

# **ADDICTIONS: TREATMENT AND PREVENTION**

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## **Program Outline**

<b>Major:</b>	ADTP
<b>Length:</b>	1 Year
<b>Delivery:</b>	3 Semesters
<b>Credential:</b>	Ontario College Graduate Certificate
<b>Effective:</b>	2015-2016
<b>Location:</b>	Orillia
<b>Start:</b>	Fall (Orillia)

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### **Description**

This post-graduate program prepares students to provide a client-centred and client-driven continuum of treatment for individuals with addiction problems. Building on a solid framework of individual and group counselling skills, the students extensively study individual, gender and societal considerations and the resulting treatment implications. The unique needs of selected populations are also examined. While a range of treatment modalities is explored, special attention is given to motivational interviewing techniques and to the importance of matching client needs with intervention options. In addition, the principles and strategies of effective prevention and education practices are reviewed.

### **Career Opportunities**

Career opportunities include Addictions Counsellors, Substance Abuse Counsellors, Chemical Withdrawal Management Counsellors, Addictions Nurses, Problem Gambling Counsellors and Attendants in residential, out-patient, and street-front treatment settings.

### **Program Learning Outcomes**

The graduate has reliably demonstrated the ability to:

- counsel individuals, families and groups affected by addictions;
- integrate skills and knowledge to provide client-centred treatment;
- incorporate family, gender, relational, social and cultural considerations in treatment planning;
- plan, implement and evaluate psychosocial educational programs;
- advocate for individuals and for social change;
- practise ethically, professionally and openly;
- utilize strategies essential to being a resilient and healthy practitioner.

### **The Program Progression:**

Fall Intake - Orillia

Sem 1 | Sem 2 | Sem 3

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 Fall | Winter | Summer  
 2015 | 2016 | 2016

### **Admission Requirements:**

- Post-secondary diploma, or degree, with a specialty in human, health or social sciences

### **Selection Process:**

Applicants will be required to submit a transcript; it is recommended that students achieve a minimum 70% average or better upon conclusion of their post-secondary studies. Applicants will be selected based on their academic grades.

### **Criminal Reference Check:**

Placement agencies require an up-to-date clear criminal reference check and vulnerable sector check prior to going out on placement. Students should obtain their criminal reference three months prior to placement; checks conducted earlier may not be considered current. As some jurisdictions require longer lead-time for processing, please check with the program coordinator to ensure you allow for sufficient turn-around time. It is the students responsibility to provide the completed document prior to placement start.

NOTE: A record of criminal offences, for which a pardon has not been granted, may prevent students from completing their placements, thereby affecting their ability to graduate.

**Graduation Requirements:**

12 Mandatory Courses

1 Internship

**Graduation Eligibility:**

To graduate from this program, a student must attain a minimum of 60% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester. The passing weighted average for promotion through each semester and to graduate is 60%.

**Mandatory Courses**

ADCT1000 Introduction to Counselling: Motivating People to Change  
ADCT1001 Group Counselling: Dynamics and Processes  
ADCT1002 Treatment Modalities in Addictions  
ADCT1005 Practitioner Skills Development  
ADCT1012 Clinical Applications of Motivational Counselling  
ADCT1014 Introduction and Issues in the Field of Addictions  
ADCT1015 Concepts of Chemical Dependency  
ADCT1016 Gender Considerations in Treatment  
ADCT1017 Prevention and Education in Addictions  
ADCT1018 Selected Populations in Addictions Treatment  
ADCT1019 Addictions and Mental Health  
ADCT1020 Gambling and Other Process Dependencies

**Internship**

ADCT1021 Addictions Consolidation

**Course Descriptions:**

ADCT1000 Introduction to Counselling: Motivating People to Change 42.0 Hours

This course introduces students to the fundamental skills of counselling and motivational interviewing. Principles and techniques for motivating change are examined and practised within the framework of the Stages of Change Model. Particular attention is given to motivating people to change addictive behaviours. Throughout the process, students are encouraged to understand themselves in relation to others as they examine the role of the counsellor, the dynamics of the therapeutic relationship, and as they practise their skills.

C- ADCT1001 Group Counselling: Dynamics and Processes or C- ADC6103 Group Counsel./Dynamics & Proc

#### ADCT1001 Group Counselling: Dynamics and Processes 42.0 Hours

This course provides an overview of the fundamental theories and techniques of group counselling. Through a combination of didactic and experimental learning activities, students are encouraged to explore their own interpersonal behaviours and those of others in a group context. The activities will focus on interpersonal communication skills, feedback and self-disclosure skills, and intervention techniques. Leadership, therapeutic boundaries and ethical guidelines for practice are also examined.

C- ADCT1000 Introduction to Counselling: Motivating People to Change or C- ADC6102 Introduction to Counselling: M

#### ADCT1002 Treatment Modalities in Addictions 42.0 Hours

Expanding research in the fields of addictions and compulsive behaviours is providing new information about the addictive process. This course examines traditional and contemporary approaches to treatment modalities, with an in-depth examination of effective treatment alternatives. It also assesses current thinking in the lecture, and the potential issues, challenges, and resulting ethical dilemmas in the field of addictions treatment.

#### ADCT1005 Practitioner Skills Development 42.0 Hours

This course focuses on the tools and strategies essential for a Professional Practitioner to remain resilient and effective while working in the demanding field of addictions. Also included is a study of the methods used to promote effective documentation, ethical behaviours and the prevention of boundary violations. By understanding the challenges for the novice, the signs of burnout, as well as the need for self-care and lifelong learning, the student will acquire the tools to enjoy a long, healthy and rewarding career in addictions treatment and prevention.

#### ADCT1012 Clinical Applications of Motivational Counselling 42.0 Hours

This course consolidates the fundamentals of counselling with particular emphasis on Motivational Interviewing techniques. The principles of ethical practice and decision-making are studied while students learn to understand resistance and to enhance client confidence. The impact of spousal and family systems in the process of change is also explored. Throughout the course many opportunities are provided for students to practice and receive feedback as their counselling skills develop.

P- ADCT1000 Introduction to Counselling: Motivating People to Change

#### ADCT1014 Introduction and Issues in the Field of Addictions 42.0 Hours

Recognizing that the field is both vast and fluid, this course will provide the student with an overview of the organizational structures and the service delivery models that exists in Ontario's addiction treatment system. Through a study of past legislation and policy development, a review of the historical trends, their context, and the resulting issues, the students will understand the terminology and language of the field, as well as the function and roles of the Addictions Counselor in a variety of settings.

#### ADCT1015 Concepts of Chemical Dependency 42.0 Hours

As technology evolves, our understanding of the nature and impact of various chemicals upon the individual deepens. This course provides a current and factual explanation of why and how chemicals of abuse work, including the effects on the body and consciousness of the user. In addition, assessment, medical treatment processes and pharmacological intervention strategies are examined.

#### ADCT1016 Gender Considerations in Treatment 42.0 Hours

This course provides an overview of the gender-related issues in addictions counselling that may affect women, men and clients self-identified as lesbian, gay, bisexual, two-spirited, WLW (Women who love Women), MLM (Men who love Men), questioning, transgendered, intersex and transsexual. In addition to examining personal gender biases and internalized heterosexism, the student will learn how to provide client-centred treatment in a way that is both inclusive and sensitive to the issues of gender and sexuality.

#### ADCT1017 Prevention and Education in Addictions 42.0 Hours

Recent studies have demonstrated that prevention and education in addictions had been very effective in reducing the amount of harm resulting from both chemical and process dependencies. This course will examine the guiding principles behind effective psychosocial programming and the prevention models currently used in the field. The resulting political, social and economical issues will be explored, including the potential financial restrictions experienced by treatment services. The student will design, present and evaluate prevention and education programs and develop tools to assess their own effectiveness as facilitators of such curriculum.

#### ADCT1018 Selected Populations in Addictions Treatment 42.0 Hours

This course examines the unique characteristics, issues and treatment considerations of selected populations including both youth, older adults, aboriginals, people with disabilities, people involved in street life, the sex trade and the criminal justice system. throughout the learning, student's are encouraged to examine personal and societal biases, to advocate for the rights of individuals within selected groups and to advocate for social change.

#### ADCT1019 Addictions and Mental Health 42.0 Hours

Many people in addictions treatment experience co-occurring mental health diagnosis. In order to prepare students for the challenge of working with people with co-occurring disorders, this course focuses on issues and treatment considerations for clients with addictions and eating, mood, anxiety, and personality disorders, as well as schizophrenia. An important focus of the course is the examination of ethical and effective practice as a multi-disciplinary team member.

#### ADCT1020 Gambling and Other Process Dependencies 42.0 Hours

The effective treatment of process dependencies requires that an addictions counsellor has a specific set of skills to ensure proper identification and the delivery of appropriate therapeutic options. This course will explore the non-chemical, process dependencies and their symptoms and implications for treatment of several addictions, including gambling, sex and internet addiction, as well as eating disorders.

#### ADCT1021 Addictions Consolidation 495.0 Hours

Upon successful completion of the first two academic semesters, the student will spend a minimum of 495 hours at an approved agency/service performing a number of competencies. These tasks are designed to allow the candidate to demonstrate ability in the field and to guide the student's involvement and performance expectations during this consolidation experience. Under the supervision of an Agency Mentor and a College Monitor, the student will also complete a series of behavioural objectives, provided as a guideline to facilitate learning.

(P- ADCT1001 Group Counselling: Dynamics and Processes or P- ADC6103 Group Counsel./Dynamics & Proc) and (P- ADCT1002 Treatment Modalities in Addictions or P- ADC6104 Treatment Modalities In Add.&C) and (P- ADCT1005 Practitioner Skills Development or P- ADC6112 Practitioner Skills Developmen) and (P- ADCT1012 Clinical Applications of Motivational Counselling or P- ADC6126 Clinical Apps Of Motivat Couns) and P- ADCT1014 Introduction and Issues in the Field of Addictions and (P- ADCT1015 Concepts of Chemical Dependency or P- ADCT1003 Concepts Of Process & Chemical or P- ADC6106 Concepts Of Process & Chemical) and P- ADCT1016 Gender Considerations in Treatment and P- ADCT1017 Prevention and Education in Addictions and P- ADCT1018 Selected Populations in Addictions Treatment and P- ADCT1019 Addictions and Mental Health and P- ADCT1020 Gambling and Other Process Dependencies

#### Course Description Legend

P = Prerequisite; C = Concurrent prerequisite; CO= Corequisite

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