

**International Center for Addictions Center (ICAS)
Institute for Addiction Studies, China
Course Descriptions**

Foundations: Addiction Counseling

The following courses are designated at the graduate and/or certificate level and are based on hour credits. ICAS.500 are introductory courses without “live” clinical practice. ICAS.600 are clinical courses that include a clinical laboratories, including role-play and work with clients. ICAS.700 are clinical practice courses that develop clinical, prevention and research competencies at an advanced level.

ICAS.501

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

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
2 credits

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

2 credits

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

2 credits

This is an introductory course on the twelve step approaches, including Alcoholics Anonymous, Narcotics Anonymous, and 12 step programs for family members and significant others. It reviews the 12 steps and 12 traditions, and the key approaches to establishing 12 step programs in mental health and medical facilities. The course also covers the approaches to 12 step facilitation as part of a substance abuse treatment program. An opportunity is provided to observe a 12 step meeting, for those who have never attended such.

Learning objectives include:

- A knowledge of the 12 steps and 12 traditions

- Awareness of how to develop 12 step programs for families
- Knowledge of how to incorporate 12 step facilitation approaches with substance abuse counseling and treatment

ICAS.505

Introduction to Psychopharmacology and Medication

2 credits

This is an overview of medications and psychopharmacological agents and their role in detoxification and treatment. It covers the basics of the withdrawal processes for substance abuse, relevant findings in the application of medications and key indicators of progress in treatment using psychopharmacological agents.

Learning objectives include:

- Awareness of withdrawal processes and indicators for treatment
- Knowledge of critical pharmacological agents and medications and their use in treatment
- Describe medications employed in the treatment of substance abuse and co-occurring mental health disorders
- Describe current research findings indicating promising medications in substance abuse treatment

ICAS.506

Alcohol and Drug Dependency: Adolescent Development

2 credits

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

3 credits

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.

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 and Assessment Procedures

3 credits

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 and tools
- 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

4 credits

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. The course also presents the eight basic helping skills and affective qualities of a healing professional. 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
- Describe at least 5 of the 8 basic helping skills and at least 3 of the 5 affective qualities of counselors

ICAS.510

Clinical Strategies: Group Counseling

4 credits

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: Psycho-education

1 credit

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:

- 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

Motivational Interviewing: Basic

2 credits

This course is an introduction to Motivational Interviewing as applied in alcohol and drug abuse treatment. It covers the essential skills of active listening, reflection (simple and complex), open/closed ended questions, etc. Students will be provided an opportunity to practice their basic skills in role-plays and vignettes.

Learning outcomes include:

- Defining OARS
- Demonstrating basic skills in MI and its application to alcohol and drug abuse counseling
- Describe how MI can be used in individual, family, and group counseling situations
- Be familiar with the basics of coding of MI responses.

ICAS.513

Prevention Strategies

2 credits

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 children, adolescents, young adults, special populations (such as pregnant women, culturally-different populations) 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
- Develop a prevention model for the student's local community

ICAS.514

Professional Ethics: Legal and Ethical Issues

3 credits

This course is an in-depth exploration of ethical, moral, and legal implications of addiction counseling. Conceptual underpinnings of ethical practice are explored in addition to legal considerations regarding practice and professional conduct.

Learning outcomes include:

- Integrating professional/ethical codes into practice behaviors
- Synthesizing ethical codes with legal mandates
- Conceptualizing a model of ethical decision making and applying it to a variety of ethical conflicts
- Analyzing a variety of ethical codes, and constructing a code of ethics for clinical practice

ICAS.515

Synthesis: Care Management

2 credits

This course focuses on case management and documentation as an integral

component of counseling. Students learn case management principles, including service coordination, placement criteria, documentation, risk management, service integration, treatment planning, consultation, teamwork, and community referral. The concept of the continuum of care is provided, including the ASAM dimensions and levels of care, such as inpatient, medically-monitored treatment, outpatient, intensive outpatient, etc.

Learning outcomes include:

- Appreciating the value of case management roles and responsibilities
- Evaluating models of case management models
- Integrating case management principles into clinical practice
- Interpreting and applying client information to create individualized treatment and continuing care plans

ICAS.516

Clinical Supervision

6 hours

A comprehensive overview of theories and models of clinical supervision and current issues relative to supervisor/supervisee relations, with emphasis on the Blended Model of Clinical Supervision for alcohol and drug abuse counseling. The course covers methods and techniques of clinical supervision with ample opportunity for supervision practice and demonstrations.

Learning outcomes include:

- Identifying a variety of approaches to apply supervision intervention
- Understanding supervisee needs and being prepared to problem-solve
- Writing an Individual Development Plan with supervisees
- Self-evaluating ones supervision skills and model
- Describing legal and ethical issues related to clinical supervision
- Demonstrating various direct and indirect methods of supervision, including use of audio/video taping, live observation, one-way mirror, process recordings, etc.
- Address specific issues and problems that emerge in supervision, such as the line between therapy and supervision, dealing with resistant staff, teambuilding and leadership skills.

ICAS.516

Integrating Spirituality into Therapy

2 credits

This course bridges the gap between therapy and spirituality by finding ways to incorporate spirituality into therapy. It differentiates between religion and spirituality and

is firmly rooted in the Twelve Steps. It finds new ways to respond to patients through contemplative listening. It offers opportunities for counselors to explore their own spiritual journey and life experiences. It explores research findings on the power of meditation and prayer in therapy. It teaches how to take a religious history with patients and to put faith into clinical practice. Students will be given an opportunity to explore their own personal spiritual path, especially in the light of the 12 Steps.

Learning outcomes include:

- Define spirituality and differentiate it from religion
- Describe contemplative counseling and demonstrate a new form of listening skills based on contemplative psychology
- Describe at least two research studies on the effectiveness of meditation and prayer
- Describe at least two things not to do with patients about spirituality and religion, specifically incorporating 12 Step principles
- Demonstrate skills in taking a religious history

ICAS.601

Family System Therapy: Advanced

2 credits

This course integrates family therapy approaches addressed in ICAS 507, and entails practice of specific family therapy skills and techniques. The course also emphasizes family systems theory and the application of systemic thinking to substance abuse family therapy. ICAS 507 is a prerequisite for this course, and is to be undertaken only after completion of the 500ff level courses.

Learning objectives include:

- Demonstrating skills in family therapy with a variety of clients and their families
- Describe family systems theory as it applies to specific families treated
- Co-facilitate a family therapy session, either through real or role-played clients and their families
- Demonstrate at least three specific techniques in family therapy

ICAS.602

Group Therapy: Advanced

This course integrates group therapy approaches addressed in ICAS 510, and entails practice of specific group therapy skills and techniques. The course also emphasizes group process and group dynamics and the application of this thinking to substance abuse family therapy. ICAS 5107 is a prerequisite for this course, and is to be undertaken only after completion of the 500ff level courses. A laboratory format will be utilized, wherein

students will be given opportunities to practice their group leadership skills with a variety of patient populations.

Learning objectives include:

- Demonstrating skills in group therapy with a variety of clients
- Describe group theory, process and dynamics as it applies to specific individuals treated in groups
- Co-facilitate a group therapy session, either through real or role-played clients
- Demonstrate at least three specific techniques in group therapy

ICAS.603

Motivational Interviewing: Advanced

2 credits

This course integrates Motivational Interviewing approaches presented in ICAS 512, and entails practice of specific MI therapy skills and techniques. The course also emphasizes application of MI with a variety of clients, especially in substance abuse treatment. ICAS 512 is a prerequisite for this course, and is to be undertaken only after completion of the 500ff level courses.

Learning objectives include:

- Demonstrating skills in MI with a variety of clients and their families
- Describe MI theory as it applies to specific clients
- Co-facilitate a counseling session wherein MI is practiced, either through real or role-played clients and their families
- Demonstrate at least three specific techniques in MI

ICAS.604

Synthesis: Professional Practice I

1 credit (Grading: Pass/Fail)

This course integrates prior learning from clinical labs, classes, and internship experiences and culminates in an integration paper, which is either a proposal for clinical innovation or a comprehensive description of the student's counseling model/style.

The learning outcomes include:

- Identifying the significance of individual variability including social, cultural, physical, and psychological implications of recovery
- Describe the change process, including issues such as environmental influences, and family and systemic issues

- Application of quality data and/or research information to improve clinical services and outcomes, and implications of ethical, moral, and legal implications of clinical practice

ICAS.701

Alcohol and Drug Dependency: Research and Clinical Practice

1 credit

This course provides an overview of clinical research processes and clinically relevant practices, including review of research literature, and application to treatment innovations, program evaluation and outcomes, and understanding the application of research design and methodology.

Learning outcomes include:

- Applying scientific methods to investigate questions about substance abuse
- Understanding the components of effective quality management systems
- Critiquing research literature and related reports

ICAS.702-4

Independent Study

1-3 credits

This course offers students the chance to expand and integrate knowledge of; skills in, and/or attitudes toward addiction counseling. The student develops a learning contract that includes a description, specific goals, readings, scheduled appointments with faculty, and projected outcomes. The student and faculty determine requirements for completion. The learning contract clarifies what the student hopes to learn and the skills to be developed. Students are expected to concentrate their independent study within the parameters of addiction counseling, which includes the Twelve Step facilitation model, key clinical processes, the 12 core functions of addiction counseling (screening, intake, orientation, assessment, treatment planning, individual/group/family counseling, continuing care planning, case management, crisis intervention, patient education, documentation, and liaison with referral and consultation), multicultural counseling, ethics, and disciplinary foundations, and practice dimensions of addiction counseling. throughout the independent study the student is expected to communicate with faculty at regular intervals on the progress of the study and to receive feedback and academic guidance.

Learning outcomes include:

- Goals and outcomes that measure skills, competence, and/or specific, measurable learning
- Detail of strategies used, including specific projects, training, professional meetings, information interviewing, etc.
- A relationship to academic experience, including areas of study and theories that are academically and professionally relevant
- A final product(s) with criteria used to evaluate learning goals (theory or topic paper, program evaluation, journal, book report, manual, etc.)

ICAS.705

Internship

7 credits (Grading: Pass/Fail)

This internship provides work experiences that involves application of learning and skills, with an emphasis on clinical decision making, problem solving, and teamwork. Faculty provides weekly group supervision, as well as individual consultation. Minimum requirements for supervision involve weekly hour-long, one-on-one sessions.

Learning outcomes include:

- Analyze clinical data from diverse sources to establish a comprehensive treatment plan, integrating clinical impressions and relevant information to formulate a comprehensive treatment plan
- Reassess and revise treatment plans and clinical approaches based on clinical observations and assessment data
- Provide, evaluate, and continuously improve counseling approaches incorporating evidence-based practices with Twelve Step facilitation
- Provide, assess, and refine a personal counseling model reflecting patient variability, in addition to a range of counseling techniques
- Facilitate, evaluate, and refine group counseling practices
- Design, implement, and evaluate psycho-educational services
- Co-facilitate a family counseling session
- Project future and anticipated recovery needs through continuing care planning and prescribe and/or provide continuing care services in relationship to individual, group, family counseling, and psycho-educational services