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CERTIFICATE PROGRAM

I. CADC Certificate Counseling & Addiction Studies

DESCRIPTION OF PROGRAM / COURSE: Detail for CIP Code 51.1508, Mental Health Counseling, Counselor

A program that prepares individuals to provide evaluations, referrals, and short-term counseling services to help people prevent or remediate personal problems, conflicts, and emotional crises. Includes instruction in human development, psychopathology, individual and group counseling, personality theory, career assessment, patient screening and referral, observation and testing techniques, interviewing skills, professional standards and ethics, and applicable laws and regulations.

This program is an Accredited Training Program by The Illinois Certification Board (ICB), to prepare students be competent in the 12 basic core functions to become a certified alcohol and drug addictions counselor (CADC). Training is composed of 12 different modules related to each core function of competency for a total of 240 clock hours. Focusing on the Disease Model of Substance Use Disorders, students will explore the importance of treating the whole person, strengthening formal and informal support structures and understanding a variety of theories and treatment modalities.

We now offer a Spanish speaking track for those who will like to be proficient in providing bilingual services.

Admission criteria

IAODAPCA requires students to have completed their G.E.D. or high school diploma at a minimum. A copy of a photo ID is also required.

Class Times

Modules must meet the minimum enrollment of 6 students before the module will be offered, therefore there are not standard start or end dates. Depending on the students and instructor availability, scheduling may vary, though most modules are scheduled for 4 class hours a week.

Certificate upon Completion

Proficiency in Alcohol and Drug Counseling

COURSE OFFERINGS AND DESCRIPTIONS

The program consists of 12 different modules related to each of the 12 core functions needed to prepare students to become a CADC. These modules will total 240 clock hours. A 300-hour internship is also part of the program and a prerequisite to obtaining your CADC, in addition to the written exam, as required by IAODAPCA.

OVERVIEW OF ADDICTION

20 HOURS

This module will examine the history of substance use disorders along with exploring the disease concept of addiction, its root causes, assessment, and the various treatment modalities.

Students will gain a true perspective of the devastating costs of addiction to the individual, family, and society. Upon completion of the course, the student should be able to demonstrate the historical development of addiction treatment, the present approaches and modalities in addiction treatment, the primary viewpoints of causation of substance use disorders, a knowledge of the effects of substance use disorders and the most current information concerning prevention, and an appropriate personal code of ethics and practical principles for addiction treatment.

This course presents the physical and psychological effects of alcohol alongside the impact of alcohol use on family and



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society. Special attention is given to addressing the range of responses to substance use problems, prevention, harm reduction, brief treatment, engagement in treatment and aftercare, and addressing high risk substance use.

PHARMACOLOGY OF ADDICTION

20 HOURS

This module will provide the student with a working knowledge of all addictive drugs, their classification, mechanisms of action and pharmacology as well as enable students to understand and clearly present and discuss the disease concept of dependency.

At the end of the course the student will be able to describe basic neuroanatomy, pharmacology, classification and mechanisms of action of addictive drugs, understand, recognize and describe treatment for the withdrawal (abstinence) syndrome, understand the disease concept of substance use disorder, explain how to utilize multiple parameters in diagnostic formation, describe how specific population groups may be uniquely affected by Substance use disorders, and be able to describe “core functions” of substance use disorders treatments, including use of Medication Assisted Treatment options as adjuncts to the counseling process. This course will provide a thoughtful and thorough examination of the physical and mental effects of psychoactive drugs and compulsive behaviors.

SEXUALITY, INTIMACY, & THE ADDICTIONS

20 HOURS

This module provides an in-depth discussion of the intimacy and sexual issues that are central to sexual compulsions. The course will analyze how the addictive system is maintained by distorted belief systems and impaired thinking which keeps the behavior unmanageable. The student will learn to understand what sexual behavior disorders are, how to diagnose them, and how to effectively treat the addiction. They will be presented factual information for basic training in human sexuality, explore personal attitudes and beliefs toward sexuality, enhance comfort level with sexual issues as they relate to treating Substance use disorders, examine physiological effects of Substance use, misuse on sexual function, and discuss the process of recovering healthy sexuality. Through this course, the student should be able to demonstrate the ability to initiate discussion of client’s sexual issues related to addiction treatment, discuss sexual physiology knowledgeably, dispel sexual myths, identify the components of sexual identity and specific issues in each that could compound addictive behaviors, explain physical, emotional and pharmacological effects (temporary and permanent) on sexuality, explain the dynamics and sexual consequences of sexual dependency and addiction, identify six steps in the process of moving toward an addiction free sexual health, understand his/ her limitations and refer serious sexual dysfunction to a sex therapist, understand counseling issues and therapeutic strategies related to sexuality issues in recovery.

FAMILY SYSTEMS

20 HOURS

This module will demonstrate how counseling for the family (spouse, children, parents and/or siblings) provides the forum for lasting and powerful change, as well as breaking the addiction related issues for coming generations. This course will address the issues of codependency, family roles, rules, boundaries, and subsystems. By the end of the course the student should be able to compare and contrast characteristics of healthy and unhealthy families, use genogram to understand generational and trans-generational issues within families, describe the rigid family roles and rules which dictate unhealthy family behavior, describe families at various stages of the dependent’s illness, explain the concept of personal boundaries, utilize direct communication skills to establish and maintain healthy boundaries, explain the function of self-care in the healing process and spiritual development, and describe the family recovery process.

CO-OCCURRING DISORDERS

20 HOURS

This module will address dual diagnosis; the treatment of clients who have Substance use disorders and other mental and personality disorders. This course will provide a basic understanding of how to diagnose and treat Substance use. The student will gain knowledge about the history of substance use disorders, along with its pathology, diagnosis and treatment; information necessary for CADIC certification, gain competency in the assessment and treatment of individual arrested for driving under the influence required by many addiction treatment agencies. The student will learn how to recognize and treat underlying mental disorders in the chemically dependent client, which may predate, coexist, or follow chemical dependency, review chemical dependency as it may relate with selective children and adolescent disorders, review chemical dependency and selected organic brain, schizophrenic, mood, anxiety, dissociative, eating, sleep, impulse control, adjustment, and personality disorders, help the student understand general assessment issues



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toward developing specific treatment plans, teach the student that an important part of recovery from dual diagnosis in understanding relapse and developing a relapse prevention plan, understand the importance of spiritual development leading to overcoming guilt and shame, developing a meaningful life, restoring positive values, and the giving back to the community through sharing learned knowledge and experiences.

ASSESSMENT AND TREATMENT PLANNING

20 HOURS

In this module the students will learn how to map out a path of recovery suited to the unique problems and strengths of each individual. This will also cover provider and client rights and responsibilities upon entering a program through their discharge. This class will equip the counselor to meet treatment planning standards on documentation recommended by the International Certification Reciprocity Consortium/ Alcohol and Other Drug Abuse, Inc. (ICRC). They will learn how to identify individual needs, plan treatment, and measure progress during early stages of recovery. The students will be given an understanding of the major theories of counseling. Through case presentation the professional will learn how to implement initial, primary, after care and relapse treatment plans and treatment plan reviews and document accordingly, including a discussion on Electronic Health Records (EHRs). This course will introduce the student the special skills of counseling utilizing the modern counseling theories of treatment methods to achieve objectives through exploration of a problem and the ramifications, examination of attitudes and feelings, consideration of alternative solutions, and decision-making. The student will learn the screening process by which a client is determined appropriate and eligible for admission to a particular program and the intake procedures. Each student will learn the ASAM Criteria. It is a collection of objective guidelines that give clinicians a way to standardize treatment planning and where patients are placed in treatment, as well as how to provide continuing, integrated care and ongoing service planning.

Students will also learn to apply the ASAM Criteria in the assessment procedures by which a counselor identifies and evaluates an individual's strengths, weaknesses, problems and needs for the development of a treatment plan. The function of treatment planning which is a process involving both counselor and client to prioritize problems needing resolution, establish agreed upon immediate and long-term goals, and decide on the treatment methods and resources to be used.

ETHICS FOR PROFESSIONALS

20 HOURS

This module will provide a basic understanding of the issues involved in the process of ethical reasoning, furnish a foundational setting to explain historical and current models of Western thought, and finally, equip the students with ethical reasoning strategies that apply to professional code of ethics and the rules and regulations specifically for addiction counselors, including the importance of clinical supervision and documentation and confidentiality as it relates to both paper notes and EHRs. They will understand and gain competency in the legal and ethical guidelines for professional counselors so they can protect themselves, their clients and their future employers through implementing such rules and guidelines. Students will obtain required knowledge and understanding regarding professional ethics so as to obtain professional certification as a Certified Alcohol and Other Drug Counselor.

BASIC INDIVIDUAL COUNSELING

20 HOURS

This module will teach the students to build skills necessary to counsel, guide, and mentor others, including documentation skills. In this course, the students will learn how to appropriately relate that to others. They will begin to understand the processes (i.e. renewal of mind, emotional development, and healing) that emerge in those recovering from addictions. The student will develop the ability to problem solve, confront, identify defense mechanisms, and choose strategies of helping clients lower their walls of defense. Upon completion of the course the student should be able to describe their own basis for holistic counseling, understand the challenge that the counselors have dealing with client's denial concerning addictive and life controlling issues, develop active listening skills, explain the relationship between thoughts, feelings and behaviors, demonstrate knowledge of the model and the process of helping the client with the problem management, resource/opportunity development, and goal setting. They will also describe counseling skills pertinent to crisis and suicide intervention, divorce, grief and loss.

BASIC GROUP COUNSELING

20 HOURS

This module will demonstrate practice techniques of group counseling, including how progress notes differ from



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individual counseling. Principles of healthy interpersonal relationships and leadership skills will be discussed in the context of small group discussions. Students will gain knowledge and competency in leading a counseling small group, become equipped through experience in leading small groups to successfully complete an internship or acquire employment at a counseling agency. The student will become acquainted with theory, practices, and process of group counseling, afford the opportunity to take active part as a group leader as well as experience someone else's leadership, and gain understanding and ability in responding to and controlling persons who try to disrupt a counseling group. By the completion of the course, the student should be able to demonstrate, an understanding of the theory, practices and process of group counseling, experience in leading a small group counseling session, and the ability to deal with difficult or threatening situations in a group counseling setting.

INTERMEDIATE COUNSELING

20 HOURS

This module is designed to acquaint the student with counseling techniques on a very close interpersonal level. The student will be introduced to counseling issues for one of the most widespread diseases in our culture-chemical dependence. Students will gain understanding and confidence in counseling for future professional counseling position, obtain knowledge and skills in areas of Substance use disorders and The Twelve Steps programs for employment as a Certified Alcohol and other Drug Counselor, obtain knowledge and skills in areas of abuse, and family dynamics for employment as a certified counselor. Additionally, the student will be furnished with a realistic understanding of counseling Adult Children of Alcoholics clients suffering from depression, anger, etc., and an understanding of Substance use disorders, Adult Children of Alcoholics and The Twelve Steps and Twelve Traditions. They will facilitate an integration of previously learned material on family dynamics and the addictive family system, gain familiarity with the Criminal Justice System, and an understanding of how to stage an intervention.

THEORIES OF COUNSELING

20 HOURS

This module is a survey course of contemporary theories and techniques of counseling. It includes the counseling process, comparison of various theoretical approaches, introduction to professional and ethical issues in the helping profession of counseling. The purpose of the course is to expose the student to a variety of contrasting theoretical models underlying both individual and group practices in counseling. Specific objectives are to provide students with the information about the therapeutic process and the practical elements of the counseling interaction, provide students with a clear understanding of the major schools of psychology and counseling, have the student develop self-evaluation skills and critical thinking skills, challenge the student to look at their own qualities that support and hinder his/her attempts at being therapeutic for other, and gain an understanding of ways of applying nine theories to specific cases. Through the planned sequence of instructional events and successful completion of the course, the student should be able to demonstrate a clear understanding of the major schools of psychology and counseling, have an overall knowledge and familiarity with the leading psychiatrist and psychologists that established the primary therapeutic schools of discipline, and understand the eclectic approach of counseling and therapy that draws upon a variety of therapeutic disciplines in order to develop one's own personal model of counseling.

SPECIAL POPULATIONS

20 HOURS

This module is an overview of specific needs for such specific groups as adolescents, women, the aging, homeless, veterans and their families and individuals with HIV/AIDs. There will be comprehensive overviews on counseling these populations and how treatment can be tailored to meet their treatment needs.