

# ADDICTIONS COUNSELING

## Overview

### Minor

This 18-credit interdisciplinary minor focuses on the basic competencies associated with helping people recover from substance use disorders. Courses are offered through the Department of Health Sciences, the Department of Criminal Justice, and the Department of Psychology and provide students with content knowledge in addictions counseling that map to core competencies outlined by the Massachusetts Department of Public Health's Bureau of Substance Abuse Services. Students may begin coursework in this minor at any point in their undergraduate education.

The minor is an excellent option for students in the following majors:

- Criminal Justice
- Psychology
- Health Sciences
- Nursing
- Occupational Therapy
- Sociology
- Urban Studies
- Liberal Studies

Students in this minor will:

- Gain knowledge of the factors and cultural implications leading to addiction.
- Understand the assessment, clinical evaluation, treatment planning and case management skills related to addictions counseling.
- Gain knowledge of patient, family and communication education issues related to addiction.
- Gain knowledge of coexisting issues related to addiction.

This minor can also be a pathway for matriculated students who first complete a minor to earn a Certificate in Addictions Counseling by completing one additional course, the Pre-Practicum Seminar in Addictions Counseling (3 credits) and the 300-hour Practicum in Addictions Counseling (6 credits). Completing these additional requirements would earn the student a Certificate in Addictions Counseling which would then make it possible for the student to pursue state licensing (CADC) after completing 4,000 hours of supervised work in the field (if bachelor's degree is in a behavioral science major).

### Certificate

Available for matriculated and non-matriculated students, this 24-credit certificate focuses on the basic competencies associated with helping people recover from substance abuse disorders. Courses are offered through the Department of Health Sciences, the Department of Criminal Justice and the Department of Psychology and provide students with content knowledge in addictions counseling that map to core competencies outlined by the Massachusetts Department of Public Health's Bureau of Substance Abuse Services (BSAS). Worcester State

University has been recognized by the BSAS as an approved Addictions Education Provider. Completing the Certificate in Addictions Counseling makes it possible for the student to pursue state licensing (CADC) after completing 4,000 hours of supervised work in the field (if bachelor's degree is in a behavioral science major).

Student completing this certificate will:

- Gain knowledge of the factors and cultural implications leading to addiction.
- Understand the assessment, clinical evaluation, treatment planning and case management skills related to addictions counseling.
- Gain knowledge of patient, family and communication education issues related to addiction.
- Gain knowledge of coexisting issues related to addiction.
- Gain applied experiences through the practicum in working in an addictions counseling program.

The coordinator of the program will work with students and local substance abuse counseling centers in securing practicum placements.

## Programs

- Certificate in Addictions Counseling
- Minor in Addictions Counseling

## Faculty

As an interdisciplinary program, Addictions Counseling draws its core faculty from multiple disciplines across campus. Each faculty member's information can be found at the respective department for each of the courses. The Program Coordinator for Addictions Counseling is Dr. Robert Brooks.

## Courses

### CJ-208 Systems of Addictions Treatment

**Prerequisites:** HE-285 or CJ-285

This course provides an overview of counseling modalities and techniques used in addiction treatment and recovery settings, including for those with co-occurring disorders. A family systems approach will be employed to understand how the Criminal Justice System, the Mental Health System, and the larger community relate. Legal and regulatory restrictions, ethical codes, and legal sanctions also are discussed. Fall and Spring and every year. 3 Credits

### CJ-285 Drugs and Society

This course examines the history of alcohol and other mood changing drugs in the U.S, the myths and stereotypes of alcohol and drug use, sociocultural factors that contribute to the use of drugs, and the patterns and progression of substance use disorders. Every 2-3 years. 3 Credits

**CJ-354 Addictions Counseling of Individuals and Families****LASC Categories:** ICW**Prerequisites:** HE-285 or CJ-285

This course provides students with an applied understanding of counseling skills, techniques, and strategies in addiction treatment. The psychology of addictions and various treatment modalities are discussed. Engagement, assessment, treatment planning, brief and ongoing treatment, continuing care, and work with special populations are considered. Dialectical behavior therapy, cognitive-behavioral, mindfulness practice techniques, and motivational interviewing concepts are introduced, and students apply them in role-playing scenarios. Boundaries, ethics, and counselor self-awareness are also covered. Fall and Spring and every year. 3 Credits

**CJ-406 The 12 Core Functions of Addictions Counseling****Prerequisites:** HE-285 or CJ-285 Take CJ-208 or HE-208; Take PS-270 or HE-270; Take CJ-354 or HE-354;

This culminating course prepares students to enter the field of substance use disorders and/or addictions counseling through an intensive review of the 12 Core Functions of Addictions Counseling. Students further develop the skill sets from prior coursework to serve as a foundation for gaining practical experience in addictions counseling.

Fall and Spring and every year. 3 Credits

**CJ-407 Pre-Practicum Seminar in Addictions Counseling****Prerequisites:** PS-101 Take HE-285 or CJ-285; Take HE-270 or PS-270; Take HE-208 or CJ-208; Take HE-354 or CJ-354;**Prerequisites or Corequisite:** CJ-406 or HE-406

The course is designed for students who wish to complete the course Practicum in Addictions Counseling in pursuit of CADC licensure. Students are prepared for fieldwork through practice of counseling techniques, reviews of case studies, and study of counseling theories. All core functions of addictions counseling are reviewed and reinforced, with particular emphasis on assessment, counseling, and case management. Students practice in role play using a variety of modalities while considering the needs of special populations and the opportunities and constraints of various treatment settings. Ethical and legal considerations for addictions counselors are also explored. Open to Addictions Counseling Certificate

Fall and Spring and every year. 3 Credits

**CJ-409 Practicum in Addictions Counseling****Prerequisites:** CJ-407 or HE-407

Field experience in which students complete 150 hours of direct care experience in a substance use disorders counseling setting. To qualify for CADC licensure, the practicum must be repeated for a total of 300 hours and 6 credits. Course may be repeated.

Fall and Spring and every year. 3 Credits

**HE-208 Systems of Addictions Treatment****Prerequisites:** HE-285 or CJ-285

This course provides an overview of counseling modalities and techniques used in addiction treatment and recovery settings, including for those with co-occurring disorders. A family systems approach will be employed to understand how the Criminal Justice System, the Mental Health System, and the larger community relate. Legal and regulatory restrictions, ethical codes, and legal sanctions also are discussed.

Fall and Spring and every year. 3 Credits

**HE-270 Psychopharmacology****LASC Categories:** NSP**Prerequisites:** PS-101

This course will explore the effects of psychotropic drugs on the brain and subsequent effects on behavior.

Fall and Spring and every year. 3 Credits

**HE-285 Drugs and Society**

Drug use and abuse, and implications for the individual and society. Fall only and every year. 3 Credits

**HE-354 Addictions Counseling of Individuals and Families****LASC Categories:** ICW**Prerequisites:** HE-285 or CJ-285

This course provides students with an applied understanding of counseling skills, techniques, and strategies in addiction treatment. The psychology of addictions and various treatment modalities are discussed. Engagement, assessment, treatment planning, brief and ongoing treatment, continuing care, and work with special populations are considered. Dialectical behavior therapy, cognitive-behavioral, mindfulness practice techniques, and motivational interviewing concepts are introduced, and students apply them in role-playing scenarios. Boundaries, ethics, and counselor self-awareness are also covered. Fall and Spring and every year. 3 Credits

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Fall and Spring and every year. 3 Credits

**HE-409 Practicum in Addictions Counseling****Prerequisites:** HE-407 or CJ-407

Field experience in which students complete 150 hours of direct care experience in a substance use disorders counseling setting. To qualify for CADC licensure, the practicum must be repeated for a total of 300 hours and 6 credits. Course may be repeated.

Fall and Spring and every year. 3 Credits

**PS-101 General Psychology****LASC Categories:** HBS

Introduction to history of psychology, scientific method, brain/nervous system, development, learning, motivation, sensation/perception, personality, psychopathology, psychotherapy, cognitive processes, social behavior.

Fall and Spring and every year. 3 Credits

**PS-270 Psychopharmacology**

**LASC Categories:** NSP

**Prerequisites:** PS-101 with a C- or above.

This course will explore the effects of psychotropic drugs on the brain and subsequent effects on behavior.

Other or on demand and every year. 3 Credits