



6555 NW 9th Avenue, Ste. 210 | Fort Lauderdale, FL 33309
(954) 771-2091 – Fax (954) 771-2098

Recovery Coach Course Outline

Course Summary: This course will provide a thorough description of the process of Recovery Coaching (individual, group & family), the qualities of a recovery coach, therapeutic interventions, multicultural sensitive practices and more. This course will give explicit examples of techniques and interventions as well as the theoretical perspective they come from.

Course Goals:

1. Student will be able to define and utilize the qualities needed in a recovery coach.
2. Student will be able to define and implement a healthy, strengths-based framework for individualized coaching.
3. Student will be able to define and implement multicultural aware and sensitive coaching approaches and techniques.
4. Student will be able to recognize the stages of change as they apply to individual clients.
5. Student will be able to assess risk and to employ the appropriate response.
6. Student will be able to adapt to meet the needs of co-occurring disorders.
7. Student will be able to lead various types of group sessions
8. Student will understand the importance of the termination process and how to guide the client through this process.
9. Student will be able to recognize the need for a personal self-care plan.

Required Reading:

1. What Are Peer Recovery Support Services?
<https://store.samhsa.gov/shin/content/SMA09-4454/SMA09-4454.pdf>
2. Improving Cultural Competence (TIP 59) -
<http://store.samhsa.gov/shin/content//SMA14-4849/SMA14-4849.pdf> Chapter 1
3. Family Therapy (TIP 39)
4. <http://store.samhsa.gov/shin/content//SMA15-4219/SMA15-4219.pdf> Chapters 1 & 2
5. Self-Disclosure Overview –
<http://store.samhsa.gov/shin/content//SMA08-4337/SMA08-4337.pdf>

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Required Viewing

1. The Individual and Familial Dynamics of Recovery:

<http://store.samhsa.gov/product/The-Individual-and-Familial-Dynamics-of-Recovery/DVD185>

Required Essays (1000 words each to be submitted online)

Recovery Coach Overview

1. Define how a Recovery Coach differs from an addiction counselor
2. Define the concepts of transference and counter-transference and how they can positively and/or negatively affect the recovery coaching process

Family & Community Add-On

1. Discuss the need for family coaching – why is it important?
2. How can families and communities join forces to prevent substance abuse and addiction?