

The International Center for Addiction Studies (ICAS)

Course Descriptions

ICAS 501:

Introduction to Alcohol and Drug Abuse and Dependency: Theory and Practice

This course explores the historical and emerging theories of alcoholism and substance dependencies. Implications for prevention, treatment, ethical practice, and professional concerns are considered along with exploration of clinical pathways to recovery. A special emphasis is on the bio-psycho-social basis of substance dependency and self-help methods.

Learning outcomes include:

- Relating theories of addiction to clinical situations
- Analyzing clinical needs to determine theoretical applications
- Judging clinical situations to determine continuum of care needs
- Understanding implications of specific treatment approaches
- Introduction to DSM-IV and ICD-10 classifications of alcohol and drug abuse and dependency
- Relating appropriateness of the level of treatment to clinical situations

ICAS 502:

Alcohol and Drug Dependence: Biology of Addiction

The biology of alcohol and drug dependency is studied through brain chemistry and related physiological processes, including brain function and behavioral correlates, and the genetics of addiction disorders. The role of psychopharmacology is addressed from a broad perspective focusing on agents used in the management of withdrawal symptoms.

Learning outcomes include:

- Relating scientific concepts and facts to concrete clinical situations
- Analyzing diverse symptoms to conceptualize a clinical strategy
- Reviewing research on the biological basis of alcohol and drug dependency
- Relating physical symptoms of medical complications of addiction to clinical intervention
- Integrating the use of anti-addiction medications in treatment
- Traditional interventions for addiction treatment

ICAS 503:

Alcohol and Drug Dependency: Mental Health Complications

This course offers a comprehensive overview of an integrated treatment model for individuals with co-occurring mental health issues and alcohol and drug dependency. Emphasis is on the dynamics of psychotherapy and evidence-based treatment strategies. The role of psychopharmacology and psychotherapy in treating co-occurring disorders is explored. Relapse prevention and continuing care planning are also discussed.

Learning outcomes include:

- Identifying mental health diagnoses commonly associated with substance dependency and implications for counseling
- Understanding an integrated treatment approach for substance abuse and mental health issues
- Understanding the implications of psychopharmacology in treating individuals with co-occurring disorders
- Defining evidence-based treatment for co-occurring disorders
- Identifying relapse prevention strategies

ICAS 504

Introduction to Twelve-Step Facilitation

An overview of the core principles of 12 Step programs, including the 12 Steps and 12 Traditions of AA, NA, and Al-Anon. Other 12 Step programs will also be discussed. The participant will have an opportunity to attend a “virtual” 12 Step meeting or may be asked to attend an actual meeting after class. All participants should be familiar with the Big Book of A.A., the philosophy of recovery, and key concepts such as sponsorship, “two hatters,” slogans, etc.

Learning outcomes include:

- To be familiar with the steps and traditions of 12 Step programs
- To have a basic understanding of what happens at a 12 Step meeting
- To understand the core concepts underpinning 12 Step programs
- To experience a 12 Step meeting, either “virtual” or actual.

ICAS 505

Overview of Drugs

An overview of drugs of abuse, including depressants, stimulants, hallucinogens, alcohol, opioids, sedatives, hypnotics, cocaine, amphetamines, cannabis, inhalants, nicotine, club drugs, etc. A major text to be used is *Uppers, Downers, All Arounders*, by Inaba and Cohen (2003). The course covers routes of administration, dose, the presence or absence

of other drugs, and the clinical state of the individual. This course offers knowledge about drugs of abuse that all chemical dependency counselors need to have, regardless of their discipline, e.g., medicine, nursing, counseling, etc. and is an essential course for anyone working in the substance abuse field.

Learning outcomes include:

- To identify the major drugs of abuse and their affects on the body
- To identify the symptoms in patients of various drugs of abuse
- To understand how psychoactive substances alter feelings, thoughts and behaviors

ICAS 506

Alcohol and Drug Dependency: Adolescent Development

An overview of adolescent alcohol and drug addiction treatment is presented with a focus on developmental issues, including legal, ethical, and professional issues, dual diagnosis, medical and pharmacological issues and family concerns.

Learning outcomes include:

- Integrating developmental models with treatment interventions
- Analyzing clinical needs for appropriate applications
- Conceptualizing the clinical picture for appropriate treatment planning
- Understanding implications of adolescent development to practice appropriate interventions for continuum of care

ICAS 507

Alcohol and Drug Dependency: Family Systems

This course is an introduction to family systems. An overview of family therapy approaches is presented with emphasis on how each approach might be applied to working with a family facing addiction and recovery issues. Family dynamics are explored and discussed, comparing healthy family development to patterns of dysfunction. Concepts of family life cycles/stages, styles of communication, family rules and roles, and strategies for clinical intervention. Various models of family therapy are discussed as well as traits of healthy and dysfunctional families. This is an overview course on how addiction affects the family and is a core course for all disciplines.

Learning outcomes include:

- Comparing systemic process and individual approaches to family therapy
- Demonstrating family therapy methods using specific approaches

- Discussing the family life cycle stage model, emphasizing the impact of addiction on family members at stages of life cycle development
- Identifying models of family therapy
- Integrating family systems approaches and the addiction recovery model, and explaining application of the Twelve Step philosophy to family therapy models

ICAS 508

Counseling Strategies: Diagnostic Procedures

This course is an overview of assessment models in alcohol and drug dependency diagnosis, and includes interviewing techniques, use of self-report questionnaires, application of database information, and structured interview techniques to evaluate social, psychological, and alcohol and drug abuse data. Standard methods for establishing a diagnosis are explored within the context of key clinical processes, such as intake and assessment. This course includes a clinical laboratory, allowing students experience in interviewing techniques, assessment of symptoms, diagnosis of alcohol and drug dependency, application of assessment instruments, and clinical diagnostic reports.

Learning outcomes include:

- Summarizing and evaluating diagnostic assessment models
- Conceptualizing the Trans-Theoretical Model of Change stages in use with Motivational Interviewing when conducting social and diagnostic interviews
- Analyzing and interpreting client data to establish diagnosis and to create initial treatment plans
- Evaluating individual differences in clients' perceptions, motivations, and capacity for change
- Synthesizing clinical impressions to formulate patient care plans

ICAS 509

Clinical Strategies: Individual Counseling

This course is an overview of individual counseling and therapeutic processes involving theories of personality, psychotherapy, and change. Topics include psychoanalytic, behavioral, existential, and humanistic perspectives, cognitive behavioral approaches, Change Theory and Twelve Step facilitation. Select theorists are highlighted based upon relevance and application to the field of alcohol and drug dependency. A clinical lab provides students opportunities to apply basic counseling and treatment skills through observational experience of individual counseling and treatment procedures.

Learning outcomes include:

- Analyzing and integrating personality theory with individual counseling approaches
- Relating counseling theory to clinical situations

- Evaluating the effectiveness of counseling interventions
- Defining interventions based upon clinical issues and individual differences
- Valuing personal style and implementation of counseling procedures

ICAS 510

Clinical Strategies: The Power of Group

This course provides an in-depth study of the theory and practice of group therapy as applied to alcohol and drug dependency. Theory and experiential learning of group process are integrated. The course addresses research findings relevant to types of groups encountered in treatment, including assessment issues for group referral and inclusion, ethical and legal considerations, and roles and responsibilities for group leadership. Students have an opportunity to participate in and facilitate supervised group process. A clinical lab provides students with opportunities to apply basic group counseling skills through observational experience and role-playing of patient groups.

Learning outcomes include:

- Analyzing group theory with approaches to group process
- Relating group process theory to concrete clinical situations
- Integrating diverse theories of group process to the stages of change
- Evaluating the effectiveness of group counseling interventions
- Defining a hierarchy of interventions based upon clinical issues presented in group process
- Valuing personal style and group counseling procedures

ICAS 511

Clinical Strategies: Psych-education

Psycho-education is a core ingredient in most substance abuse treatment programs. Thus it is essential that counselors learn the rationale for psycho-education what constitutes effective communication in the classroom. This course provides an overview of psycho-educational approaches related to substance abuse treatment and prevention, and the role of psycho-education in treatment. The course covers basic training and presentation skills, including the use of multi-media, training/educational design, and overall presentation competencies. Students participate in giving psycho-educational presentations on a variety of topics, including twelve-step programming, the nature of the disease of addiction, family issues, etc.

Learning objectives include:

- Describe the rationale for psycho-education as part of substance abuse treatment
- Understanding the role of psycho-education in treatment and application at various stages of service delivery
- Demonstrate skills in giving psycho-educational presentations

- Demonstrate skills in curriculum/presentation design, including the use of media and trainer tools
- Understand the integration of psycho-educational presentations into substance abuse treatment strategies

ICAS 512

Prevention Strategies

This course provides an overview of primary, secondary and tertiary prevention strategies, with an emphasis on community and educational prevention approaches. A major focus of the course will be upon proven effective community mobilization approaches. Students are provided the current research on the most effective prevention models for a variety of populations, including adolescents, young adults, special populations (such as pregnant women) and older adults.

Learning objectives include:

- Describe at least three prevention models with demonstrated effectiveness
- Design a prevention approach for a variety of populations
- Apply prevention strategies to specific community issues and design a community-based prevention approach
- Describe a model of prevention specifically focused on adolescents, youth, and/or pregnant women.