



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

## **Counseling Course Outline**

Course Summary: This course will provide a thorough description of the process of addiction counseling (individual, group & family), the qualities of a professional addiction counselor, therapeutic interventions, multicultural sensitive counseling practices and more. This course will give explicit examples of therapeutic techniques and interventions as well as the theoretical perspective they come from. Lastly, but most importantly (as in other courses as well), this course will explain and guide the counselor in how to establish the therapeutic alliance – the foundation from which therapy/counseling works.

### **Course Goals:**

1. Student will be able to define and utilize the qualities needed in a professional addiction counselor.
2. Student will be able to define and implement a healthy, strengths-based framework for Individual Counseling.
3. Student will be able to define and implement multicultural aware and sensitive counseling approaches and techniques.
4. Student will be able to define multiple theoretical approaches and their matching techniques/interventions.
5. Student will be able to recognize the stages of change as they apply to individual clients.
6. Students will be able to match therapeutic interventions to the client's current stage of change.
7. Student will understand the importance of creating a healthy therapeutic alliance and what techniques/methods are necessary to establish that alliance.
8. Student will be able to assess risk and crisis management and to employ the appropriate response to those situations.



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9. Student will be able to educate client on the importance of family/significant other participation in treatment.
10. Student will be able to educate family members/significant others on addiction and recovery for all involved.
11. Student will be able to identify co-occurring disorder clients through appropriate clinical assessment.
12. Student will be able to adapt their counseling sessions to meet the needs of co-occurring disorder clients, including understanding mental health assessments.
13. Student will be able to lead various types of group sessions and utilize clinical interventions appropriate to group modality and the individual client within that group.
14. Student will understand the importance of the termination process and how to guide the client through this process.
15. Student will be able to recognize the need for a personal self-care plan and the warning signs of burn-out.