Introduction

- Overview
- Causes of Addiction
- Factors That Correlate with Early Drug Use
- Addiction as a Disease
  - Central Beliefs of the Disease Model
  - Acute Versus Chronic Addiction
  - Genetic Causes
- Learning Check
- Biopsychosocial Model
- Biopsychosocial Assessment
  - Assessment Attitudes
  - Assessment Skills
- Basic Structures of Assessment
  - Assessing Client Functionality
  - Assessing Client Safety
- Assessing Relapse Potential
  - Acceptance or Resistance to Treatment
  - Relapse Potential
  - Recovery Arrangements and Living Environment

Goals of Counseling

- Reinforcement Contingencies and Abstinence
  - Positive Reinforcement
  - Changing Reinforcement Contingencies
  - Reinforcement of Abstinence
  - Benefits of Abstinence
- Managing Painful Feelings
- Improving Interpersonal Functioning
- Preventing Relapse
- Behavioral Treatment Approaches
- Individual Counseling
- Group Counseling
  - Case Study
  - Case Study Answers
- Family Counseling
  - Avoiding Assumptions
✓ Educational Assistance
✓ Ethical and Legal Considerations

**Treatment Modalities: Pretreatment and Detoxification**

- “Detox”
  - Purpose of Detoxification
  - Alcohol Detoxification
  - Central Nervous System Depressants Detoxification
  - Detoxification from Opiate Drugs
- Medical Stabilization
  - Medication-Assisted Therapy
    - Suboxone®
    - Vivitrol®
    - Various Pharmacotherapies
- Working Closely Within the Medical Community
  - Treatment Not Always Required
  - Referrals for Treatment Rehabilitation
- Learning Check

**Treatment Modalities: Rehabilitation**

- ASAM Levels of Care
- Residential or Inpatient Treatment Programs (ASAM Level III)
  - Minnesota Model
- Therapeutic Communities (ASAM Level III.5)
  - Correctional Facilities
- Intensive Outpatient Treatment (ASAM Level II.1)
  - IOP Structure
- Outpatient Treatment (ASAM Level I)
  - OP Services and Components
  - Scheduling OP Counseling and Services
- Combined Settings
  - Day or Partial Hospitalization
  - Halfway Houses
  - Halfway Houses Versus Sober Living Environments
- Learning Check
Treatment Modalities: Maintenance

- Aftercare Services
  - Aftercare Components
  - Aftercare Referrals
  - Counselor Roles
  - Coaching Services
- Avoiding Disconnects
- Sober Living
  - Residents of Sober Living
- Self-Help Groups
  - AA and NA
    - Alcoholics Anonymous (AA)
    - Narcotics Anonymous (NA)
  - History of Self-Help
  - Twelve Steps Model
  - Various Groups Available
  - Integration Into Networks
    - Sponsorship

Stages of Recovery

- Stages of Change
  - Definition of Addiction
  - Transition of Stages
    - States of Change
- Early Recovery
  - Stages of Recovery
  - Early Recovery
  - Exercise
  - Treatment Issues
- Middle Recovery
  - Treatment Issues
  - Psychoeducation
  - Painful Feelings
  - Social Support Networks
- Late Stage Recovery
  - Mastering Effective Skills
  - Treatment Issues
- Learning Check
Termination

- Termination as a Process
- Broaching Termination with Clients
- Client Responses to Termination
- Counselor Issues Regarding Termination
- Documenting the Termination Process
  - Termination Documentation
  - Discharge Instructions
  - Discharge Summary
- Linkages to Services
- Termination Planning

Course Closing

- Final Thoughts
- Resources for Professionals
  - Suggested Readings
  - Related Websites
  - References