

COU254 Counselling for Addictions

Level: 2

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

Counselling for Addictions is a Level 2 course that provides an overview of the theories and models, prevalent and contributing factors, psychological and social issues associated with substance and behavioural addictions, such as alcohol, drug use disorders and gambling disorder. Special emphasis is placed on assisting students to acquire the 12 core functions of an addiction counsellor, including screening, intake, assessment, client education, treatment planning and case management. This is an introductory course to addiction counselling, and it is designed to provide students with the generic knowledge, principles and skills that they can use to help people with a substance or behavioural addiction in today's rapidly changing world.

Topics:

- The Nature of Addiction
- Substance (Drug) Classification and Commonly-abused Substances
- Gambling Disorder
- The Trans-theoretical Model - Stages of Change
- Motivational Interviewing
- An Overview of the 12 Core Functions
- Screening, Intake, Orientation, Assessment Process and Treatment Planning
- Case management, Referrals, Client Education, Crisis Intervention and Consultation
- Family Psycho-education and Family-involved Management
- Relapse Prevention Strategies, Community Resources and Support
- Dual Diagnosis and Addiction
- Ethical Considerations and Professional Standards

Textbooks:

COU254 Study Guide

ISBN-13: SG-1648

Addiction Treatment: A Strength Perspective 4th Van Wormer, Katherine; and Davis, Diane Rae
Cengage

ISBN-13: 9789814834988

Learning Outcome:

- Identify the major models and relevant diagnostic instruments to identify substance use disorders and gambling disorder.
- Discuss treatment trends (e.g. dual diagnosis) and relevant ethical concepts and concerns.
- Explain assessment and interventions required for individuals and families with addiction issues.
- Employ intervention skills and techniques by using the Stages of Change and Motivational Interviewing strategies.
- Demonstrate the practical applications of the 12 core functions of the addiction counsellor in helping recovering addicts and their families.
- Develop case formulation skills by using biological, psychological and social perspectives.

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	25
	TUTOR-MARKED ASSIGNMENT 2	25
Overall Examinable Components	Written Exam	50
Total		100

*The information listed is subject to review and change.