

**Common Course Outline**  
**HUSC 244**  
**Counseling Clients with Co-Occurring Disorders**  
**3 Credits**

**Community College of Baltimore County**

**Description**

**HUSC 244 – Counseling Clients with Co-Occurring Disorders** provides students with an understanding of the interplay between psychiatric disorders, medical conditions and substance-related disorders. Assessment and counseling strategies used in working with clients impacted by these disorders are examined.

**3 Credits**

**Prerequisites:** HUSC 224 and HUSC 240

**Overall Course Objectives**

Upon completion of this course students will be able to:

1. identify core principles that distinguish counseling with individuals with co-occurring disorders from the mental health and substance use fields;
2. use evaluative strategies to assess and accurately diagnose co-occurring disorders;
3. describe the interrelationship between substance-related disorders, mental illness, and medical conditions, including ways in which one may initiate, mimic, mask, ameliorate, or exacerbate the others;
4. describe the interrelationship between somatic disease and substance use and strategies to educate clients about somatic health concerns that often complicate the treatment of substance use disorders, such as tuberculosis, human immunodeficiency virus, and hepatitis C;
5. apply motivational strategies and readiness to change principles to develop intervention plans that meet clients' psychiatric needs, addictions recovery, and social/environmental needs;
6. describe common issues leading to relapse of both mental health and substance-related disorders and devise strategies to mitigate crises and prolong periods of remission;
7. apply best-practice and evidence-based counseling strategies appropriate to clients' needs and readiness to change;
8. evaluate factors to be considered in designing programs and social policies for clients with co-occurring disorders, particularly clients with trauma histories;
9. assess the role of the family in treatment outcomes, and strategize engagement techniques to involve significant others;
10. critically evaluate the use of pharmacological treatments with clients with co-occurring disorders; and

11. assess suicide risk in client case studies and demonstrate effective interventions when addressing suicidality.

### **Major Topics**

- I. Principles of Co-Occurring Disorders treatment--historical and contemporary
- II. Interrelationship of Substance-Related Disorders, mental illness, and medical conditions
- III. Diagnostic and Statistical Manual differential diagnosis, assessment, and treatment of the following mental disorders with co-occurring Substance-Related Disorders:
  - a. Bipolar and Related Disorders
  - b. Depressive Disorders and suicidality
  - c. Trauma- and Stressor-Related Disorders
  - d. Anxiety Disorders
  - e. Schizophrenia Spectrum and Other Psychotic Disorders
  - f. Feeding and Eating Disorders
  - g. Sexual Dysfunctions and Gender Dysphoria
  - h. Personality Disorders
  - i. Disorders of aging
  - j. Disorders of adolescence
- IV. Motivational interviewing and stages of change in Co-Occurring Disorders Treatment
- V. Evidence-based practices in Co-Occurring Disorders counseling
- VI. Relapse prevention planning in Co-Occurring Disorders counseling
- VII. Family engagement and intervention strategies
- VIII. Suicide risk assessment and intervention
- IX. Strengths and limitations of pharmacotherapy in the treatment of Co-Occurring Disorders

### **Course Requirements**

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

### **Grading/exams**

- A minimum of two examinations
- A minimum of one biopsychosocial evaluation
- A minimum of one intervention plan
- A minimum of one relapse prevention plan of a client with identified co-occurring disorders
- One research paper on a course-related topic

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

### **Other Course Information**

This course is a program requirement for the Human Services Counseling degree and certificate programs. This course fulfills the State of Maryland Board of Professional Counselors and Therapists required topic area for Treatment of Co-Occurring Disorders.