

Substance Abuse Counselor

LEARNING OBJECTIVES



Everyone has their vices. Those unhealthy (but generally harmless) habits we develop over time. But left unchecked, those innocuous behaviors can transform into devastating addictions. Substance abuse counselors are compassionate, patient, understanding, and possess excellent interpersonal skills. They're also the first—and often last—line of defense for people struggling with drug and alcohol dependencies.

This program provides a comprehensive overview of what substance abuse is, as well as various approaches you can use to help future clients and/or patients recover.

Fundamentals of Substance Abuse and Addiction

- Gain an understanding of the scope of substance and addiction abuse, the models of addiction, and common ethical and legal issues you may encounter.

Classifying, Assessing, and Treatment Planning of Substance Abuse and Addiction

- Review physiological and psychological aspects that relate to substance abuse and addiction.

Substance Abuse and Addiction Basic Treatment Regimens

- Learn theoretical approaches to diagnose clients or patients.
- Discuss two core approaches to gaining information from patients: Motivational Interviewing (MI) and Cognitive-Based Therapy (CBT).

Substance Abuse and Addiction Relapse Prevention

- Discuss the ethical concerns that may come about when trying to keep patients on the road to recovery.

Application of Group and Family Systems to Substance Abuse and Addiction

- Get a comprehensive review of inpatient and outpatient options for support structures.

Solution-Focused Therapy Strategies

- Define and apply solution-focused therapies to patients suffering from substance abuse and addiction.

Other Therapy Strategies for Treatment of Substance Abuse and Addiction

- Discuss three unique therapy options specific to people suffering from substance abuse and addiction: the Alderian, Gestalt, and Existential regimens.