

**Common Course Outline**  
**HUSC 142**  
**Counseling Clients with Substance Use Disorders**  
**3 Credits**

**Community College of Baltimore County**

**Description**

**HUSC 142 – Counseling Clients with Substance Use Disorders** explores the unique issues encountered in clinical work with clients with substance use disorders in the Behavioral Health Counseling setting. This course addresses models of addiction, modalities of treatment, and models of recovery, relapse, and relapse prevention.

**3 Credits**

**Prerequisites:** ESOL 052 and ESOL 053 or ACLT 052 or ACLT 053

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. discuss various theoretical models of addiction;
2. identify and describe the stages of recovery from addiction;
3. describe the relapse process;
4. apply various interventions for relapse prevention;
5. apply diagnostic criteria from the Diagnostic and Statistical Manual of Mental Disorders (current edition) to accurately diagnose Substance-Related Disorders in clinical case studies;
6. develop diagnostic impressions for clients with commonly co-occurring mental health disorders, including depressive, bipolar, anxiety, and personality disorders;
7. describe common models of treatment for individuals with substance use disorders, including inpatient, outpatient, detoxification, abstinence-based, and medication-assisted therapies;
8. apply the Stages of Change model and assess a client's readiness to change using this model;
9. describe the signs and symptoms of a variety of non-chemical addictions;
10. demonstrate the principles and strategies of Motivational Interviewing;
11. differentiate between counseling and self-help interventions for individuals with substance use disorders;
12. identify several non-clinical supportive interventions for clients with substance use disorders (such as self-help fellowships, faith-based supports, mind/body integrative supports) and describe their roles in supporting change;
13. describe the relationship between culture and the experience of treatment for specific populations, such as women, people with disabilities, adolescents, and individuals who identify as lesbian, gay, bisexual, or transgender;

14. define evidence-based models of treatment;
15. explain contemporary outcome-supported interventions in the treatment of substance use disorders;
16. describe several substance use prevention strategies and the relationships between prevention, early intervention, and treatment;
17. identify several contemporary social and political factors that influence drug control policy, access to treatment, and social norms around substance use and treatment;
18. demonstrate appropriate objective skills; and,
19. demonstrate appropriate academic writing skills, including writing about research, and documenting sources in APA style.

### **Major Topics**

- I. Models of addiction
- II. Sociopolitical influences on substance use and treatment
- III. Treatment of substance use disorders
  - A. Modalities of treatment
  - B. Prevention and early intervention
  - C. Theoretical approaches to treatment
  - D. Non-clinical supports
  - E. Stages of Change and Motivational Interviewing
- IV. Assessment and diagnosis of Substance-Related Disorders
  - A. Assessment issues and instruments
  - B. Diagnostic criteria
- V. Co-occurring Disorders
  - A. Commonly co-occurring disorders
  - B. Impact on treatment
- VI. Recovery, relapse, and relapse prevention
- VII. Non-chemical addictions
- VIII. Diversity and equity issues in substance use disorder treatment
- IX. Research in counseling
  - A. Evidence-based treatment models
  - B. APA writing style
  - C. Evaluating research

### **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

#### **Grading/exams**

A minimum of 2 examinations

At least one written assignment of at least 3 pages demonstrating appropriate research and writing skills, including APA style and reference list

At least one written assignment demonstrating appropriate clinical documentation skills, minimum 2 pages in length

A service learning project and reflection, minimum 3 pages in length

Written Assignments: Students are required to use appropriate academic resources.

**Other Course Information**

This course is a program requirement for students in the Behavioral Health Counseling Area of Concentration in the Human Services Counseling degree program, and may also be taken by students in other programs or majors. This course meets the Maryland Board of Professional Counselors and Therapists requirement for Topics in Substance-Related and Addictive Disorders.

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