



# Chemical Dependency Counselor Assistant Education Definitions

## **Addiction Knowledge** - (5 hours)

- Definition of addiction and range of substance related problems
- Biopsychosocial, cultural and spiritual factors related to addictions
- Understanding substances and their effects on brain processes and physiology
- Models and theories of addiction
- Epidemiology of substance use disorders
- Social, political, economic and cultural contexts of addiction and abuse
- History of alcohol and drug enforcement and addictions treatment policies in the US
- Prevention strategies

## **Treatment Knowledge** - (3 hours)

- Models of treatment, recovery, relapse prevention, and continuing care for addiction
- Principles of effective treatment
- Recovery management models
- Appropriateness of treatment to client needs, characteristics, goals, and financial resources
- Historic and evidence-based treatment approaches
- Levels of care
- Stages of change
- Research evaluation
- Interdisciplinary approaches to addiction treatment
- Medical and pharmacological resources in the treatment of substance use disorders
- Helping strategies/engagement strategies
- Treatment planning and methods for monitoring and evaluating progress

## **Professionalism** - (3 hours)

- Professional, legal and ethical parameters of addiction practice
- Interdisciplinary approaches to addiction treatment
- Confidentiality
- Understanding diverse cultures
- Professional licensure and scope of practice

## **Evaluation** - (3 hours)

- Evaluation, screening, assessment and diagnosis of substance use disorders
- Understanding the multi-axial framework of the DSM
- Diagnostic criteria for substance-related disorders
- Differential diagnosis of substance-related disorders, including co-occurring disorders
- Systematic data collection
- Comprehensive assessment process

**Service Coordination** - (3 hours)

- Levels of care and discharge planning
- Assessing client needs
- Referral processes and resources
- Screening, assessment, and initial treatment-planning information.
- Admission eligibility and readiness for treatment
- Assessing treatment and recovery progress
- Continuing care, relapse prevention, and discharge planning
- Case management
- Community sober supports and relationship building

**Documentation** - (3 hours)

- Fundamental components of treatment records
- Legal aspects of regulating client treatment

**Individual Counseling** - (5 hours)

- Facilitating client engagement
- Culturally appropriate models.
- Counseling strategies and techniques related to treatment planning
- Adapting counseling strategies to client characteristics
- Client knowledge, skills, and attitudes
- Crisis intervention

**Group Counseling** - (5 hours)

- Group process and techniques working with addiction populations
- Culturally appropriate models
- Facilitating member transitions
- Types of groups (ex. Psycho-educational, therapeutic, etc.)