Outline

Drug and Alcohol Counseling 1 Module 1
Basics of Abuse & Addiction

- About Substance Abuse
- The Cost of Chemical Abuse/Addiction
- Society's Response
- The Continuum of Chemical Use
- Definitions of Terms Used
- The Growth of New “Addictions”
- A Basic Misconception
- Effects & Side Effects of Chemicals
- The Process of Neurotransmission
- An Introduction to Alcohol
- Blood Alcohol Levels
- Medical Complications of Alcohol
- Effects of Alcohol Abuse/Addiction
- Complications of Chronic Alcohol Use
- Alcohol Withdrawal Syndrome
- Barbiturates & Barbiturate-Like Compounds
- Pharmacology of Barbiturates
- Neuroadaptation, Tolerance & Physical Dependence

Drug and Alcohol Counseling 1 Module 2
Commonly Abused Chemicals 1

- Medical Uses of the Benzodiazepines
- Side Effects of the Benzodiazepines
- Long-Term Consequences of Chronic Use
- Central Nervous System Stimulants
- CNS Stimulant Abuse
- Cocaine Abuse & Dependence
- History of Cocaine
- Methods of Cocaine Abuse
- Complications of Cocaine Abuse/Addiction
- Marijuana Abuse & Addiction
- History of Marijuana
- A Medico-Legal Conundrum
- Methods of Marijuana Abuse
- Opioid Use, Abuse & Addiction
- Opiates as Drugs of Abuse
Drug and Alcohol Counseling 1 Module 3
Commonly Abused Chemicals 2

- Abuse of & Addiction to Hallucinogens
- Methods of Hallucinogen Abuse
- The Pharmacology of LSD
- Scope of Phencyclidine Abuse
- Complications of PCP Abuse
- ECSTASY (MDMA)
- Salvia Divinorum
- Abuse of & Addiction to Inhalants
- Scope of the Problem of Inhalant Abuse
- Anesthetic Misuse
- Problem of Steroid Abuse
- Scope of the Problem of Anabolic Steroids
- Sources & Methods of Steroid Abuse
- Over-the-Counter Analgesics
- OTC Analgesic Overdoses
- Tobacco Products & Nicotine Addiction
- Secondhand Smoke
- Chemicals & the Neonate
- Scope of the Problem for Pregnant Women

Drug and Alcohol Counseling 1 Module 4
The Many Faces of Substance Abuse

- Gender & Addiction
- Differing Effects of Common Drugs on Women
- The Faces of Substance Use Disorder (SUD)
- SUD & the Homeless
- SUD & the Elderly
- SUD & Minorities
- SUD & Children/Adolescents
- Screening & Assessment Tools
- Rehabilitation for Children or Adolescents
- SUD & College Students
- Consequences of SUD in the College Population
- Codependency & Enabling
- Reactions to the Concept of Codependency
- Addiction and the Family
- Scope of the Problem
- Interventions
- Adult Children of Alcoholics (ACOA)
Drug and Alcohol Counseling 1 Module 5
Understanding Substance Abuse Disorders

- The Dual-Diagnosis Client
- Substance Use Disorder & Mental Illness
- A Diagnostic Challenge
- Psychopathology & Drug of Choice
- Treatment Approaches with Dual-Diagnosis
- The Medical Model of SUD
- Applications of the Medical Model of Addictions
- The Psychosocial Models of SUD
- Personality Predisposition Theories
- SUD & Psychological Defenses
- A Disease of the Human Spirit
- The Mind-Body Question
- The Games of Addiction
- Honesty & False Pride
- Assessment of SUD
- The Assessment Format
- Diagnostic Rules
- A Definition of Intervention
- Common Forms of Intervention

Drug and Alcohol Counseling 1 Module 6
The Treatment of Addiction

- Treatment Settings
- Outpatient Treatment
- Residential Treatment Programs
- Aftercare Programs
- The Process of Treatment
- Methods of Treatment
- The Stages of Recovery
- Substance Abuse Rehabilitation
- Pharmacological Interventions
- Pharmacotherapy of SUDs
- Relapse & Other Problems
- Limit Testing by Clients
- Treatment Noncompliance
- Lapse & Relapse
- Cravings & Urges
- Toxicology Tests
- Psycho-Educational Interventions
Drug and Alcohol Counseling 1 Module 7
Other Issues in Chemical Dependence

- Support Groups for Recovery
- History of Alcoholics Anonymous (AA)
- Elements of AA
- AA & Outside Organizations
- The Purpose of AA
- Effectiveness of AA
- Narcotics Anonymous
- Al-Anon & Alateen
- Other Types of Support Groups
- Challenges with 12-Step Programs
- SUD & Infectious Disease
- Acquired Immune Deficiency Syndrome (AIDS)
- Pneumonias & Tuberculosis
- Viral Hepatitis
- The Relationship Between Drugs & Crime
- Drug Use & Violence
- Designer Drugs
- The Debate Over Legalization
- The "War" on Drugs

Drug and Alcohol Counseling 2 Module 1
Counseling: The Initial Hours

- How to Greet Patients
- How to Handle Family Members
- Beginning the Therapeutic Alliance
- The Initial Assessment
- The Intoxicated Patient
- How Patients React in Detoxification
- The Biopsychosocial Interview
- Diagnosis and Disposition
- The Treatment Plan
- How to Build a Treatment Plan
- The Problem List
- Goals and Objectives
- Treatment Plan Review
- How to Write Progress Notes
Drug and Alcohol Counseling 2 Module 2
Counseling and Treatment

- Individual Treatment Process
- The Therapeutic Alliance* Transference and Countertransference
- Behavior Therapy
- Cognitive Therapy
- Interpersonal Therapy
- How Patients Use Feelings Inappropriately
- How Patients Learn Relationship Skills
- Benefits of Group Therapy
- Preparation for the Group
- The Honesty Group
- The Euphoric Recall Group* The Reading Group* The Relapse Prevention Group
- The Spirituality Group
- The Childhood Group
- The Men’s Group / Women’s Group
- The Community Group
- The Personal Inventory Group
- Creating and Using Contracts

Drug and Alcohol Counseling 2 Module 3
The AA 12 Step

- Step One: Powerless and Unmanageable
- Step Two: Belief in a Higher Power
- Step Three: Turn it Over to God
- Step Four: Fearless Moral Inventory
- Step Five: Sharing the Moral Inventory
- Educational Lectures Series
- Lecture Series: The Disease
- Lecture Series: Defense Mechanisms
- Lecture Series: The Great Lie & the Truth
- Lecture Series: Normal Development
- Lecture Series: Physical Addiction and Recovery
- Lecture Series: Alcoholics Anonymous
- Lecture Series: Understanding Feelings
Drug and Alcohol Counseling 2 Module 4
Dual Diagnosis and Family Therapy

- Psychiatric / Psychological Assessment
- Depressed Patient
- Angry Patient
- Homicidal Patient
- Personality Disorders
- Antisocial Personality
- Borderline Patient
- Narcissistic Patient
- Anxious Patient
- Psychotic Patient
- Acquired Immune Deficiency Syndrome
- Patient with Low Intellectual Functioning
- The Elderly Patient
- Early childhood Trauma
- Pathological Gambler
- Adolescent Treatment
- The Family Program
- How to Treat Family Members

Drug and Alcohol Counseling 2 Module 5
The Clinical Staff and Being a Good Counselor

- The Physician
- Psychologist & Psychiatrist
- Nursing Staff
- Clinical Director and Supervisor
- Chemical Dependency Counselor
- The Rehabilitation Technician
- Activities Coordinator
- Team Building
- Staff-Patient Problems
- Discharge Summary and Aftercare
- Outpatient Discharge Criteria
- Understanding the Drugs
- Being a Good Counselor
- Characteristics of a Good Counselor
- Code of Ethics