ADDICTIVE DISORDERS COUNSELING

Program Description
The Addictive Disorders Counseling Program is designed to prepare students to work in the field of addictions counseling. Both a Certificate of Achievement and Associate Degree are available. The program provides students with the education and training to develop paraprofessional expertise and to qualify for employment as entry-level addictions counselors. A required fieldwork component offers students invaluable hands-on experience working at a facility dedicated to the treatment of alcohol and drug addiction.

Licensed clinicians seeking expertise in addictions can complete the new non-fieldwork based Certificate of Achievement: Post-Professional Practice in Addictive Disorders Counseling.

Planning a Program of Study
Students are encouraged to work with an SBCC counselor in planning a sequence of courses and learning about General Education requirements. Adjunct faculty teaching in the Addictive Disorders Counseling Program are excellent resources for exploring career options in this field. The college's Career Center can also provide information about this type of work.

Program Cost and Outcome
For planning purposes, the website below provides information on the cost of attendance, program length (assuming a student attends full-time), financing options and historical student completion rates: http://www.sbcc.edu/financialaid/gainfullyemployment

Credit Courses
Addictive Disorders Counseling (ADC)
ADC 111 Substance Abuse and Society (2 Units)
Prerequisites: ADC 120.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 36 (36 lecture)
Study of the impact of substance abuse on American society and governmental and community responses, including reducing crime, promoting education, prevention, treatment and rehabilitation. Topics include the cost of substance abuse, failure of the War on Drugs, current trends in diversion and treatment-based specialty courts, efficacy of different treatment modalities, and the effects on minorities.
Transfer Information: CSU Transferable

ADC 117 Motivational Interviewing (1 Unit)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 18 (18 lecture)
Explores motivation-enhancing techniques in working with clients' natural ambivalence to change addictive behaviors and make changes to increase participation in recovery and positive treatment outcomes.
Transfer Information: CSU Transferable

ADC 118 Relationships in Recovery (1 Unit)
Skills Advisories: Eligibility for English 110 or 110H.
Hours: 18 (18 lecture)
Examines the social associations, connections or affiliations between two or more people in the recovery process from chemical dependency. Topics include personal relationships, intimate relationships and professional relationships.
Transfer Information: CSU Transferable

ADC 119 Finding Your Authentic Voice (1 Unit)
Skills Advisories: Eligibility for English 110 or 110H.
Hours: 18 (18 lecture)
Orients counselors to the paradoxical treatment found in 12-step programs, emphasizing the necessity to develop awareness of personal process and authentic self through supported risk-taking. Singing to an audience begins the transformation of self-consciousness to full authentic presence.
Transfer Information: CSU Transferable

ADC 120 Alcohol and Other Drugs (3 Units)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Study of psychoactive substance use, abuse and dependence from social, historical and current perspectives, including biological, psychological and socio-cultural models of addiction and dependence. Explores the impact of alcohol and drugs on American society and the dynamics of chemical dependency. Other topics include the cost of substance abuse, different treatment modalities and philosophies, and the effects of substance abuse on minorities, seniors and women.
Transfer Information: CSUGE Area E, CSU Transferable, UC Transferable

ADC 121 Basic Interviewing And Counseling Skills (3 Units)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Presents skills fundamental to effective interviewing and counseling, including how to deal constructively with clients whose behavior is unpleasant. Students learn dynamics of behavior and relationships and develop a conceptual model for observing and assessing patterns of personal interactions. Skills learned may be applied in counseling, mediation, negotiation and interpersonal settings.
Transfer Information: CSU Transferable

Programs of Study
Credit Programs
- Alcohol and Drug Counseling, Associate in Arts (AA) (https://catalog.sbcc.edu/academic-departments/addictive-disorders-counseling/alcohol-drug-counseling-aa)
- Alcohol and Drug Counseling, Certificate of Achievement (C) (https://catalog.sbcc.edu/academic-departments/addictive-disorders-counseling/alcohol-drug-counseling-certificate-achievement)
- Post-Professional Practice in Alcohol and Drug Counseling, Certificate of Achievement (C) (https://catalog.sbcc.edu/academic-departments/addictive-disorders-counseling/post-professional-practice-alcohol-drug-counseling-certificate-achievement)
ADC 122 Pharmacological And Physiological Effects Of Alcohol And Other Drugs (3 Units)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Survey of the medical and pharmacological aspects of alcohol and psychoactive substances. Includes theories and research pertaining to chemical dependency, pharmacological actions of drugs, drug classifications, medical and physical effects of alcohol and other drugs, the potential for abuse and dependency, and how psychoactive substances affect the mind and body.
Transfer Information: CSU Transferable

ADC 123 Group Treatment (3 Units)
Corequisites: prior or concurrent enrollment in ADC 121.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Examines the theory and practice of group therapy as a primary modality in the treatment of substance abuse/dependency and explores group structures and compositions that work best for different populations in successive stages of recovery, stages of group process, and effective group leader skills.
Transfer Information: CSU Transferable

ADC 124 Chemical Dependency and the Family (3 Units)
Course Advisories: ADC 120 and ADC 121.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Presents theory and clinical practice designed to provide a basic understanding of the family dynamics involved when a member has a chemical dependency problem. Therapeutic techniques to facilitate effective intervention strategies for the family as a system and individuals within that system.
Transfer Information: CSUGE Area E, CSU Transferable

ADC 125 Co-Occurring Disorders I: Recognition and Referral (3 Units)
Course Advisories: ADC 120 and ADC 121.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Explores historical and current theories dealing with clients who have both a substance abuse and co-existing psychiatric disorder. Includes concepts, definitions, epidemiology, historical divisions of the fields of substance abuse and psychiatry, funding, clinical implications, recognition, and assessment and referral of clients.
Transfer Information: CSU Transferable

ADC 126 Treatment And Case Management Of Chemically-Dependent Individual (4 Units)
Prerequisites: ADC 121.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 72 (72 lecture)
Theories, skills, techniques, and legal/ethical practices fundamental to bio-psycho-social therapy for chemically-dependent individuals. Includes eliciting an appropriate case history; assessment and diagnosis; implementing effective intervention; case management skills; treatment plan development; and a review of legal and ethical issues governing the alcohol and drug counselor's responsibilities.
Transfer Information: CSU Transferable

ADC 127 Complementary Treatment: Auricular Acupuncture, Nutrition and Amino Acid Therapy (1 Unit)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 18 (18 lecture)
Introduces modalities of complementary medicine for addictive disorders, including auricular acupuncture, oriental medicine, nutrition and amino acid therapy and their applications as effective treatment, exploring their efficacy and how they integrate with other treatment modalities.
Transfer Information: CSU Transferable

ADC 128 Introduction to the Twelve Steps of Alcoholics Anonymous (1 Unit)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 18 (18 lecture)
Introduces the twelve steps of Alcoholics Anonymous as a basis for treatment of and a model for recovery from chronic addictive disorders. Topics include a history of the development and efficacy of the twelve steps.
Transfer Information: CSU Transferable

ADC 129 Emotional Balance and Mindfulness in Recovery (3 Units)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Introduces bio-psychological approaches to treatment of trauma and addiction, engaging dynamics between the brain and the mind. Presents research demonstrating the efficacy of meditation, mindfulness, Emotional Freedom Technique (EFT), neurofeedback, and physical/emotional lifestyle choices as transformative practices which lead to increased and lasting emotional balance.
Transfer Information: CSUGE Area E, CSU Transferable

ADC 130 Diversity and Cultural Issues In Counseling: Identity, Expression and Addiction (3 Units)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Examines the importance of diversity and culture in determining an individual’s reality as applied to the prevention and treatment of alcohol and other drug abuse or dependence. Explores both dependence and codependence from different cultural perspectives, with emphasis on increasing the student’s awareness of the social and economic factors that influence substance abuse among ethnic populations.
Transfer Information: CSUGE Area E, CSU Transferable

ADC 131 Attitudes, Motivation and Behavior Change (3 Units)
Prerequisites: ADC 120.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Explores and contrasts models of motivation and behavior change in substance-abusing clients. Students examine and practice motivational-enhancing techniques, with emphasis on learning therapeutic skills to create conditions which facilitate an individual's motivation to change, enlisting the cooperation in developing a plan of change and helping the client to maintain a positive attitude.
Transfer Information: CSU Transferable
ADC 132 Substance Abuse and Adolescents (3 Units)
Course Advisories: ADC 120 and ADC 124.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Focuses on the treatment needs and challenges of substance-abusing adolescents. Includes screening and assessment; developing effective prevention and treatment approaches; levels and types of care; case management; detoxification; individual, group and family therapy; peer-driven treatment; treatment in the juvenile justice system; and why adolescent treatment has been so unsuccessful.
Transfer Information: CSU Transferable

ADC 133 Anger Management and Family Violence (3 Units)
Prerequisites: ADC 120.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Examines anger, aggression and violence, particularly domestic violence, and their connection to substance abuse. Explores screening for domestic violence and the creation of effective treatment plans.
Transfer Information: CSUGE Area E, CSU Transferable

ADC 134 Co-Occurring Disorders II: Management and Treatment (3 Units)
Prerequisites: ADC 125.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Introduces management and treatment of persons with co-existing psychiatric and substance abuse disorders within chemical dependency treatment modalities. Includes pain management, utilizing 12-step programs, conflicts with such programs, working with families, integration of treatment, and treatment modalities.
Transfer Information: CSU Transferable

ADC 136 Eating Disorders I (1 Unit)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 18 (18 lecture)
Examines the nature and dynamics of major eating disorders, including diagnostic criteria, physical and behavioral symptoms, risk factors, adaptive functions and appropriate referrals for treatment.
Transfer Information: CSU Transferable

ADC 137 Conflict Resolution (1 Unit)
Skills Advisories: Eligibility for English 110 or 110H.
Hours: 18 (18 lecture)
Explores conflict resolution and the necessary skills to deal with situations and individuals in conflict. Presents effective methods to resolve conflicts and disputes.
Transfer Information: CSU Transferable

ADC 138 Multiple Sexual Addictions (1 Unit)
Skills Advisories: Eligibility for English 110 or 110H.
Hours: 18 (18 lecture)
Reviews the psychological and physiological aspects of addictive sexual attitudes and behaviors, the rapid expansion of pornography, the range of sexual activities available on the Internet and the potential adverse consequences for users and their partners. Explores how addictions, compulsions and deprivations combine in a complex systemic problem called Addiction Interaction Disorder (AID).
Transfer Information: CSU Transferable

ADC 139 Introduction to Process Addictions (3 Units)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Presents the psychological and physiological aspects of process addictions within a meta-pattern called Addiction Interaction Disorder (AID). Explores how addictions, compulsions and deprivations combine, interact and become part of one another and how these packages can be unbundled and approached separately or in whole.
Transfer Information: CSU Transferable

ADC 140 Recovery Through Movement (2 Units)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 36 (36 lecture)
Explores how daily physical practice can build conscious awareness and transform negative self-perception patterns and interpretations, resulting from addictive conditioned tendencies, through the use of building an awareness of how the body and the mind are connected, developing an awareness of how the body takes on the shape of our experience.
Transfer Information: CSU Transferable

ADC 141 Integral Treatment Modalities (1 Unit)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 18 (18 lecture)
Introduces emerging cognitive/neurological approaches to the treatment of addictive behaviors, examining the dynamic interplay between the physiology of the brain and the structures of the psyche, as affected by trauma and addiction.
Transfer Information: CSU Transferable

ADC 142 Substance Abuse Prevention (3 Units)
Course Advisories: ADC 120 and ADC 121.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Provides training from evidence-based prevention initiatives and practices; the application, effective planning and evaluation of those practices from research that validates the advantages of prevention; and the creation of new opportunities for expansion in the field of substance abuse.
Transfer Information: CSU Transferable

ADC 143 Tobacco Addiction and Treatment (3 Units)
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Explores the nature and severity of tobacco addiction and effective interventions and strategies to promote using cessation, personal awareness and wellness, modeling these strategies. Topics include, but are not limited to, managing symptoms of stress, diet, physical movement, goal setting, habit change, resistance and fear of change regarding cessation.
Transfer Information: CSU Transferable
ADC 152 Clinical Process (3 Units)
Prerequisites: ADC 126.
Corequisites: ADC 290.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 54 (54 lecture)
Through the use of case presentations, clinical process and supervision, 
this course further develops and integrates specific skills and 
competencies central to the entry-level alcohol and drug counselor’s 
professional and clinical efficacy.
Transfer Information: CSU Transferable

ADC 290 Work Experience in Alcohol and Drug Counseling (1-4 Units)
Prerequisites: ADC 126.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 300 (300 lab)
Provides certificate and degree students in Alcohol and Drug Counseling 
with fieldwork at an agency offering counseling and/or case management 
services to individuals and families with alcohol or other drug problems. 
Experiential Learning consists of 220 hours of supervised fieldwork over a 
16-week semester. Course restricted to 3 repetitions
Transfer Information: CSU Transferable