1. **COURSE ID:** SOSC 314   **TITLE:** Individual AOD (Alcohol and Other Drug) Counseling Process
   Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours
   Method of Grading: Letter Grade Only
   Prerequisite: SOSC 301, and SOSC 302 and SOSC 304

2. **COURSE DESIGNATION:**
   Degree Credit
   Transfer credit: CSU

3. **COURSE DESCRIPTIONS:**
   Catalog Description:
   > Explores beginning counseling techniques as well as interviewing and referral skills. Also, includes
   > intervention skills and relapse prevention strategies. Using the experiential format, participants study and
   > practice skills in attentive listening and recognizing and responding to different levels of client
   > communication.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
   Upon successful completion of this course, a student will meet the following outcomes:
   1. Develop a counseling approach to the treatment of individuals in treatment for substance use.
   2. Utilize the basic principles and practices of motivational counseling to engage clients; to direct and support
      their progress through treatment.
   3. Assess a client's biological, psychological, social and spiritual condition; their readiness, willingness, and
      ability to change; their progress through the stages of change.
   4. Utilize a range of supervisory options; conduct self-evaluations of professional performance; assess
      transference and countertransference issue; establish and maintain professional boundaries.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
   Upon successful completion of this course, a student will be able to:
   1. Develop a counseling approach to the treatment of individuals in treatment for substance use;
   2. Utilize the basic principles and practices of motivational counseling to engage clients; to direct and support
      their progress through treatment;
   3. Assess a client's biological, psychological, social and spiritual condition; their readiness, willingness, and
      ability to change; their progress through the stages of change;
   4. Utilize a range of supervisory options; conduct self-evaluations of professional performance; assess
      transference and countertransference issue; establish and maintain professional boundaries.

6. **COURSE CONTENT:**
   Lecture Content:
   1. The developmental model of stages of change.
   2. Treating Substance Abuse.
   3. Motivational Interviewing.
   4. Knowledge about specific cultural features.
   5. Client's biological, psychological, social and spiritual condition; readiness, willingness, and ability to
      change; progress though the stages of change
   6. Research methodology as it relates to synthesizing, applying and evaluating evidence based practices.
   7. Intervention in a family system where a member has a co-occuring substance abuse and major mental
      illness, to promote stability and relapse prevention.
   8. Knowledge of supervisory skills in conflict resolutions for the purpose of enhancing multidisciplinary,
      collaborative relationships to maximize service delivery.

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**
   Typical methods of instruction may include:
   A. Lecture
   B. Discussion
   C. Observation and Demonstration

8. **REPRESENTATIVE ASSIGNMENTS**
Representative assignments in this course may include, but are not limited to the following:
Writing Assignments:
   Students research and write paper on personal counseling process.
Reading Assignments:
   Weekly readings from the assigned texts.

9. **REPRESENTATIVE METHODS OF EVALUATION**
Representative methods of evaluation may include:
   A. Class Participation
   B. Exams/Tests
   C. Homework
   D. Oral Presentation
   E. Papers
   F. Written examination

10. **REPRESENTATIVE TEXT(S):**
Possible textbooks include:
   A. Miller, W.R., Rollnick, S.. *Motivational Interviewing: Preparing People for Change* , 3rd ed. New York: Guilford Press, 2012

Origination Date: August 2020
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Course Originator: Angela Stocker