Introduction to Counseling

- Building a Better World
- Counselors Must Be Lifelong Learners
- What Is Counseling?
- What is Therapy?
- Counseling Versus Therapy
- Counseling Approaches Covered in this Course
- Core Function of Counseling
- Addiction Counselor Competencies
- Addiction Professionals Expectations
- Global Criteria for Addiction Counselors

The Effective Counselor & the Helping Relationship

- The Helping Relationship
- Trust, Honesty, and Acceptance
- Characteristics of an Effective Counselor
- Principles of Personal Assessment in Counseling
- Supervision and the Effective Counselor
- Two Types of Supervision
- Strengths-Based Counseling
- Strengths-Based Counseling as a Tool
- Clarifying Client Expectations
- Importance of Clarifying Expectations: Research
- Establishing Rapport
- The Helping Relationship Must Be Developed
- Three Phases of the Helping Process
- Phase One of the Helping Process

Clinical Interviewing

- The Clinical Interview: A Fundamental Task
- Interviewing Skills and Procedures for Counselors
- Learning to Quiet Yourself
- The Effective Interview
- Essential Factors for Effective Interviews
- Creating a Safe Clinical Environment
- When Should Counseling Begin?
The Stages of Counseling

- A Beginning, A Middle, and an End
- Information Gathering
- Information Gathering: Collecting Data
- Evaluation
- Providing Feedback
- Recommendations for Treatment
- The Counseling Agreement: Expectations
- The Counseling Agreement: Goals
- Termination
- The Importance of Client-Counselor Matching
- Research Supports Client-Counselor Matching

Key Concepts in Counseling

- Self-Actualization and Maslow’s Hierarchy of Needs
  - Maslow and the Hierarchy of Needs
  - Maslow’s Pyramid

- Stages of Change
  - Prochaska and DiClemente Stages of Change
  - Pre-Contemplation
  - Contemplation
  - Determination
  - Action
  - Maintenance, Relapse, and Recycle
  - Termination

- Social Learning Theory
  - Albert Bandura and Social Learning Theory
  - Causal Relationships

- Developmental Psychology
  - Piaget’s Theory of Cognitive Development
  - Piaget’s Processes of Cognitive Development
  - Piaget’s Stages of Cognitive Development

Theory & Practice: Counseling the Addicted Client
C201: Introduction to Counseling

Course Outline

- Theory and Addictions Professionals
- How Does a Professional Select an Intervention?
- A Mental Library
- Categories of Counseling Interventions

Counseling Approaches Based on Humanistic Psychology

- Humanistic Psychology
  - What is Humanistic Psychology?
  - Humanistic Therapies: Essential Characteristics

- Client-Centered Therapy
  - What is Client-Centered Therapy?
  - Carl Rogers and Client-Centered Therapy

- Gestalt Therapy
  - The Origins of Gestalt Therapy
  - Gestalt Therapy: Understanding the Whole Person
  - The Power is in the Present
  - Gestalt Theory Summary
  - Substance Abuse and Gestalt Therapy

- Psychodynamic Therapy
  - What is Psychodynamic Therapy?
  - Common Characteristics of Psychodynamic Therapy
  - Psychodynamic Theory and the View of a Person
  - Id, Ego, Super Ego Recap
  - The Battle of the Id and the Superego
  - Defense Mechanisms & Psychodynamic Theory

- Reality Therapy
  - The Origins of Reality Therapy
  - The Underlying Key to Reality Therapy
  - Five Basic Needs & Reality Therapy
  - How Can A Counselor Implement Reality Theory?
  - The Goal of Reality Therapy

Counseling Approaches Based on Behaviorism

- Behaviorism
C201: Introduction to Counseling

Course Outline

- Watson and Behaviorism
- Two Forms of Conditioning
- Classical Conditioning
- Pavlov and Classical Conditioning
- Key Concepts of Classical Conditioning
- Watson’s Expansion of Pavlov’s Theory
- Operant Conditioning
- Four Types of Operant Conditioning
- Systematic Desensitization
- B.F. Skinner and Operant Conditioning

- Cognitive-Behavioral Therapy
  - The History of Cognitive-Behavioral Therapy
  - The Cognitive Revolution
  - Characteristics of Cognitive-Behavioral Therapy
  - CBT: A Collaborative Effort
  - CBT is Based on Stoic Philosophy
  - CBT is Structured and Directive
  - CBT is Based on an Educational Model

- Transactional Analysis
  - What is Transactional Analysis?
  - The Counselor and Transactional Analysis
  - TA and Educational Psychology
  - Key Philosophical Concepts in Educational TA
  - When Should Transactional Analysis Be Used?
  - The OK-OK Model in TA

Counseling Approaches Based on Family Systems

- Family Therapy
  - The Family: The Greatest Tool
  - Family Systems Theory
  - Indication for Family Systems Interventions
  - Counselor’s Role in Family Systems Therapy

- Structural Family Therapy
  - Structural Family Therapists
  - Applying Structural Family Therapy

- The Genogram
What is a Genogram?
The Genogram in Addictions Work
Genogram Symbols
Genogram: Emotional Relationships Legend
Additional Genogram Symbols

Multicultural Counseling

- Taking a Stance in the Profession
- The Invisible Veil
- Effective Multicultural Counseling
- Cross-Cultural Competencies
- Modifications to Counseling During Treatment

The Role of the Counselor: Challenges and Benefits

- Characteristics of an Effective Counselor