Introduction to Addiction Counseling
Individual and Group Therapy
Thursday 1pm – 4pm

Instructor:
Mark A. Prince, PhD

Course Schedule:
Class will meet for 3 hours for a total of 16 class days.

Required CBT Readings:
Epictetus (135). The Enchiridion. The Internet Classics Archive.
http://classics.mit.edu/Epictetus/epicench.html


Recommended CBT Readings:
*These readings are recommended by the state and will help with licensure. We will not discuss them in detail, but the content will help you gain a deeper understanding of the topic.

i) SAMHSA www.samhsa.gov
   - Treatment Improvement Protocol (TIP)
      Series #34. Brief Interventions and Brief Therapies for Substance Abuse. 1999.
      Series #39. Substance Abuse Treatment and Family Therapy. 2015
Required Group Readings:

Recommended Group Readings:
*These readings are recommended by the state and will help with licensure. We will not discuss them in detail, but the content will help you gain a deeper understanding of the topic.

   - Highly recommended!
g) Roth, J. Group Psychotherapy and Recovery from Addiction: Carrying the Message. Routledge, 2004

http://www.agpa.org/guidelines/factorsandmechanisms.html

SAMHSA  
www.samhsa.gov
• Treatment Improvement Protocol (TIP)
• Series #41. Substance Abuse Treatment: Group Therapy. 2015.

**Course Description CBT:**

a) Cognitive-behavioral therapy (CBT) is a treatment approach that has gained widespread application in the treatment of addictions and mental disorders. Several important features of CBT make it particularly promising as a treatment for substance abuse and dependence. CBT has been extensively researched and has solid empirical support as an evidence-based treatment for addictions. CBT is structured, goal-oriented, and focused on the immediate problems faced by substance abusers entering treatment who are struggling to control their substance use. It is a flexible, individualized approach that can be adapted to a wide range of clients and a wide range of treatment settings and formats. It works well with individuals as well as group therapy. Participants in this course will learn and practice effective ways to integrate tools specific to CBT in a comprehensive treatment strategy.

b) All required classes seek to enhance the ability of the counselor to offer treatment services in a manner that respects gender, race and ethnicity, sexual orientation, cultural, familial, systemic and socioeconomic diversity.

**Course Description Groups:**

a) Group therapy is a powerful tool in delivering addiction treatment services. Groups have many therapeutic elements and effects that draw people into the culture of recovery. Groups provide useful information, allow one or two therapists, depending on group size, to facilitate the group process which helps a number of clients simultaneously, and provides positive peer support and pressure for recovery. This class will help the aspiring addiction counselor to understand the use of group therapy in the addiction treatment field and be able to demonstrate the skills necessary to facilitate a therapy group. The class will focus on the group process and will discuss diversity within groups as well as the many challenges a group leader may face. The class will also present models of effective group practice.

b) All required classes seek to enhance the ability of the counselor to offer treatment services in a manner that respects gender, race and ethnicity, sexual orientation, cultural, familial, systemic and socioeconomic diversity.

**Course Objectives Individual:**

- Definitions of CBT
- Research in support of CBT for substance use disorders and other problems
- Therapeutic attitudes compatible with CBT regarding change, relationship between thoughts, feelings & behavior, maladaptive behaviors, conditioning, reinforcement, etc.
- Theoretical foundations for CBT: Cognitive Therapy & Behavioral Therapy
- History of development and implementation of CBT
- Essential/active ingredients of CBT
- Consideration of the three levels of thinking or cognition: 1) automatic thoughts,
2) assumptions, and 3) core beliefs or schema
- The process of constructing a cognitive case conceptualization
- Use of tools such as the Thought Record
- Defining and maintaining a strengths-based recovery perspective
- Introducing second generation DBT and mindfulness, and third generation
  ACT (acceptance and commitment therapy)
- Discuss the importance of integration of services with Behavioral Healthcare providers.
- Encourage use of Affordable Care Act resources available and accessing information.
- Promoting CBT in primary care

**Course Objectives Group:**
- History, effectiveness, models, and types of groups in addictions treatment
  Definitions of co-occurring disorders relevant to this class
- Integrating Motivational Interviewing (MI) techniques and strategies into the
  Group Process
- Group Structure, Content, and Process
- Group leadership skills, styles, and techniques:

**Course Assignments:**
The points for this class will consist of two videos (30 points each) and two examinations (30 points each), one case conceptualization (30 points) as well as attendance (20 points) and participation (20 points). Your final grade consists of a possible 190 points. Please note that anything that is discussed or presented in class may be on your examination. In addition, you will be responsible for all of the material in your reading assignments, whether it is discussed in class or not.

*you will also turn in two additional videos that will not be graded, but that you will receive feedback on.*

The videos will be graded using a grading rubric.
  1. Active Ingredients
  2. Individual CBT session
  3. Initial group session (introductions, planning, using MI)
  4. Group session

The exams will be short answer questions.

**Grades:**
The grades will be based on the following scale:
A= (90% or above)
B= (80-89%)
C= (70-79%)
D= (60-69%)
F= (59% or below)
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