

ADS-123: COUNSELING THEORIES AND TECHNIQUES

Effective Term

Fall 2026

CC Approval

12/05/2025

AS Approval

12/11/2025

BOT Approval

12/18/2025

COCI Approval

02/19/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications

Counseling (Master's Degree)

And/Or

Subject Code

ADS - Addiction Studies

Course Number

123

Department

Counseling

Division

Counseling (COUN)

Full Course Title

Counseling Theories and Techniques

Short Title

Coun Theories & Techniques

CB03 TOP Code

2104.40 - *Alcohol and Controlled Substances

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

C - Clearly Occupational

Rationale

Minor updates to content.

SECTION B - Course Description

Catalog Course Description

In this course students will develop a theoretical and applied foundation for the assessment and treatment of alcohol and substance use disorders across the lifespan. The course will focus on evidence-based treatment for addictions with individuals, families, and groups.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Prerequisite(s)

Completion of ADS-100, ADS-120, HSRV-120 and HSRV-124 with a minimum grade of C.

Requisite Justification

Requisite Description

Course Not in a Sequence

Subject

ADS

Course

100

Level of Scrutiny

Content Review

Upon entering this course, students should be able to:

Completion of ADS-100, ADS-120, HSRV-120 and HSRV-124 with a minimum grade of C.

Requisite Description

Course Not in a Sequence

Subject

ADS

Course

120

Level of Scrutiny

Content Review

Upon entering this course, students should be able to:

Completion of ADS-100, ADS-120, HSRV-120 and HSRV-124 with a minimum grade of C.

Requisite Description

Course Not in a Sequence

Subject

HSRV

Course

120

Level of Scrutiny

Content Review

Upon entering this course, students should be able to:

Completion of ADS-100, ADS-120, HSRV-120 and HSRV-124 with a minimum grade of C.

Requisite Description

Course Not in a Sequence

Subject

HSRV

Course #

124

Level of Scrutiny

Content Review

Upon entering this course, students should be able to:

Completion of ADS-100, ADS-120, HSRV-120 and HSRV-124 with a minimum grade of C.

SECTION D - Course Standards

Is this course variable unit?

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Students will be able to assess and discuss appropriate treatments for individuals, families, and groups struggling with addiction.

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

1. Identify evidence-based treatments for individuals, families, and groups.
2. Differentiate between individual theories and treatments for individuals.
3. Explain the dynamics within families struggling with addiction.
4. Compare and contrast different family therapy interventions.
5. Understand the dynamics of group therapy.
6. Explain the difference between process group and psychoeducation groups for the treatment of addictions.
7. Perform interview skills related to the treatment of addictions for individuals.
8. Articulate the legal and ethical issues in the treatment of individuals, families, and groups.

Course Content

1. Treatment considerations
 - a. Multicultural counseling
 - b. Working with involuntary clients Ethical and legal implications for the treatment of individuals, families, and groups
 - c. The role of the substance treatment counselor in treatment
 - i. Transference and countertransference
 - d. The role of trauma in treatment
 - e. Attachment theory and styles
2. Treatment settings
 - a. Outpatient
 - b. Inpatient
 - c. Private Practice
 - d. Court ordered
3. Assessment, Diagnosis, and Treatment Planning for individuals, families, and groups
 - a. Evaluation and diagnosis
 - i. Biopsychosocial assessment
 - ii. Problem-formulation
 - b. Substance-related diagnosis
 - c. Treatment planning
 - i. Harm reduction
 - ii. Alternative treatments
4. Treatment approaches supported by empirical evidence for individual
 - a. Motivational Interviewing
 - b. Rational Emotive Therapy
 - c. Cognitive Behavioral Therapy
 - d. Dialectical Behavioral Therapy
 - e. Solution-Focused therapy
 - f. Seeking Safety
 - g. Mindfulness
5. Treatment approaches supported by empirical evidence for families
 - a. Understanding the dynamics of addiction in the family
 - i. Domestic Violence
 - ii. Child abuse
 - iii. Elder abuse
 - b. Family co-dependency
 - c. Involving/motivating families in treatment
 - d. Family Systems Theory
 - e. Bowenian Family theory
 - f. Identify and collaboration with family therapist
 - g. Role and scope of practice of the substance abuse counselor in family treatment
6. The major tenets of group therapy
 - a. Stages of Groups
 - b. Different types of groups
 - i. Process groups
 - ii. Psychoeducational groups
 - iii. Self-help and support groups

- c. Inpatient vs Outpatient Addictions Group Counseling
 - d. Group therapy with substance abuse and addictions challenges
 - e. Interview types and settings
 - f. Vignettes and case studies
7. Introduction to Special Populations and Special Client Needs who are struggling with addiction and abuse
- a. Treatment approaches for clients with dual diagnosis
 - b. Forensics
 - c. Intellectual Disabilities

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Discussion	1. Group work and discussion on attitudes, values and beliefs of oneself and of persons from different cultures. 2. Case scenarios and reviews using examples from the human services clientele to strengthen listening skills
Lecture	1. Lecture on the legal and ethical issues in the helping relationship.
Visiting Lecturers	Bring in experts and treatment providers from different treatment centers.
Other	Role Plays

Online Adaptation

Types	Examples of learning activities
Discussion	Guided discussion on techniques
Group Work	Synchronous role plays
Lecture	synchronous role plays on clinical techniques.

Instructor-Initiated Online Contact Types

- Announcements/Bulletin Boards
- Discussion Boards
- E-mail Communication
- Telephone Conversations
- Video or Teleconferencing

Student-Initiated Online Contact Types

- Chat Rooms
- Discussions
- Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Review of the theories.
Quizzes	Completed quizzes on techniques for role play.
Essays/Papers	Reflective essay on family dynamics or group dynamics
Oral Presentations	Graded role Plays demonstrating clinical techniques.
Homework	Completed

Assignments

Reading Assignments

Students will read from their textbooks and submit assignments.
 Example 1: Complete the exercises at the end of each chapter.

Example 2: Complete a chapter summary written report by stating the major headings of the chapter and writing the main points under each heading.

Writing Assignments

Students will be assigned written work related to readings and in-class exercises.

Example 1: (Required) Complete a case study based of a family. Student's will select a theoretical framework for assessment of the family and explain how to approach treatment of the family.

Example 2: (Required) Create a 3-genogram of your family and include a 1-page description of the content of the genogram.

Outside-of-Class Assignments

Discussion Boards - Require 1-3 discussion posts/week or every other week online related to a reading topic. Require 1-3 responses to posts by another classmates/week or every other week.

Example 1: (Required)

Students will be paired into dyads. together choose a treatment theory or model to role play in a mock treatment session. The student and the student's partner will take turns as the client and as the counselor during a video recorded session. The session should be no longer than 15 minutes per individual (1/2-hour total) in which the student demonstrate the counseling technique the student would use with this client. The treatment plan and assessment will be submitted to the instructor prior to the presentation so copies can be posted to CANVAS. Presentations will be critiqued online by other students. There will be a subsequent in class discussion about the role play.

Example 2: (Required)

Students will attend 3 consecutive (AA/NA or other substance abuse treatment group. The student will observe group norms, dynamics, and roles and complete 5 -7 pages.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Lewis, Todd F.

Title

Substance Abuse and Addiction Treatment: Practical Application of Counseling Theory

Edition/Version

1st

Publisher

Pearson Education Inc

Year

2013

Material Type

Textbook

Author

Mignon, Sylvia I.

Title

Substance Abuse Treatment: Options, Challenges, and Effectiveness

Edition/Version

1st

Publisher

Springer Publishing Company

Year

2014

Material Type

Textbook

Author

Tracy A. Prout, PhD, Melanie J. Wadkins, PhD, Tatianna Kufferath-Lin, PsyD

Title

Essential Interviewing and Counseling Skills, An Integrated Approach to Practice

Edition/Version

Second Edition

Publisher

Spring Publisher

Year

2021

ISBN #

ISBN: 9780826192653

Material Type

Open Educational Resource (OER)

Author

(SAMHSA) Substance Abuse & Mental Health Services Admin

Title

Addiction Counseling Competencies - The Knowledge, Skills, and Attitudes of Professional Practice TAP 21

Edition/Version

TAP (Technical Assistance Publication) Series 21. 2017 Revision.

Publisher

(SAMHSA) Substance Abuse & Mental Health Services Admin

Year

2017

ISBN #

n/a

SECTION G - Diversity, Equity and Inclusivity

How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?

Needs DEI Statement

Course Codes (Admin Only)**CB00 State ID**

CCC000604605

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No