepared professionally, by going through step-by-step treatment in developing further their functional skills in knowing what addiction is, and its effects on societies around the world. An emphasis will be on some of the issues surrounding addiction counseling; how to be effective in their work with those caught in addiction, and how you can use the tools learned to effectively address substance abuse.

Credits 3