

## **COU254 Counselling for Addictions**

**Level:** 2

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JULY

### **Synopsis:**

Counselling for Addictions is a Level 2 course that provides an overview of the theories and models, prevalent and contributing factors, psychological and social issues associated with substance and behavioural addictions, such as alcohol, drug use disorders and gambling disorder. Special emphasis is placed on assisting students to acquire the 12 core functions of an addiction counsellor, including screening, intake, assessment, client education, treatment planning and case management. This is an introductory course to addiction counselling, and it is designed to provide students with the generic knowledge, principles and skills that they can use to help people with a substance or behavioural addiction in today's rapidly changing world.

### **Topics:**

- The Nature of Addiction
- Substance (Drug) Classification and Commonly-abused Substances
- Gambling Disorder
- The Trans-theoretical Model - Stages of Change
- Motivational Interviewing
- An Overview of the 12 Core Functions
- Screening, Intake, Orientation, Assessment Process and Treatment Planning
- Case management, Referrals, Client Education, Crisis Intervention and Consultation
- Family Psycho-education and Family-involved Management
- Relapse Prevention Strategies, Community Resources and Support
- Dual Diagnosis and Addiction
- Ethical Considerations and Professional Standards

### **Textbooks:**

Van Wormer, Katherine; and Davis, Diane Rae: Addiction Treatment: A Strength Perspective (4th Edition) Cengage 4th Cengage  
ISBN-13: 9789814834988

Van Wormer, Katherine; and Davis, Diane Rae: Addiction Treatment: A Strength Perspective (4th Edition) Cengage 4th Cengage  
ISBN-13: 9789814834988-AA

**Learning Outcome:**

- Identify the major models of substance use disorders and gambling disorder.
- Explain the use of relevant diagnostic instruments to identify substance and behavioural addictions.
- Discuss treatment trends and relevant ethical concepts and concerns.
- Describe each of the 12 core functions of the addiction counsellor.
- Explain the use of Stages of Change and key intervention models in the management of addiction population.
- Explain assessment and interventions and support required for families with addiction issues.
- Explain the common dual diagnosis associated with addiction condition, and its management.
- Develop case formulation skills by using the biological, psychological and social perspectives.
- Employ intervention skills and techniques by using the Stages of Change and Motivational Interviewing strategies.
- Demonstrate the practical applications of the 12 core functions of the addiction counsellor in helping recovering addicts and their families.

**Assessment Strategies:**

<b>Continuous Assessment Component</b>	<b>Weightage (%)</b>
TUTOR-MARKED ASSIGNMENT	25
TUTOR-MARKED ASSIGNMENT	25
<b>Sub-Total</b>	<b>50</b>

<b>Examinable Component</b>	<b>Weightage (%)</b>
Written Exam	50
<b>Sub-Total</b>	<b>50</b>

**Weightage Total** **100**