

# **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>	2016-2017
<b>Location:</b>	Orillia
<b>Start:</b>	Fall (Orillia)

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### **Description**

In this graduate level program, students learn to provide a client-centred and client-driven continuum of treatment for individuals with addiction problems. With a solid framework of individual and group counselling skills, the students study individual, gender and societal considerations and the resulting treatment implications. They practise motivational interviewing techniques and learn the importance of matching client needs with intervention options. In addition, students reconstruct education and prevention strategies and design, facilitate and evaluate such tools.

### **Career Opportunities**

Career opportunities may 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;
- practice ethically, professionally and openly;
- utilize strategies essential to being a resilient and healthy practitioner;
- employ environmentally sustainable practices within the profession;
- apply basic entrepreneurial strategies to identify and respond to new opportunities.

### **The Program Progression:**

Fall Intake - Orillia

Sem 1 | Sem 2 | Sem 3

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Fall | Winter | Summer  
2016 | 2017 | 2017

### **Articulation:**

A number of articulation agreements have been negotiated with universities and other institutions across Canada, North America and internationally. These agreements are assessed, revised and updated on a regular basis. Please contact the program co-ordinator for specific details if you are interested in pursuing such an option. Additional information can be found on our website at

<http://www.georgiancollege.ca/admissions/credit-transfer/>

### **Admission Requirements:**

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

### **Selection Process:**

Applicants will be selected based on their academic grades. An overall minimum average of 65%, C+ or GPA of 2.5 is recommended in post-secondary studies. Resume and letter of intent (upon request).

### **Criminal Reference/Vulnerable Sector 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 Behavioural Dependencies

#### **Internship**

ADCT1021 Addictions Consolidation

### **Course Descriptions:**

ADCT1000 Introduction to Counselling: Motivating People to Change 42.0 Hours  
Students implement the fundamental skills of counselling and motivational interviewing. Principles and techniques for motivating change are examined and practiced within the framework of the Stages of Change Model. Particular attention is given to motivating people to change addictive behaviors. Throughout the process, students integrate an understanding of 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  
Students synthesize the fundamental theories and techniques of group counselling. Through a combination of didactic and experimental learning activities, students explore their own interpersonal behaviors 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 behaviors is providing new information about the addictive process. Students examine traditional and contemporary approaches to treatment modalities, with an in-depth examination of effective treatment alternatives. Students assess the potential issues, challenges, and resulting ethical dilemmas in the field of addictions treatment.

ADCT1005 Practitioner Skills Development 42.0 Hours  
Students compile the tools and strategies essential for a Professional Practitioner to remain resilient and effective while working in the demanding field of addictions. They study methods used to promote effective documentation, ethical behaviors 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, students acquire tools to support a rewarding career in addictions counselling.

ADCT1012 Clinical Applications of Motivational Counselling 42.0 Hours  
Students consolidate the fundamentals of counselling with particular emphasis on Motivational Interviewing techniques. Students explore the principles of ethical practice and decision-making while learning to understand resistance and to enhance client confidence. Students also interpret the impact of spousal and family systems in the process of change. Throughout the course, students practise 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, students explore the organizational structures and the service delivery models that exist 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, students consider the terminology and language of the field, as well as the function and roles of the Addictions Counsellor 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. Students explore current and factual explanations of why and how chemicals of abuse work, including the effects on the body and consciousness of the user. In addition, students examine assessment, medical treatment processes and pharmacological intervention strategies.

#### ADCT1016 Gender Considerations in Treatment 42.0 Hours

Students consider 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, students prepare 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

Students examine the guiding principles behind effective psychosocial programming and the prevention models currently used in the field. They explore the resulting political, social and economic issues, including the potential financial restrictions experienced by treatment services. The students 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

Students analyze the unique characteristics, issues and treatment considerations of selected populations including youth, older adults, aboriginals, people with disabilities, people involved in street life, the sex trade and the criminal justice system. Throughout the learning, students examine personal and societal biases, challenging their ability 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, students focus on issues and treatment considerations for clients with addictions and eating, mood, anxiety, and personality disorders, as well as

schizophrenia. Students examine ethical and effective practices as multi-disciplinary team members.

**ADCT1020 Gambling and Other Behavioural 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. Students explore non-chemical behavioural dependencies, their causes, symptoms and implications for treatment.

**ADCT1021 Addictions Consolidation 495.0 Hours**

Upon successful completion of the first two academic semesters, students complete a minimum of 495 hours at an approved agency/service performing a number of competencies designed to allow students opportunities to demonstrate ability in the field and to guide their involvement and performance expectations during this consolidation experience. Under the supervision of an Agency Mentor and a College Monitor, students 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 Behavioural Dependencies

**Course Description Legend**

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

*Information contained in College documents respecting programs is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market needs. The college reserves the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.*